

A tropical sunset scene with palm trees and a person lifting a child. The sun is low on the horizon, creating a golden glow over the water and sky. The silhouettes of palm trees and a person lifting a child are visible against the bright sky. The text is overlaid on a semi-transparent circular area.

DISCOVER

THE
STORY
EXTRACTION

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There are four vital elements your personal story will have: Truth, Character, Vulnerability and Credibility.

TRUTH

Truth is the ability to be connected to your heart **IN THE MOMENT** with the words you choose to use.

The truth of conviction.

The truth of who you are.

The truth of your energy.

And the truth of being connected to yourself.

This is one of the most important steps for you to be able to look at your life with confidence, power and conviction.

CHARACTER

The hero. This is you. And the most important part of your story is understanding the yourself. That means you need to understand who you really are. The greater success that you will have in your ability to understand your experience will come down to how brutally honest you are about yourself. The key here is to leave nothing out of your journey.

VULNERABILITY

The truth. The pain. The challenges. Vulnerability is where the true strength,

release and healing lies within your personal identity. You will be amazed when you are completely and brutally honest with yourself.

Revealing the true thoughts and emotions that you have experienced to

travel through your story, gives you the ability to understand the decisions you have made.

CREDIBILITY

Your breakthrough. Your ability to rise above a challenge.

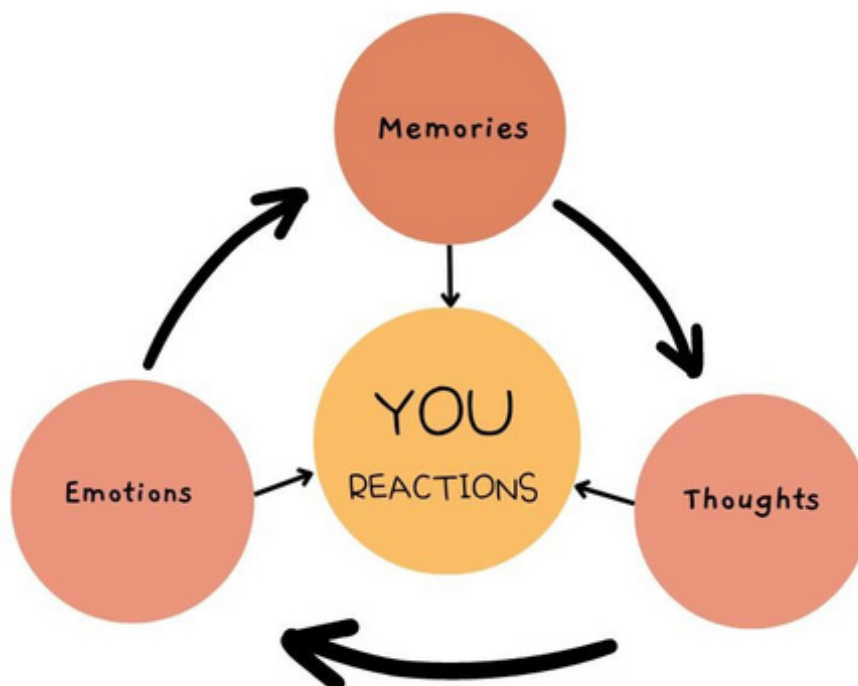
The success that you brought into your life by getting through your breakthrough. This is where you demonstrate your expertise and your wisdom in the ability to rise above the challenges in your life.

You show how you have the emotional and psychological breakthroughs that has given you the success to move forward.

You want to see the evidence that shows that you were capable of rising above a challenge.

You want to see that you have the wisdom that can guide others. They want to know that they can learn from you as their teacher. Credibility is the breakthroughs that you had in your life.

You need to understand your character, and the two of the most important parts of your story is the vulnerability, which is the crash you went through, and the credibility which is the breakthrough moments that you had in your life when you rose above the challenge that you faced.



THE HEALING OF PERSONAL STORY

The most important thing that we must remember about your personal journey is that it is connected to our memories. Sometimes we don't have the ability to access our memories. And that's okay. Our life is made up of a corridor of doors. This is called the corridor of life. When we are younger, we don't know how to process grief or trauma.

Grief can be as simple as losing your favourite toy and going through a grieving process of the loss. And because we aren't equipped with the tools necessary to process the grief, we will shut the door on the experience.

It's not until we get into our later life that we truly understand what it means to process grief and loss and also going through the healing elements of trauma.

GRIEF:

Graciously

Reclaiming

Inner-Self

Earns

Freedom

Freedom is in all of us. It is not outside of us. When we release the resistance of the past, we free ourselves to be in a place of the present. It does take work, and it is seeing the truth of our true selves and loving it that creates freedom.

