



PARTICIPANT WORKBOOK

The Storyline Symphony Workshop

with Seth Winterhalter

WWW.STORYLINESYMPHONY.COM





WELCOME

The Storyline Symphony team is excited to embark with you on this journey of reflection to help you compose a stunning symphony of a future life of meaning, joy, and purpose. This workshop is just the beginning of new insights, helpful tools, and a community of support as you stride with confidence into this next chapter of your amazing story.

Seth Winterhatter



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INTRODUCTION

Congratulations on taking action!

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ASSESSING YOUR PRESENT

Assessing the three primary areas of your life and
the various aspects that make them whole

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REFLECTING ON YOUR PAST

Reflecting on the good, the bad, and even the ugly
in order to harness its power for a better tomorrow

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PLANNING YOUR FUTURE

With clarity on our present and the power of our past
we pick up the pen to compose a life of intention

17 - 18

TAKING DAILY ACTION

Here we give you the tools to turn your composition
into living music so your desired future becomes
your lived reality





How to use this workbook

We will guide you through simple reflection exercises that will help you compose the future vision of your life. In the first section, you'll assess your present realities, looking at the three core aspects of life. In the second section, you'll reflect on your past to harness its power for your future. In the third, you'll create a ten-year vision and a one-year mission so you'll always know where you're headed.

We'll take this vivid picture of your future and using our daily/weekly worksheets, create action items and priorities that will help you establish daily rituals, reminding you where your life is going and what you need to do each day in order to bring it to fruition. You will no longer wake up in a fog. Every day you go through your routine, you will feel that your life has meaning and a purpose because it will.

Questions?

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CHAPTER ONE

INTRODUCTION

Give yourself a big round of applause. Bigger. A standing ovation! Why? Because you took action. Thousands of people were given the same opportunity as you but you are here today, at this workshop, because you didn't just think about making your life better, you actually did something about it.



Introduction

Too many people get to the end of their lives and are mired in regret. They leave their lives up to fate and wonder why, at the end of their life, they feel it was meaningless.

The truth is this: fate is a terrible writer. It's time to take back control of our lives and our time and create a life full of direction and meaning.

Storyline Symphony will teach you to compose a life plan that will give you a deep sense of meaning and purpose. This workshop will walk you through exercises that will ensure you look at all of the aspects of your life so your next chapter is intentional and prioritized. The tools that will ensure this vision becomes a reality are the worksheets you'll use to create daily rituals that will keep your life focused and on track.





CHAPTER TWO

ASSESSING YOUR PRESENT



Your life, like a symphonic orchestra, is made up of sections that need to work together in harmony to make the melody ring out and shine forth.



The 3 Core Parts

A thriving, human life consists of 3 essential aspects: 1) Self 2) Relationships 3) Vocation. Each of these aspects has 3 areas that, when out of tune, create dissonance and distortion in our lives.

The Self

- Physical (sleep, nutrition, activity)
- Mental (thoughts, beliefs, learning)
- Emotional (self-aware, people-aware, communication)

Relationships

- Partner (communication, support, intimacy)
- Children (nurture, develop, empower)
- Friends (give, receive, experience/boundaries)

Vocation

- Career (how you make money)
- Hobbies (how you spend free time)
- Service (how you serve others)

Evaluate each aspect of your present reality rating your health and vitality. You may even break down the subcategories into tertiary parts, such as sleep into 1) falling asleep 2) quality of sleep 3) waking up.



STEP 1

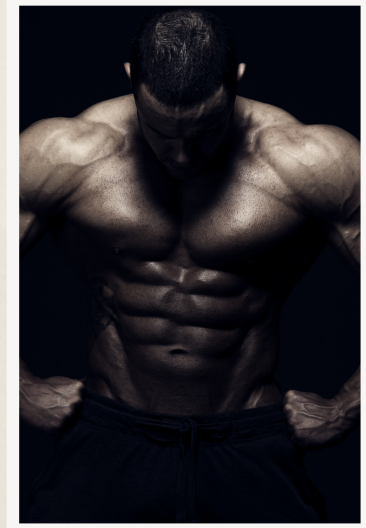
Physical

Rate your sleep:

Rate your nutrition:

Rate your activity:

What would you like to change and why?



