

How to Uncover & Own Your Authentic Story

(and how it impacts your success)



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Table of Contents

Introduction

Module 1: Your Backstory

Module 2: Defining Moments and Turning Points

Module 3: Mentors and Messengers

Module 4: Your Take on Life

Module 5: Stories for Your Organization

Epilogue



Module 3: Mentors & Messengers

At times our own light goes out and is rekindled by a spark from another person.

– *Albert Schweitzer*

My friend Cathy Anderson told me a story about her father, Paul Anderson, and a ride the two of them took in a 1969 Mustang.

“Dad always knew who he was. He worked with his hands. He was a man of few words.”

Cathy had built a successful law practice. Just when it looked as though she was well on her way, she felt called to walk away and teach. Her friends were shocked, and Cathy was worried that her parents would be, too. They had invested so much.

She went to see her father and they took a ride in the green Mustang he had rebuilt for her. That’s what they did when they needed to talk. Side by side they watched the road ahead until she broke the silence and told him about her dream of teaching.

She let the silence return before saying, “I don’t want to disappoint you by leaving my practice.”

Her Dad replied, “I would be disappointed if you didn’t.”



A few words from her father in that Mustang created a defining moment for Cathy. You can feel the power in this story as she tells it.

When storytellers share what they've learned from mentors, messengers or influencers, they reveal their own core values. We can see into their hearts and how they've gained an understanding of life.

Note: Dr. Cathy Anderson is an author, artist, attorney, business ethics and creative process expert all rolled up into one person.

Who are your mentors, messengers and influencers? Even negative people can show us the choices we don't want to make in life.



Here are some prompts to help you reflect:

Parents

Best Friends

Bullies

Teachers

Boy or Girl Scout Leader

Competitors

First boss, best boss, worst boss

First girlfriend, boyfriend

Mentor at Work

College Roommates

Someone who forgave us

Someone we forgave

Authors, Songwriters

Teammates

Someone who really listened to you

Someone who you really listened to

A Stranger's Kindness

Siblings

Aunts, Uncles

Cousins

Children

Neighbors

Tough customers

Celebrities

Trailblazers



| AGE | MESSENGER | LESSON LEARNED, GIFTS RECEIVED, WISDOM GAINED |
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As you gather the lessons learned from your influencers, you are building an important part of your story library.

Next up, download

**Module 4:
Your Take on Life**

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