

# How to Uncover & Own Your Authentic Story

(and how it impacts your success)



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## Module 2: Defining Moments & Turning Points

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One way to see our lives as meaningful treks rather than a string of random events is to reflect on the defining moments and turning points.

For me, the day I quit my job in broadcasting was a crucial turning point. In what seemed like an overnight event, my station was sold. Much worse, my parent company didn't offer me a job. I was stunned. After a decade of throwing myself into the job, I secretly thought I was indispensable, and the company would take care of me.

It was a rude awakening, but it was also a chance to pause and consider where I was in my life. In a move I still can't quite explain, I resigned, walked away from my new employer and took a job at the NPR station across town. I took a big step backward in pay, and from the outside looking in, my move didn't make sense.

Had I not left, however, I never would have found my life's work. At the NPR station, I fell in love with its storytelling approach to programming. I had time to write, take courses and envision a business called Interact.



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## **Taking Inventory**

Here's an exercise that will energize the way you think about the joyous, challenging and difficult turning points of your life—and the places they've taken you. Here are some basic prompts to help you take inventory:

Best friend adventures

Big promotions,  
being passed over

Accidents, injuries

Losing a job to find a job

Camping trips

Parents divorcing

Summer vacations

Studies, activities, hobbies

Moving to small towns, big cities

Weddings

New schools, new friends

Births, funerals

Achievements in school

Travels

Disappointments, setbacks

Second chances

First break, first job



AGE	TURNING POINTS, DEFINING MOMENTS	LESSON LEARNED, WISDOM GAINED, CONNECTION TO PURPOSE



Some events and developments that come my way still appear random—and there are times when I’m just too stubborn to consider shifting the way I see things. I’m guessing it’s that way for you too.

The good news? You are never stuck. Your Authentic Story is always open for a new interpretation as long as you continue to grow in self-awareness. Have you ever been struck by a thought to the effect of, “Woah, *that’s* why I had to go through that!”? In a moment, the pieces come together, and you can accept the beauty and the messiness of life. Your sense of self grows.

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Next up, download

## **Module 3: Mentors and Messengers**

**Learn to tell your story as your best, authentic self.  
Reach out today. We would love to hear from you.**



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