STEP 2

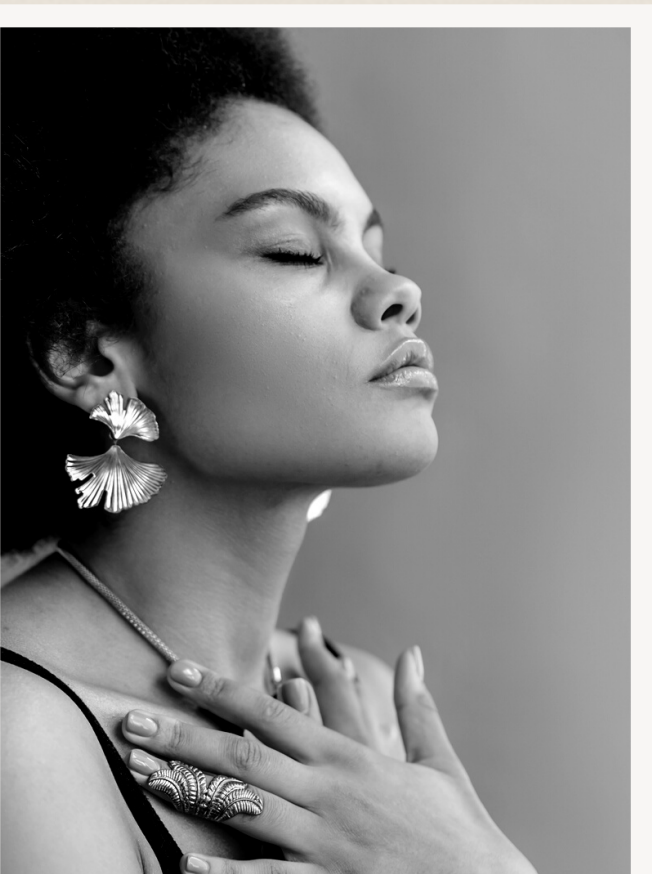
Mental

Rate your thoughts (positive/negative):

Are you learning:

Are your beliefs changing/rooting:

Are your actions in line with your beliefs:



STEP 3

Emotional

What is positive in your life:

What is negative in your life:

What are areas for emotional growth:



STEP 4

Relationships

Evaluate the aspects of your partnership, of your parenting, and of your friendships. What can you celebrate? What needs to change? What actions need to be added? What relationships need to be lowered or severed?



STEP 5

Vocation

Evaluate the realities of your current job. Are you making enough money? Is there a path to promotion and/or a raise? Is that something you want? What else would you consider doing? Why haven't you pursued that? Are you making time for hobbies? What are they? What could they be? How are you giving back to your neighborhood and community?





CHAPTER THREE



REFLECT ON YOUR PAST

Now that you've assessed your present realities, let's take a moment to reflect back on the past year and years to see what insights we might uncover.





How to Reflect on Your Past

Start by clearing your mind of any present thoughts and begin to think about the last year. Write down whatever memories it brings to the forefront...moments of happiness, sadness, turmoil, celebration, etc. Think about key events like birthdays, holidays, vacations, and milestones, and write down who was there, what happened, and how it made you feel.

Do the same exercise, but instead of the last year, have your mind recall the most distinct memories of your entire past. What are the most positive, joyful memories? What are the most painful?

Begin to ask yourself what insights these memories have for you. What beliefs or actions should you replicate in the future? What thoughts or actions need boundaries for yourself and might be a catalyst for helping others?





CHAPTER FOUR

PLANNING YOUR FUTURE



Now that you have clarity on your present
and insights from your past you're able to
compose an intentional future that will
bring meaning, purpose, and enjoyment.



Composing Your Symphony

Now that you've assessed your present and reflected on your past, it's time to compose your future. We'll do this in three parts but before we get to that, let's take a moment to capture our thoughts from the first two exercises:

Assessing the Present

What thoughts, beliefs, and actions should you keep, discard, or change as you move into this next chapter of life:

- Self: Physical, Mental, Emotional
- Relationships: Partner, Kids, Friends
- Vocation: Work, Hobbies, Service

Reflecting on the Past

What did you remember from your past that would influence your thoughts and actions for your future:

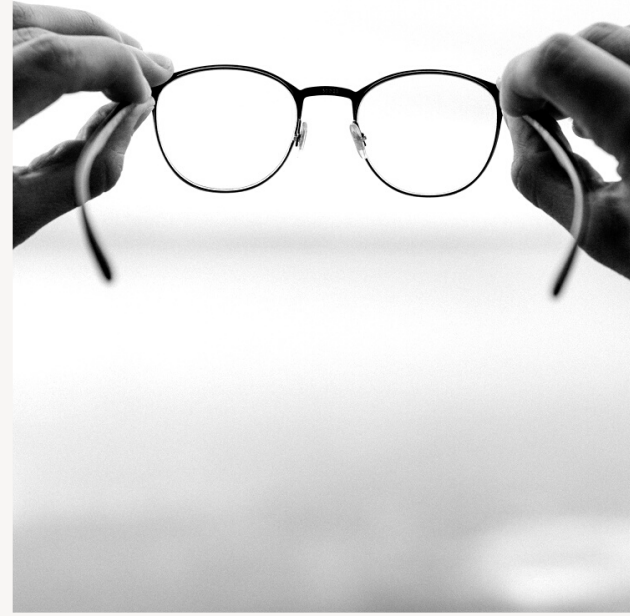
- What do we want MORE of?
- What do we want LESS of?
- What boundaries do we need to help us say "yes" and "no"?



