

WHAT'S YOUR STORY?

*A Simple Guide To
Freedom*

By: Tucker Newman

“FREE YOUR SPIRIT”

WHAT IS A STORY?

A Story is a way of understanding our world. Myths for example are very sophisticated stories that help us understand ourselves and the world around us. Humans have been telling stories and creating myths long before they could write. A myth, contrary to today's understanding, is not a lie. A myth is actually pointing to a true phenomena that is happening all the time.

Most people are familiar with the Greek myths. Ask yourself, is there actually a man named Zeus in the sky that shoots down lightning and rules over humans? No. And that's not the point. A myth is a metaphor, not a fact.

Take the myth of the Trojan horse. According to the myth, after a decade-long siege, the Greeks constructed a massive hollow wooden horse, which they presented to the Trojans as a peace offering and a dedication to the goddess Athena.

The Trojans, believing the war had ended, brought the horse inside their city walls despite warnings from figures like the priest Laocoön, who famously cautioned, "I fear Greeks, even those bearing gifts". Hidden inside the horse were Greek warriors, including the hero Odysseus, who emerged at night to open the city gates for the returning Greek army, leading to the fall and destruction of Troy.

Did that actually happen!? Maybe... Whether it happened or not is not the point of why the Greeks tell that myth! It's a concept that points to something greater.

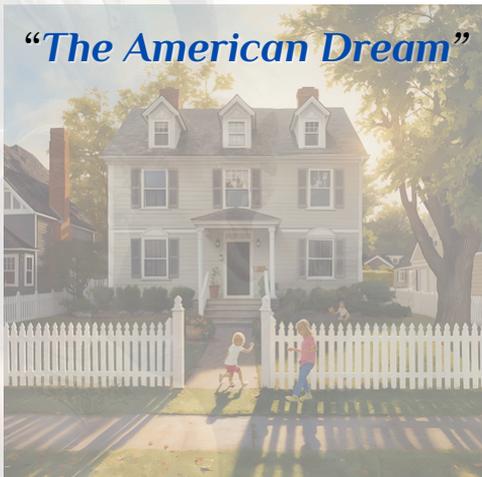


Where in your life do you present a metaphorical trojan horse (something that someone *wants*) covering the thing they really need?

For example someone comes to me with low back pain and wanting to get more fit, but what they really need to feel safe and secure in their body.

Instead of forcing my way upon there current belief system (trying to enter the city walls) I need to have a trojan horse. The trojan horse in this example is creating an exercise program. Once they sign up and we begin exercising, I can jump out of the horse because I'm inside their walls. Now I can address the real issue of what's going on in their mind. I can get to the root of what makes them feel so unsafe and insecure that they have significant pain in their low back despite a seemingly healthy diet and lifestyle.

Without myths and stories life begins to become a chaotic series of events that seemingly make no sense. All religions are built on myths, each culture follows a unique myth, countries are built on myths (i.e. *The American Dream*), families have myths, MYTH IS EVERYWHERE!



In America from a young age we are told some variation of this myth, "In this country you get a job you don't like to save for retirement. You buy a house with a white picket fence and send your kids to public school. You work on a computer at an office for some large corporation, drink alcohol on the weekends, and watch TV every night." Now is everyone living this exact story? No. But is this story happening all the time unconsciously in the minds of Americans? YES!

4 FUNCTIONS OF MYTH

According to Joseph Campbell

1. Evoke a sense of grateful affirmative AWE before the monstrous mystery that is existence.

2. Present an image of the cosmos, an image of the universe round about, that will maintain and elicit the experience of awe. [or] ...to present an image of the cosmos that will maintain your sense of mystical awe and explain everything that you come into contact with in the universe around you.

3. Validate and maintain a certain sociological system: a shared set of rights and wrongs, proprieties and improprieties (what is accepted and not accepted), on which your particular social unit depends on for its existence

4. Must carry the individual through the stages of his life from birth through maturity through senility to death. The mythology must do so in accords with the social order of his group, the cosmos as understood by his group, and the monstrous mystery.

