

Seven ways to rewrite your story

A short reflection guide inspired by Darrius Garrett's journey from survival toward purpose.



Your beginning does not get the final word

Rewriting your story does not mean denying what happened. It means deciding that the past will inform you without owning every page ahead. Use these seven practices as prompts for honest reflection and intentional action.

1 Recognize the story

Name the experiences, people and choices that shaped you. Write the facts without minimizing the pain or turning it into your permanent identity.

Reflection: What part of my story am I finally ready to name?

2 Examine the narrative

Notice the beliefs you repeat about yourself. Ask which are true, which were handed to you and which keep you trapped.

Reflection: What belief about myself needs to be challenged?

3 Write a new vision

Describe where you want to go and who you want to become. Make the vision specific enough to guide a decision this week.

Reflection: If my future were not limited by my past, what would I pursue?

4 Respond with responsibility

Focus on the choices that are available now. Responsibility is not self-blame; it is the power to decide your next move.

Reflection: What choice is mine to make today?

5 Identify your purpose

Look for the place where your experience can become contribution. Purpose often grows where honesty, ability and service meet.

Reflection: Who could be helped by what I have learned?

6 Take intentional action

Choose one small, visible behavior that supports the new story. Repeated action makes change believable to you.

Reflection: What will I do in the next 24 hours?

7 Empower someone else

Share wisdom without pretending to have every answer. Your progress can become permission for someone else to begin.

Reflection: Who can I encourage, support or listen to this week?

Your next page

Write one sentence that describes the story you are choosing now.

Write the first action that will make that sentence real.

Keep going

Darrius Garrett is an original Freedom Writer, New York Times bestselling co-author and motivational speaker. Explore speaking programs, stories and resources at iamdarriusgarrett.org.

This guide supports personal reflection and is not a substitute for professional mental-health care. If you are in immediate danger or crisis, contact local emergency services or an appropriate crisis resource in your area.