Our beliefs are made up of three things: memories, thoughts and emotions. All of our reactions and responses come from these 3 areas.

Our belief systems are programmed into our subconscious, making our body know our behaviours better than our mind.

When we unlock some of the doors in the corridor of life, we can process the events but there's something that we must always remember.

Our mind absorbs 2000 to 3000 bits of information at anyone time, and when something traumatic happens to us, we will absorb all different types of information which is in connection to our senses.

Smell, taste, sight, touch, sound and intuition. All of the senses will create energetic bonds to that particular memory.

Opening a door gives us the ability to process our existence and it gives us the ability to empower how we choose to view the memory. It also makes us aware of our reactions to things and help us ask better questions about what may have triggered us.

What we need to understand is that memories are pliable. What we also need to understand is that memories are pliable by perception, and perception is also pliable.

The law of polarity states that when ever there is something negative there is always something positive at exactly the same time.

The ability to understand that memories always comes down to the perception of what we choose to believe. And because a perception is pliable, we have the innate ability to change the meaning of what the memory and what it meant to us. And if we follow the law of polarity, then there is always two choices, negative or positive. At exactly the same time.

It is always a choice. A decision.

We are going to go on a journey to discover our golden thread of life. This golden thread will highlight how everything was connected.

When we go back into our beautiful story of life, we are going to do it from an eagle eye advantage. We're going to fly over the chapters of our life and we're going to witness what took place so we can understand elements of our story, the things that challenged us and the breakthroughs that we were able to have.

There are 3 things that you will be able to use from the Story, Identity & Soul Alignment Masterclass and Workbook:

1. Identify the RECURRING INNER DIALOGUE to be able to then turn them into empowering statements that are true.
2. Understand how all things in your life were connected by subconscious processing.
3. Discover hidden blocks that may have been forgotten to allow acceptance into yourself to fill you with more love.

There are five stages of any situation that we need to process and these five stages are necessary to travel through in any part of our journey.

FIVE STEPS TOWARDS RELEASE:

Acknowledgement

Acceptance

Forgiveness

Healing

Release

We need to travel through each of the stages to be able to truly release ourselves from the experiences of our life and change our perception and perspective about who we are.

We have always been the hero in our journey and we always will be.

We were all born with dreams and we all have a duty on this earth to achieve what our soul was here to learn and share, and everyone's journey is different. It is the appreciation of our journey in the story of life that are the building blocks of who we have become today.

In a time of deceit, telling the truth is a revolutionary act

George Orwell

Module 1: Embracing Your Personal Story

Objective:

The goal of this module is to extract and embrace the pivotal moments in your life that have shaped who you are. By acknowledging and understanding these moments, you will connect deeply with your story, paving the way for personal growth and revelation.

Exercise 1: Identifying the Claim- The Recurring Inner Dialogue

Every story has a defining moment, a claim made by someone or an event that gave you a false evidence of who you thought you were. How you felt. It is a projection from outside of you. It was never yours. This exercise will help you pinpoint that moment.

Instructions:

1. Reflect on your childhood, normally before you are 8 years of age and think about a moment or an event that significantly impacted you. This could be something someone said or did. It can sometimes be an event that you continued to think about, or it pops into your mind throughout your life.
2. Write down the details of this event. Be as specific as possible.
3. Describe how this event made you feel, what thoughts were coming up for you and what belief about yourself you adopted because of it.

Example: Amanda's Story:

- **Event:** At 16, Amanda was assessed by a panel of doctors who concluded she was not capable of finishing year 10 and suggested she live in a group home.
- **Feelings:** She felt devastated, worthless, and hopeless.
- **Belief:** She adopted the belief that she was incapable and would never achieve her dreams.

LIST THE RECURRING INNER DIALOGUE THAT HAS BEEN DISCOVERED FROM THE EXTRACTION

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Exercise 2: Acknowledging Your Achievements- Adding Value To Your Life

Despite the false evidence and claims, you have accomplished many things. This exercise will help you recognize and value your achievements.

Instructions:

1. List down your achievements, big or small, from your younger years to your early adulthood. What did you do at school? What did you love doing?
2. Reflect on the efforts and determination it took to achieve these milestones.
3. Write down how these achievements made you feel and how they counter the false belief you adopted.

