

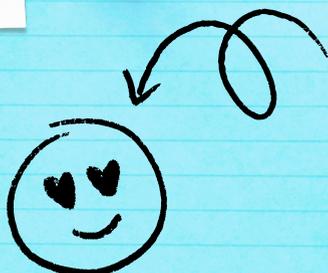


Story Mapping



WORKSHEET

01



Rewrite the Story

You are not the mistakes, the trauma, or the chapters they wrote for you. This is your pen now. Let grace guide your rewrite.

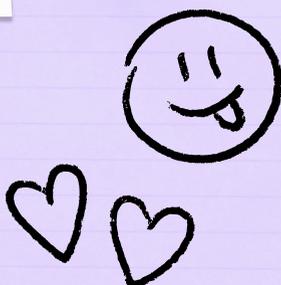
Reclaim Your Worth

You never lost your worth—you just forgot how sacred it was. It's time to take it back like it was never up for debate.

02



03



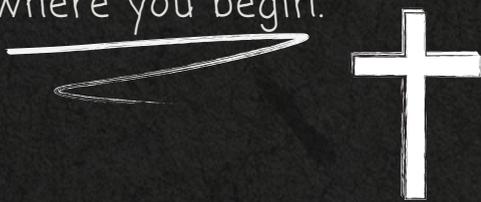
Remember Who You Are

You are not broken. You are becoming. What God planted in you can't be erased by what you've been through.

Welcome to your Story Mapping Worksheet



This is the part where you feel the ache but show up anyway. This is the part where you begin.



Psalm 34:18



This isn't just a journal prompt. This is a mirror, a map, and a moment.

A mirror—so you can look back without shame and see the truth without distortion.

A map—so you can trace the patterns, pain, and turning points that shaped you.

And a moment—because right here, right now, you're choosing to show up and begin again.

This is for the one who's ready to stop running from their story and start redeeming it.

The one who knows there's more to the past than pain—and more to the future than fear.

The one who's brave enough to name what hurt... so you can name what's next.

Take your time. Be honest. Let God meet you in the margins.

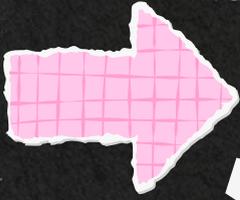
With you in this
— Amanda Elise



THE STORY YOU'VE BEEN TOLD



Identify the narratives you've internalized from people, pain, or patterns.



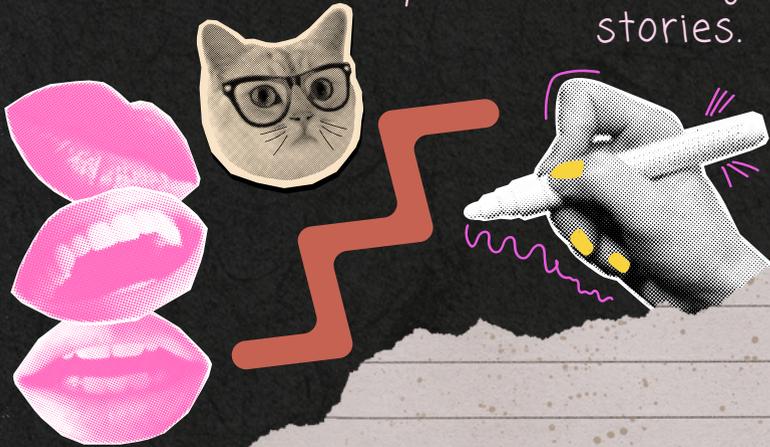
-  What have you been told about who you are? ("You're too much," "You're not enough," etc.)
-  What moments or memories made you believe those things?
-  Whose voice is still echoing in your head? Parent? Partner? Teacher? Trauma?
-  Circle words below that you've internalized:
Unlovable / Broken / Addict / Weak / Too Late / Shameful / Unworthy
-  What have you been told about who you are?

Now write one truth to replace each lie.

THE PLOT TWIST



Highlight the moment (or series of moments) where you started to question those old stories.



-  What made you want to change?
-  Was there a specific moment where you realized, "This isn't who I am"?
-  What are you choosing to believe now?
-  Draw a line down the page. On the left, list your "Old Labels." On the right, write your "New Identity Words."

OLD LABELS

NEW IDENTITY WORDS



THE CHARACTER DEVELOPMENT



Own the parts of you that have grown, healed, or survived.



What battles have you fought that no one sees?



What makes you strong, even if the world calls it weak?



What would you tell your younger self right now?



Write a letter to "The You Who Didn't Give Up."
Start with:

"I see you. You didn't quit. And here's what that means..."

RECLAIMING THE PEN (REWRITE YOUR NARRATIVE)



You are not just the main character. You're also the author now.



If your life was a book, what would the next chapter be titled?



What does "worthy" look like in action for you now?



What kind of legacy are you writing from this point on?



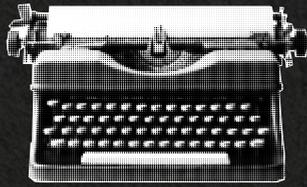
Fill in the blanks:

"I am no longer _____. I am becoming _____."

"My story is not over because _____."

DECLARATION PAGE

Make a statement. Draw a line in the sand.



AFFIRMATION TO FINISH WITH (YOU CAN WRITE IT OR TRACE IT):

“THIS IS NOT THE END OF MY STORY. I AM WORTHY OF HEALING, GROWTH, JOY, AND A FUTURE THAT REFLECTS THE TRUTH ABOUT WHO I AM.”

SIGNATURE & DATE

WRITE YOUR NAME AS A DECLARATION: I AM THE AUTHOR NOW.

