

Becoming the Author

*Reclaim Your Story, Align Your Life,
and Lead with Purpose*

by

Curtis Brown

Copyright:

Becoming the Author

Subtitle: *Reclaim Your Story, Align Your Life, and Lead with Purpose*

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Cover design by Copilot & Canva

Printed in United States

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Published by Independent publisher

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Author's Note

Dear Reader,

Before you turn the page, I want to thank you.

Not just for picking up this book—but for being *willing*.

Willing to pause.

Willing to explore.

Willing to look inward, even when it's uncomfortable.

This book is more than a collection of thoughts.

It's the heart-work that I, too, have had to do—the questions I've asked in the quiet, the truths I've wrestled with, the patterns I've unlearned one choice at a time.

I don't have all the answers. I'm not writing from a mountaintop.

I'm walking this road with you.

My hope is that these chapters become a kind of mirror—one that reflects your wholeness, even on the days you forget it. A compass when you feel lost. A spark when you feel stuck. A reminder that the life you're seeking isn't out there somewhere...

It's already within you, waiting to be remembered.

And so wherever you are in your journey—raw, ready, or somewhere in between—know this:

You're not late.

You're not broken.

You're right on time.

Let's take the next step together.

With heart, fire, and purpose,

Curtis Brown

Chapter 1 Workbook:

The Stories We Live By

"You are the author of your life. If you're stuck in a chapter that no longer serves you, it's time to write a new one."

Section 1: Spotting the Old Story

1. What are three phrases you often say or think about yourself (good or bad)?

- Example: "I always mess things up," "I'm a giver," "I'm not meant for big things."

1. _____

2. _____

3. _____

2. Who or what do these beliefs come from?

(Parents, teachers, society, old experiences?)

3. What title would you give the story you've been living?

(Examples: "The Survivor," "The Invisible One," "The Always-Tired Caregiver")

My current story title: _____

Section 2: Reframing the Narrative

4. Rewrite one of your most limiting beliefs in a more empowering way.

(Example: "I always mess up" → "I'm learning and growing with each challenge.")

Old belief: _____

New belief: _____

5. Write a short summary of your "old story" in a few sentences.

(What have you been telling yourself about who you are and what your life means?)

My old story:

6. Now begin writing the opening lines of your *new* story. Start with "I am someone who..."

My new story:

Section 3: Looking in the Mirror

7. What are the biggest patterns or themes in your current story?

(Check all that apply or add your own.)

- I avoid conflict
- I over-explain myself
- I doubt my worth

- I always play the helper
- I downplay my successes
- I act confident but don't feel it
- I believe I'm meant for more
- I try to prove myself
- I've been through a lot, and I'm still standing
- _____
- _____

8. What has your story protected you from?

(Example: From taking risks, from judgment, from failure, from vulnerability.)

9. What has it cost you?

(Example: Opportunities, peace, self-respect, deeper connection.)

Section 4: Shift to the Author's Seat

10. What kind of person do you want to become?

(Use verbs and values, not labels. Ex: someone who speaks with honesty, someone who trusts herself, someone who creates.)

11. What would your future self—five years wiser—tell you right now about your current story?

🗨 *She/He/They would say:*

Closing Practice: Rewrite the Opening Page

On the lines below, rewrite the *first paragraph* of your new life story. Imagine it's Chapter 1 of a book you're proud of. Speak in the present tense. Be bold, honest, hopeful.

My New Chapter Begins Like This:

"I am someone who

."

Bonus: Monthly Check-In

Save this page. Revisit it each month and ask:

- Am I still telling my new story—or slipping back into the old one?
- What new chapter is calling me now?