

Week 3: Connect it into a story that makes sense

Everything for the week on one page: your moves, worksheet, scripts.

This week's moves

Move 1

15 min · ☐ Written

Find the throughline, today. Put your inventory and your target side by side. What's the thread between them? Write one sentence with script 1: "I've always been the person who [X], which is exactly why I'm moving toward [target]."

Move 2

20 min · ☐ Written

Write the short version. Four sentences with script 2: where you've been, what you're best at, where you're going, and why it connects. This is your "tell me about yourself" without the life history.

Move 3

10 min · ☐ Said

Say it once, out loud. Use the short version in one real moment this week: a 1:1, a coffee, an introduction. No moment came up? Rehearse it once with script 3. Saying it to the mirror counts.

The story builder (four sentences)

SENTENCE	YOURS
Where you've been	
What you're best at	
Where you're going	
Why it connects	

Script cards (cut along the dashed lines)

1. The connecting line

"I've always [pattern or strength], and now I'm moving toward [target], because [the connection between them]."

2. The short story

Four sentences, in order. Past: "I've spent the last few years [X]." Strength: "What I'm best at is [strength]." Direction: "Where I'm headed is [target]." Connection: "It fits because [throughline]."

3. The spoken "tell me about yourself:"

"The short version: I [strength and what you do]. Lately I've been focused on [target]. What I'm looking for next is [next step]." Then stop talking.

4. Stop apologizing

Cut "this might sound weird," "I sort of fell into this," "I'm not sure if this makes sense." Your path is allowed to make sense. Say it like it does.

Re-entry note

Behind? This week needs week 1 and 2 to work. If you only have one session, write the throughline (move 1) with whatever you've got. The full story can wait a week.

Print for your own use. From The Next 90 Days at hersforhetaking.com.