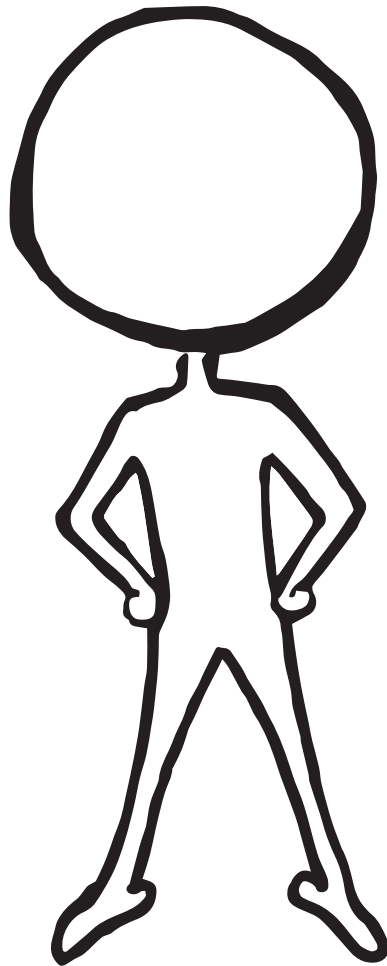


The Author of Your Own Story

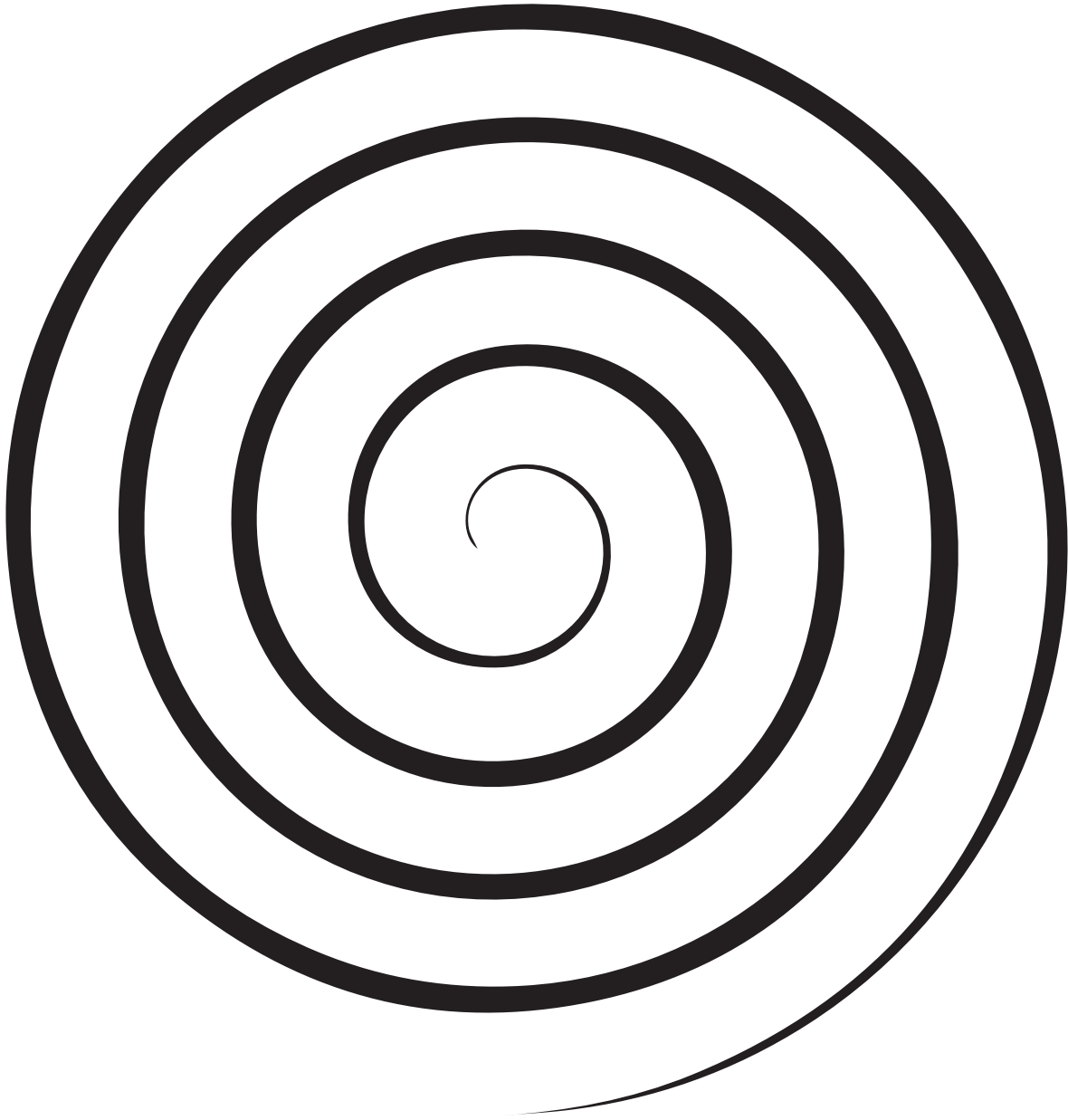
"I was beginning to learn that your life is a story told about you, not one that you tell."

"You're both the fire and the water that extinguishes it. You're the narrator, the protagonist, and the sidekick. You're the storyteller and the story told. You are somebody's something, but you are also your you."



Compare these two quotes from Aza's story. How did her perspective change from the beginning to end? Think about your own story and draw yourself as the writer, narrator, and hero!

Thought Spiral



Aza often struggles with “thought spirals.” Sometimes thought spirals start from a place of creativity; sometimes they come from a place of anxiety or fear. Use the spiral above to capture one of your thought spirals. Place what’s causing your thought spiral in the middle and use the surrounding rings to capturing your spiraling thoughts.