

Your Epiphany Bridge Story Worksheet

The Backstory:

Who were you and what were your circumstances?

I was a _____.

Your Desires:

What were your hopes / dreams / desires at the time?

I wanted to _____.

External Struggle:

What were you struggling with at the time and what did that mean to you, your family, your business, your situation, etc.?

At the time I was struggling with _____. That meant _____.

Internal Struggle:

How did that make you feel?

That made me feel _____.

The Wall:

What happened when you hit bottom?

Then _____ happened and felt like giving up.

Then, as if by chance, something amazing happened...

The Epiphany:

What happened to change your mind and show you a new way?

Then I _____ and everything changed.

What were you able to do now that you couldn't do before?

I was able to _____.

The Plan:

As a result of the epiphany experience, what was your plan to move forward?

So I decided to _____ so I could _____.

But there was still a problem...

The Conflict:

What was the new or existing challenge you still had to overcome or get past?

We still had to deal with _____.

The Achievement:

What did you do to overcome the challenge?

In the end we _____.

What did that allow you do to?

That allowed us to _____.

What did that mean to you and others in the end?

Which meant we could now _____.

What was the big shiny achievement in the end?

In the end we were able to _____.

The Transformation:

How did this epiphany and your subsequent actions change you / your situation?

When all is said and done I was able to _____.

In the end, what does that mean to you, your family, etc.?

And in the end, all of this means _____.