

Your Life Path

Life Purpose Quest Worksheet

Video 6

In a short story or movie, there is always series of important scenes called the “rising action”. This is where the character (that’s YOU) faces conflict and problems, as well as excitement. In this activity, you will determine 2 types of rising action scenes; those that repeat and those that are important.

1) Important Scenes: *There are experiences in life that define your story. Look back at your Life Path timeline and identify key influential experiences, peak moments, and turning points.*

Your most influential or important scenes: *(write them like you’re telling the story of your character)*

2) Repeated Scenes:

PATTERNS: Often, there are scenes from your past occurred over and over again. These patterns represent opportunities to learn in order to stop repeating them.

The character's repeating patterns:

CALLING: Other times a pattern exists because there is a passion or talent that keeps calling to you, hoping you will get the message.

You have repeatedly felt called to:

MEMORIES: There are also memories that you tend to think about over and over again, even if the experience only happened once.

The character tends to replay these scenes from his/her life over and over again in his/her mind/memory:

Presented from: Twist Your Thinking Coaching by Sasha Gray

May not be copied, shared, or presented outside the Glitter & Grace Club without express, written permission

All stories have a climax—a point in the story in which the main character faces their darkest moment, worst challenge, or biggest breakthrough. It's a turning point. In your life movie, you may have MULTIPLE climatic scenes. This go beyond simply being “important” — they are LIFE CHANGING.

What is the climax or major turning point of your movie?

(Remember, there CAN be more than one.)