

KIRA SWANSON  
*Coaching*

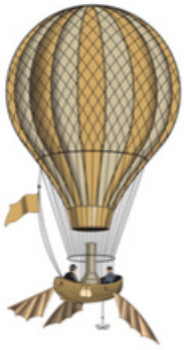
# Story World Model

What is the situation? Just the facts.

What is your story about this situation?

What emotions arise when you tell yourself this story?

How do you respond when you tell yourself that story and feel those feelings?



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# Story World Model

Describe the world you are creating based on your responses to your thoughts and feelings.

If you are not satisfied with your answers above, move on to the next two questions.

Who would you be without your story?

What's a new story you could tell yourself instead?



## ABOUT KIRA

I'm a life and mindset coach for entrepreneurs and creatives who find that the old ways of bigger, faster, more are no longer satisfying. Instead, they favor simpler, smarter, better. They're looking for creative and sustainable responses to the increasingly chaotic world around them. I help them shift their perspective and tap the power of their own wisdom to unveil new ways to thrive in our complex times.

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