Example: Nikki's Achievements:

- **Achievement:** Excelled in school sports, made friends easily, traveled the world.
- **Effort:** Worked multiple jobs to support herself, remained determined and focused.
- **Feelings:** Felt empowered, independent, part of a community, knew who she was and capable.
- **Counter-Belief:** Despite the claim of being “nothing, not knowing herself,” Nikki realized she is resourceful, resilient, and capable of achieving her goals and knowing who she is.

Acknowledging Your Achievements

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Exercise 3: Extracting the Lesson

Every experience, whether good or bad, has a lesson. Something we can acknowledge in ourselves. This exercise will help you find the lesson or the gift in your pivotal moments.

Instructions:

1. Reflect on the event you described in Exercise 1.
2. Identify what you learned from this experience. What strengths or qualities did you develop because of it?
3. Write down the lesson or the gift that came from this experience.

Example: Amanda's Lesson:

- **Event:** Doctors' assessment at age 16.
- **Lesson:** Learned resilience, determination, and the importance of self-belief.
- **Gift:** Realized her potential and determination to prove the doctors wrong.

What is the Lesson?

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Exercise 4: Rewriting Your Story

Now that you have identified the claim, acknowledged your achievements, and extract the lesson, it's time to rewrite your story. This exercise will help you create a new narrative that empowers you.

Instructions:

1. Take the event from Exercise 1 and reframe it with the lesson and achievements you have identified.
2. Write a new narrative that highlights your strength, resilience, and the positive outcomes from your experiences.
3. Share this new narrative with a trusted friend or mentor for feedback and support.

Example: Amanda's New Narrative:

- Despite being told by doctors that she wouldn't achieve much, that she would always need support, Amanda used this as fuel to consciously create a different decision. She demonstrated incredible resilience and determination by pursuing her dreams, studying many different areas and overcoming numerous obstacles and manifesting the dream life she had always wanted. Amanda's journey is a testament to her strength and unwavering belief in herself and that she was capable to support herself.

Rewriting Your Story

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Story Extraction Module 2: The Crash and the Journey to Self-Discovery

Introduction

In this module, we will delve into the significant crash that everyone experiences at some point in their life. This crash often occurs in our 20s and is characterized by a profound moment of falling apart, questioning oneself, and facing old habits, patterns, or belief systems. Through personal storytelling and reflection, we will explore how these moments shape our identity and propel us on a journey of self-discovery.

The First Crash

Key Concepts

1. **The Big Crash:** A fundamental life event that causes us to fall apart and question our identity and beliefs. It shifts our perspective of the world and the way we see it.
2. **Patterns and Belief Systems:** The habits and systems we revert to during times of crisis.
3. **Self-Discovery:** The process of understanding and defining who we truly are.

Personal Reflection Exercise

1. **Recall Your Crash:** Think back to your 20s or late teenage years. Identify a significant event that caused you to fall apart and question yourself.
 - o **Describe the Event:** What happened? How did it unfold?
 - o **Emotional Impact:** How did it make you feel? What emotions were most prominent? What were the thoughts that were coming up?
2. **Impact on Identity:**
 - o **Old Habits and Beliefs:** Did you revert to any old habits or belief systems during this time? Describe them.
 - o **Questioning Self:** How did this event make you question your identity and your journey?

Nikki's Story: An Example

The Event

Nikki experienced a significant crash when her father died suddenly in a car accident when she was 29. This event profoundly impacted her perception of life and her own identity.

Emotional Impact

- **Realization of Life's Fragility:** The suddenness of her father's death made Nikki acutely aware of how short life can be and how someone dearly loved can be taken away in an instant.
- **Unresolved Feelings:** Nikki felt a deep sense of loss and regret for not having the chance to say goodbye or get to know her father better.

Identity and Belief Systems

- **Mom's Words:** Her mother often said, "You're just like your father," which left Nikki questioning her own identity, especially after her father's death.
- **Reflecting on Relationships:** Nikki's breakup with her fiancé at 23 also contributed to her self-discovery journey, as she left to travel the world in search of her true self.

Your First Crash Story: Workbook Exercise

Step 1: Identify Your First Crash

Reflect on your past and identify a significant event that felt like a crash. Use the space below to describe it in detail.

Event Description:

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Emotional Impact:

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Thoughts Impact:

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Step 2: Analyze the Impact on Your Identity

Consider how this event influenced your sense of self and your belief systems. Use the questions below to guide your reflection.

Old Habits and Beliefs: Do you see the recurring themes?

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Questioning Self:

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Step 3: Personal Narrative

Write a narrative about your crash. Include the details of the event, how it made you feel, and how it impacted your journey of self-discovery.

