

# Why Write “My Story?”

- **Pass it on as a legacy to your loved ones**
- **To see what an amazing human being you are**
  - The richness of this is you are creating a written celebration of your life
  - Reflect on how you have navigated through many different worlds
  - Reflect on how far you have come and what this has meant
  - This becomes an integration process of your life’s journey
  - When you see yourself in new ways it helps you relate to others better
  - You can focus on how the world is messed up **or** how amazing it is to look at all the things that you have gotten to do in your life
  - It is interesting to look at how people and situations came into your life at certain times which provided you unplanned opportunities to learn from.
  - Get in touch with how amazing it is that you have navigated through so many predicable and unpredictable situations in your life.
  - You can pass on to loved ones “My Story” that tells how beautiful and amazing you are. They will see how beautiful and amazing they are too.