

GIANT



Story

Intensive

Welcome to your Story session.

Your story is your story. It is an account of your life from the beginning to now. And your story is uniquely yours. It has characters and settings and experiences that have shaped you for the good and the bad.

We believe your story shapes who you are and why you do what you do. That is why history books are so important. We need to know the past so that we can make better decisions in the future. For some of you, you don't want to look back because of the pain that you experienced - it is just easier to look ahead.

This process is not meant to do deep counseling, but to help understand what has shaped you in the way you lead, live, and make decisions. So let's take a good look at your past to understand who influenced you, what affects your decision making, and any possible pressures that you hold on to around pleasing people or proving yourself.

In the end it will be a great way to capture the past so that we can see clearly into the future. And, quite possibly there might be some closure or celebration that can occur to help you become a 100X Leader. Here are a few exercises that we will lead you through in this intensive process.

1. Heritage Inventory Exercise
2. Key Influences Exercise
3. Story Timeline Exercise
4. Finishing Well Exercise

The 100X Intensive process is designed to help you start down the path to becoming 100% healthy as a person and as a leader, and then to help you learn how to multiply (X) and scale that healthy leadership inside your teams and family. That is why your history is important.

When you understand how your story affects your future story then you can come to peace and rest knowing that everything from the past can be used in a positive way.

These exercises are extremely important. It will give me a basis to understand you so I can help you. Then we can take what we have learned from this exercise and become even stronger in the future.

Thank you for being here and committing to begin the journey of a 100X Leader.

Let's get started!

Heritage Inventory

Please share as much as is helpful.

Who were your role models growing up?

What was your schooling like (public/private) and how would you summarize your schooling?

What culture did you grow up in and how did that affect you?

What did your parents do and how has that shaped what you are doing now?

What was your parents' parenting style?

How did faith or family tradition affect you?

How did your siblings influence you (and was it positive or negative)?

What were your 3 most positive takeaways or success stories from your upbringing?

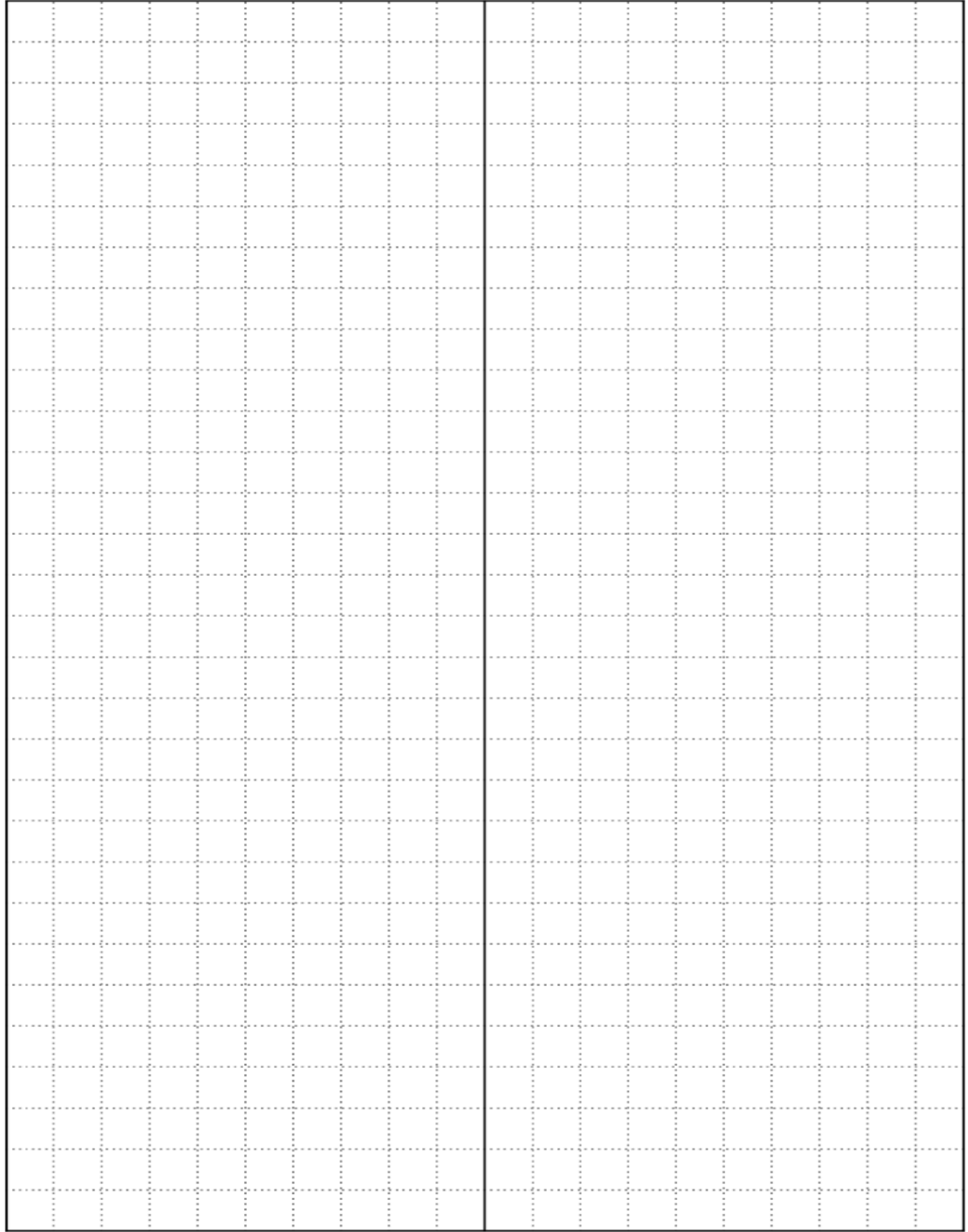
What one thing from your past affects you most today?

