

The Power Of Retelling Your Life Story

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After a half-decade break from reading novels, I've suddenly found myself in the throes of an obsession with fiction. It's incredibly fun! After a long and stressful day, I've come to enjoy the escapism of a good novel more than any movie or TV show binge.

I've learned so many important lessons from these stories and characters. It's gotten to the point where the characters follow me to the office or to the gym, and we basically fight dragons and conquer kingdoms together all day.

Beyond the escapism, reading novels has me fixated on storytelling; ***particularly with what story myself and others like me are telling about our own lives.***

It's made me realize that stepping into the author's shoes of my own life is not only exciting, but extremely powerful.

Have you experienced what it's like to retell your life story? **Maybe the events of your life aren't turning out the way you want them to, but that doesn't mean you can't *tell* them the way you want it told.** Let's dive into what's waiting for you when you take control of your own narrative.

You Decide Which Character You Are

During my time training as an actor, myself and the other students would clamor for feedback from our peers and professors in order to determine our “type”. Your type as an actor determines what kinds of character other people will see you as, and ultimately what roles you’re hired to play.

However, myself and other young actors can sometimes forget that in real life you get to decide exactly what kind of character you want to be.

Here’s the thing: ***like it or not, you are the main character in your life!***

So what does that mean to you? Does it fill you with anxiety, or does it excite you, like blank canvas before a painter?

As the main character in your life, *you get to decide exactly how your story serves your own character development*. You also get to decide what kind of story we’re talking about here.

There are lots of main characters out there in TV, film, and novels. Which ones do you gravitate towards? What can you learn about yourself from these characters? Do you like what happens to them in their story? If not, you can change it in your own life.

You Get To Design Your Origin Story

Retelling my own story was monumental in processing my own past.

The disappointments and obstacles I thought were wasted time actually serve a greater purpose in the story I’m telling now. They taught me essential lessons I had to learn to work harder, have more fun, try new things, and become the person I’m supposed to be.

I’ve started seeing elements in my life that hinted to the person I’ve become now. Little things I loved as a child, what I would get in trouble for in school, the kinds of hobbies I have since abandoned.

Let’s not forget the characters I obsessed over in the books I read in middle school! What’s truly telling are the insecurities that were brought out in adolescent friendships. ***All these elements were all foreshadowing the person I am now.***

However, if I want to change the narrative now, I certainly can. I can change the meaning of past events if I choose. I can become a character that is a little less ambitious and perfectionistic, or has bigger goals and different values.

For now, I think I’ll stick with the character I’m currently becoming now. She has a lot of fun.

All Obstacle Serve A Bigger Purpose

I used to think that disappointments and obstacles in my life were *monumental* setbacks.

It had to mean that my failure was inevitable, and my life was going terribly wrong. I've since started seeing obstacles in my life as not only inevitable, but *necessary*, and they've since become a lot more manageable.

Heck, obstacles are absolutely essential for any main character! They drive the plot forward, make things interesting, and give the story meaning.

Trouble in the life of a main character brings out what is really meaningful in their life and helps them discover what's most important to them.

You Know How It Ends

One of the most powerful things about retelling your life story is that you already know the outcome. You get to decide when one chapter is over and the next begins. It's not over until you say it is!

Spoiler alert: ***it ends with your success!***

It really makes your success *feel* inevitable when you realize *you* control the ending.

Deciding which chapter you get to move on to next is another powerful impact of retelling your life story. You get to decide which direction you want to go and who you want to take with you. There may be some unexpected things along the way, ***but now you know they can only improve the character you've been building along the way***

So by now you've done the origin story work, you know how to deal with obstacles, and you know how each chapter ends- ***so is there anything left that you can't handle?***

With every curveball thrown your way, you are given another opportunity to show what your character is like. You can rise to every opportunity that comes your way; knowing that it's serving your character the whole time.