STEP 1

10-Year Vision

Look ahead to 10 years from now and envision the life you are living. This should be fully aspirational and based more on how it makes you feel and less on tangible, physical realities. For example, "when I look in the mirror, I feel ..." and "when I think about my marriage I feel..." As emotional creatures, if we create a symphony that inspires our heart and soul it will motivate our thoughts and actions.



STEP 2

5-Year Plan

This plan moves from the emotional to the tangible. If you want to feel good about something, you have to do the work to bring the results that create those feelings. For your marriage to feel strong, supportive, and passionately intimate it will take intentional communication, time together, and acts of service. Get practical on what these actions look like.



STEP 3

The 1-Year Plan

This is where you get extremely practical by making goals for each of the three aspects and all nine of the areas of your life. Once you have all nine goals you prioritize them over the year ahead. Each goal will look like this:

My (area) will feel X by doing Y because of Z.

My marriage will feel closer than ever by focusing on communicating all our feelings, frustrations, and desires because we want to know each other deeply in order to love each other fully.



STEP 4

Reverse-Engineer

Once you have a clear 1-year plan with each aspect and area of your life prioritized, you work backward and start to lay out the daily/weekly steps to take necessary to bring your dream into reality.

From baby steps to leaps, all you need is action and the momentum and motivation come from the plans you laid out and the feelings you deeply desire.





CHAPTER FIVE

TAKING DAILY ACTION



Your thoughts and actions create the reality of the life you live and the legacy you leave behind. Choose wisely.



Taking Daily Action

Using a daily planner is a key tool to keep you on track to your desired destination. Whether you use something as simple as a physical or digital notebook or a customized planner, write down your desired and actual actions in order to assess if your life is on the path to lead you to where you want to be.

Primary Tasks

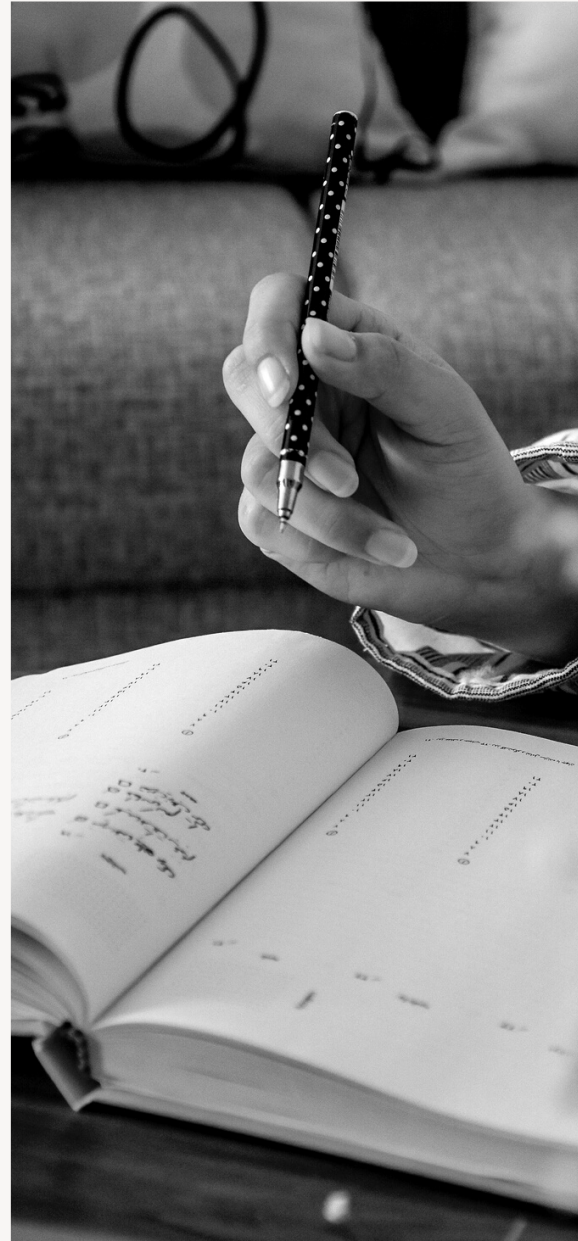
Choose no more than 3 primary actions to take each day that will create movement toward your goals and the fruition of your 1-year plan.

Primary Thoughts

Choose specific things to be grateful for and positive reinforcements for what you think about yourself, the people around you, and the world at large.

Realities

Write down the thoughts and actions that happened at the end of each day to account for the things you must battle to change and the distractions that will keep you from the life you want to live.



Conclusion

Your life is more than a song, it's a symphony of parts and sections all coming together to support the melody of your life with rich, beautiful harmonies.

Continue to assess your present, learn from your past, and enjoy each day as an experience that's creating a life of meaning, purpose, and enjoyment.



THANK YOU FOR
PARTICIPATING IN STORYLINE SYMPHONY



NEED MORE INSIGHT & SUPPORT?

The Storyline Masterminds



Each mastermind is composed of 8-10 people who are rowing in similar waters of life and desire accountability, encouragement, and support to stay on target to reach the destination of a life well-lived.

JOIN A MASTERMIND