WHAT IS YOUR STORY?

Ken Wilbur's 4 Quadrant Model

Questions Are Inspired and Adapted From Paul Chek's Spirit
Gym Course Lesson 5 (Link In Resources)

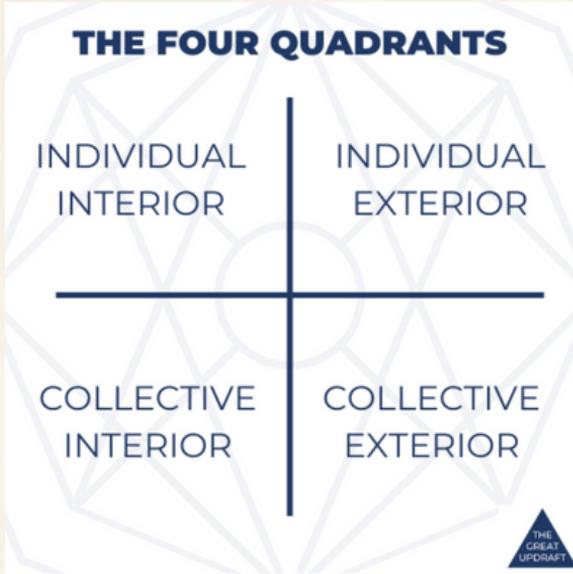


Image from: <https://deep-psychology.com/>

Individual Interior: The Soul/Main Character's Inner World

What is your inner story?

Who are you in your myth?

What is your role?

What archetypes do you embody?

The main character of the story.
All thoughts, feelings, emotions,
beliefs, dreams, and archetypes
come from this section.



WHAT IS YOUR STORY?



Individual Exterior: The Actor

What do you/main character look like?

How do they act?

This is anything that can be filmed, weighed, or measured about yourself/main character

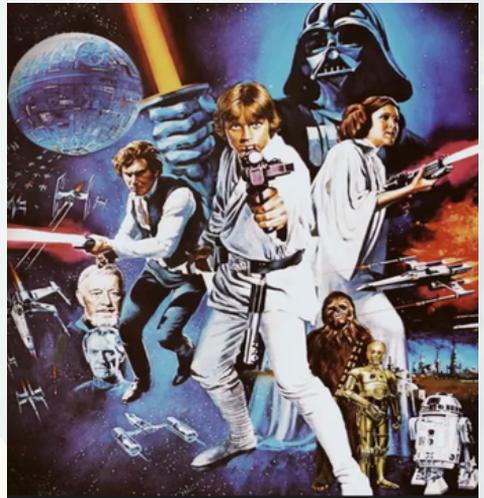
Collective Interior: Cast & Crew

Who are your/main character's people?

What binds your people together?

Who is the antagonist?

This is home of the personal and collective unconscious. Past lives, oversouls, ancestors, etc. all reside in this quadrant.



WHAT IS YOUR STORY?

Collective Exterior: The World Stage

Where does your myth take place; is it on earth, somewhere else, or a combination of places?

What is the age or ages spanned?

What systems are involved; transportation, computing, food and water, power, etc.

YOUR TASK

Go through an answer all the questions the best you can. If you are struggling to come up with answers, sign up for a FREE 30 minute discovery call with me to begin outlining your myth.

This is to help you understand your life through the context of story. When you see your life as a story and recognize its elements you can now cocreate/author the story with God, Source, Whatever name you give it.

The freedom that comes from going through a process like this is unlike anything else and the very reason I put this eBook together.

HEALING THROUGH STORY

“When we are functioning in states of repression, our cognitive and motor functions are also distorted, often leading to physical injuries, or what appear as “accidents”...such as falls, car accidents, work injuries, etc.” -Carl Jung



What is Your Story Gap?

The biggest issue I find that clients have is not the problem they initially come to me with (Stress, Pain, etc.). It is the gap between the story they tell themselves on the inside versus the story they tell others and present on the outside.