Story Timeline

Now let's capture your story in a timeline from when you were born until now.

1. Make a list of highs and lows in each decade you were alive (write down only what you are comfortable sharing).
2. Put them on the Story Timeline chart on the next page.
 - Chart your age along the bottom horizontal axis of the graph so that your birth (0) is in the bottom-left corner and your current age is in the bottom-right corner.
 - The left-side vertical axis is a scale from -10 (the most negative events in your life) to +10 (the most positive events in your life). The middle value (0) is neutral.
 - Think through the events of your life and chart them based on your age at the time they occurred and to what degree they were negative, neutral, or positive.
 - Place a dot on the page for each event and label that dot.
 - Connect the dots. This will help you to recognize a shape and pattern to your life by revealing seasons that were positive and seasons that were challenging.
3. Then narrate your story. Discuss the impact on your leadership and personal style along the way.

Intensive



Time

+ 10

Highs

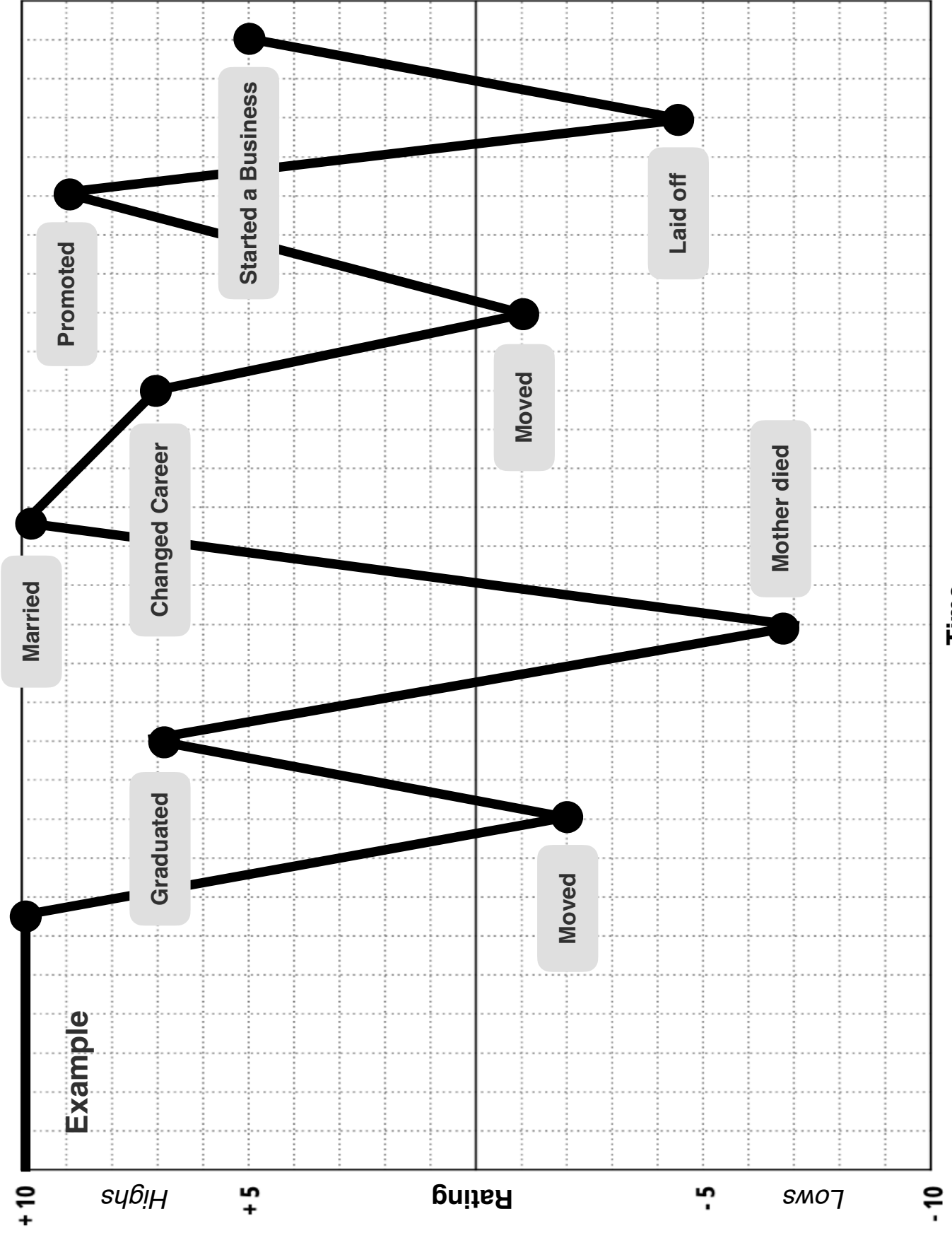
+ 5

Rating

- 5

Lows

- 10



Finishing Well

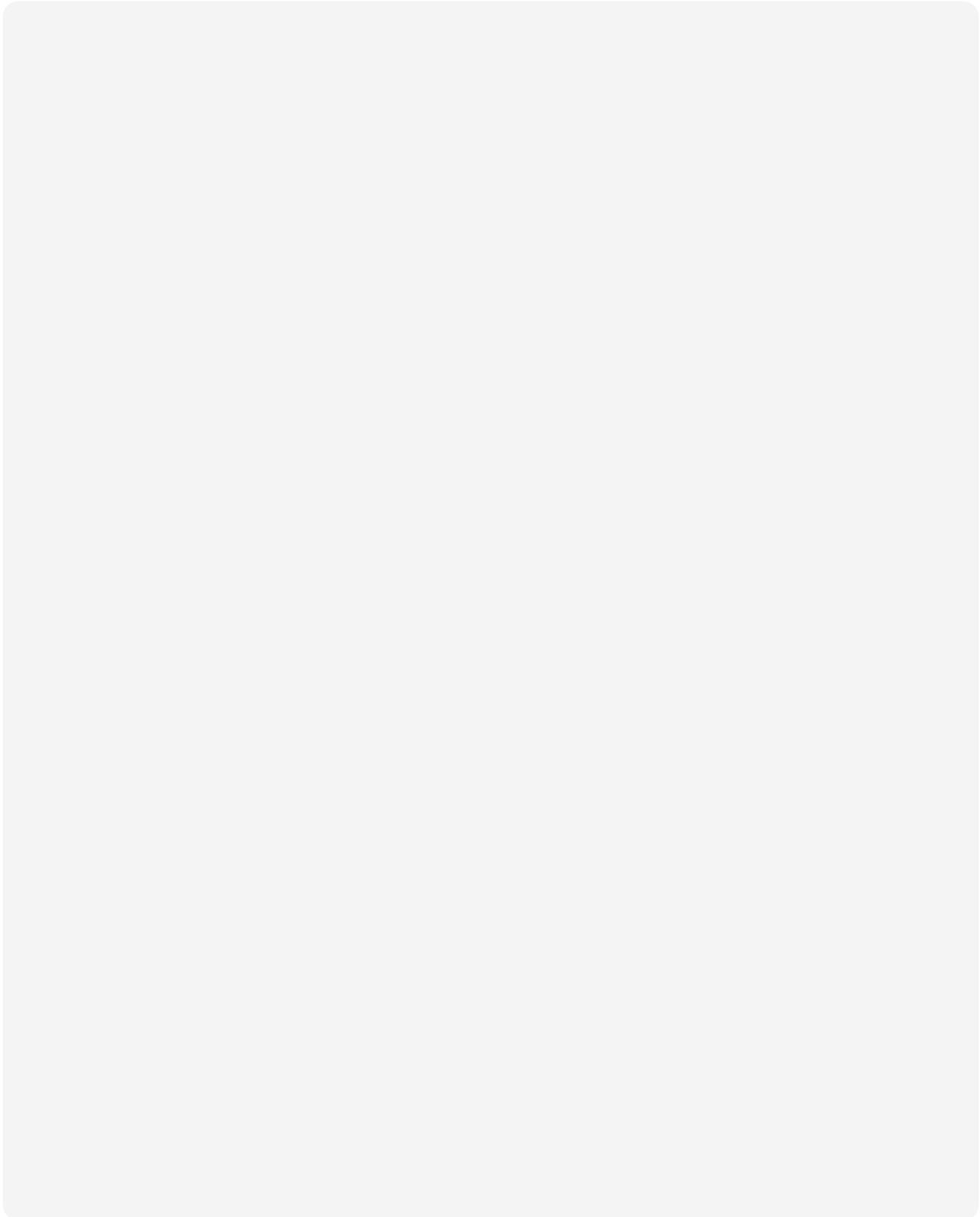
We are only as healthy as our mindset. Let's take a minute to let go of pain and embrace gratitude.

Who do you need to say thank you to?

Who do you need to forgive?

Who do you need to share these exercises with?

Additional Notes



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