



FSATAT Companion Worksheet

POSITIONED WITH PURPOSE CONVERSATION QUESTIONS + REFLECTIONS

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There's a Story in You

“Oh yes, my dear friend, there’s a story in You!” - Renata Bowers

Every person holds a story. You are uniquely wired with a combination of gifts, interests, and experiences that no one else ever can or ever will duplicate. The following will provide clues into your never been told before and never to be told again story. What are things you are good at and what - or who - do you care about?

Good At

Care About



12:00 Awaken the story inside of you

“There is no greater agony than bearing an untold story inside you.” - Maya Angelou

Joseph Campbell, who charted the Hero’s Journey, was quoted to say, “Look, you’re in Sleepy Land. Wake. Come on a trip. There is a whole aspect of your consciousness, your being, that’s not been touched.” How does this speak to you? Where do you have untapped potential? Where are you feeling stuck or unsettled?

1:00 You are positioned with purpose

“The hero’s journey always begins with a call.” -Joseph Campbell

As the hero of our stories, we are presented with opportunities that set us on our path and disrupt our ordinary world. When have you felt a pull or a tug to something more? When have you experienced a Call?

1:30 Messages you tell yourself become your reality

“Never say never because limits, like fear, are just an illusion.” - Michael Jordan

What illusions or traps hold you back?



2:00 Friends who tuck in your tags and vice-versa

“You are the average of the five people you spend the most time with.” - Jim Rohn

Who are your top five helpers, tag-tuckers? Who needs something that you have to give?

3:00-5:00 Pushed beyond your perceived limitations

“Hardships often prepare ordinary people for an extraordinary destiny.” - C.S. Lewis

What limitations do you set upon yourself? When have you pushed beyond those limits into the unknown?

6:00 Your bad hair days + oopsie hair days are the pits

“How can anyone love a pebble in their shoe?” - Rodmilla, movie Ever After

How do you respond to “bad hair days” and “oopsie hair days”? How do you emerge from your pits?

7:00-8:00 You are positioned with purpose for such a time as this

“And who knows but that you have come to your royal position for such a time as this?” - Esther 4:14

What revelations have come from the pits in your story? What wisdom and strengths have you gained?

9:00-11:00 More than you imagined

“Together we can do great things.” - Saint Mother Teresa

What victories and gifts have you seen in your story? What victories are still to come? What more is in store?

You're being called into your Hero's Journey!

“Who needs something that you have to give? Spark something incredible with your Yes.”

-Jenessa Fillipi

I'm interested in more FSATAT!