Personal Narrative:

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The Hunt: The Journey to Self-Love

Key Concepts

What are the moments that made you HUNT for the purpose in your life? What did you chase to make you feel like you were succeeding? Where were you getting acknowledgement? What goals were you chasing?

1. **Chasing Purpose:** The tendency to seek external achievements and success to fill an internal void.
2. **Self-Love:** The ultimate goal of understanding and accepting oneself without needing external validation.

Reflective Questions

1. **Chasing Achievements:** What external achievements have you chased in an attempt to feel better about yourself?

- **List of Achievements:** _____

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2. **Moments of Realization:** Can you identify moments when you realized that these achievements did not bring lasting fulfillment?

- **Describe the Moments:** _____
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3. **Journey to Self-Love:** How can you start focusing more on self-love and less on external validation?

- **Steps Towards Self-Love:** _____
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Conclusion

Understanding and reflecting on the crashes in our lives is a crucial step in the journey to self-discovery and self-love. By sharing and analyzing our stories, we can uncover the patterns and beliefs that have shaped us and move towards a more authentic and fulfilling life.

Module 3: The Ultimate Crash and Soul Breakthrough

Welcome to the third module of the Story Extraction Program. In this module, we'll explore the concept of the "ultimate crash"—those life-defining moments that break us down—and how these moments lead to profound soul breakthroughs. We'll draw on personal stories to illustrate these points and provide you with exercises to help you uncover and understand your own ultimate crashes and the breakthroughs that followed.

The Ultimate Crash

An ultimate crash is a pivotal event that forces us to confront our deepest fears, insecurities, and false beliefs. These moments are often painful and challenging, but they also hold the potential for immense growth and transformation.

Example 1: Divorce and Self-Worth "My ultimate crash was my divorce in 2018. I had been chasing achievement after achievement, believing that success would prove I was worthy of love and not dumb. But my divorce shattered that illusion, making me realize that love and acceptance needed to come from within, and I had to forgive myself and others to truly grow."

Example 2: Leaving a Toxic Relationship "For Nikki, her ultimate crash was leaving her Dutch husband and living in Holland with no family or friends. The breaking point came when her husband belittled her efforts, pushing her to the floor in tears. This moment, although small, was a profound awakening for her."

Reflection Questions:

1. What was your ultimate crash?
2. How did this moment make you feel?
3. What were you thinking?
4. What false beliefs did it force you to confront?

5. **Identify Your Ultimate Crash:** Write about the most challenging event in your life. Describe it in detail, focusing on the emotions and thoughts you experienced. This will normally take place in the 30-40's. Depending on your age you may have 2 Ultimate Crashes.

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Soul Breakthroughs

Following an ultimate crash, we often experience soul breakthroughs—moments of deep realization and growth. These breakthroughs signify a profound shift in our understanding of ourselves and our place in the world.

Example 1: Realizing Self-Worth "After the divorce, I realized that true love and acceptance could only come from embracing my entire story, including forgiving myself and others involved. I had a deep subconscious belief of distrust and it played out in my current relationship. When I acknowledged that the distrust was coming from my ex wife and the affair she had, I was able to resolve it and place forgiveness into my heart again. My current relationship then quantum leaped forwards to to all encompassing love. This was a significant soul breakthrough for me."

Example 2: Overcoming Loneliness and Self-Doubt "Nikki's breakthrough came when she left her husband with no job, house, or support and proved to herself that she could build a life on her

own. Another breakthrough was when she stopped using alcohol to cope, recognizing it wasn't helping her healing process."

Reflection Questions:

1. What soul breakthroughs have you experienced following your ultimate crash?
2. How have these breakthroughs changed your perception of yourself and your abilities?
3. Can you identify specific moments or scenes where these breakthroughs occurred?
4. Do you see the patterns of the recurring inner dialogue playing out in these moments?

Exercise: Mapping Your Breakthroughs

- 5. List Your Breakthroughs:** Identify and list the breakthroughs that followed this crash. Include both major realizations and smaller, significant changes in your behavior or mindset.

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- 6. Connect the Dots:** Reflect on how these breakthroughs are interconnected. How did each one lead to the next? What patterns can you see in your journey of growth?

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7. Create a Visual Map: Draw a timeline or mind map that visually represents your ultimate crash and the subsequent breakthroughs. Include key moments, emotions, and realizations.

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Conclusion

Understanding your ultimate crash and the soul breakthroughs that follow is crucial for personal growth and helping others through similar experiences. By acknowledging and celebrating these moments, you can harness the power of your story to inspire and support others.

Remember, your journey is unique, and every breakthrough, no matter how small, is a step towards a more authentic and empowered version of yourself.