A common story I see is the client who is a “public success, but a private failure.” In this story we have someone who is a workaholic and is very passionate about what they do. They have the money, the car, the spouse, the home, the kids, they are successful to the outside world. But the story they tell themselves is, “I’m not good enough, I need to work harder, I wish I could just rest and not have to keep putting on a show for people.” Eventually the client creates a crisis that invites the PAIN~Teacher to help them close the gap they consciously aren’t willing to do themselves. The story of who you are is a person that gets up early everyday even when your body is screaming for rest. Eventually you burn out and you have no choice but to rest (And in resting with pain most likely). Either way the gap is going to close, the key is to do it consciously on your terms.

HOW TO CLOSE THE GAP

My work with clients centers around how to close the gap between the reality of their life and the story they are telling themselves.

You want to have tons of energy, but you're are sleeping 5 hours a night. So the reality is either sleep more or create a new story that you accept that you are going to be tired and not have a lot of energy.

Resisting reality because of the story we are attached to creates more stress than accepting reality as it is. Discernment is critical here and that is why having a coach guide you through the process is essential to long term success and not creating another crisis or visit from the PAIN~Teacher.

FREE 30 Minute Discovery Call:

<https://calendly.com/tuckernewmancoachinginc/dream-life-vision-session>

**Close The Gap
With
Coach Tuck
Today!**



COACH TUCK'S GOAL SHEET

Write a paragraph describing what life would be like if it were exactly the way you want it. Describe the feelings, people, places, and things in your dream life in the present tense

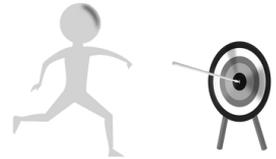
MOTIVATION: Why Do I Want To Achieve My Goals?

THE TARGET: Top Three Goals For Next 3-6 months

1.

2.

3.



MOMENTUM GENERATION: Two Action Items I Can Do This Week?

1.

2.

ROADBLOCKS: What Can Prevent Me From Achieving My Goals?

AFFIRM YOUR GOAL (Ex: I am 10lbs lighter...I am feeling healthy...I am loving my body):

Goal Setting Tips



We usually focus on Outcome Goals = Visualize & E-motionalize. (Ie. "I am..")
The key is to focus on Process Goals = visualize & E-motionalize. (Ie. "I enjoy..")

SMART GOALS

S. Be SPECIFIC when writing a GOAL

M. Make sure you are clear as to how you will MEASURE success.

A. Make a goal ACHIEVABLE. The goal should be 50% more challenging. A 50/50 or better probability that you can achieve the goal is best.

R. Dream Big and Be REALISTIC

T. Have a specific TIME frame for achievement (Can always reevaluate)

*****REFLECT: Look At Your Goal Setting Sheet Everyday!*****

Read and Visualize Goals Daily AND Feel Gratitude For Their Achievement In Advance

Addressing Road Blocks

"Success Without Fulfillment Is The Ultimate Failure"

Science of Success

- **Role Modeling**

- Find someone who already achieved the goal you want and copy their recipe for success (SUCCESS LEAVES CLUES).

Art of Fulfillment

- Art is individual and beauty is in the eye of the beholder. That is how fulfillment works, it can't be quantified. What fulfills someone might not fulfill another.
- To be fulfilled we need to grow. Growth=Progress=Happiness
- To be fulfilled we need to give. Giving: Find something you are passionate about giving

80% Of Success In Anything Is Psychology, 20% Is Mechanics

Why Do We Get Upset When Chasing Our Dreams?

LC=Life Conditions BP=Blueprint

LC=BP=Happiness (Reality Matches What I Think Life Should Be)

LC≠BP=Unhappiness (Reality Does Not Match The Way I Think My Life Should Be)

LC≠BP (AND We Believe There Is Nothing We Can Do To Change It=Depression/Apathy)

SOLUTIONS TO UNHAPPINESS

3 things you do when your life conditions don't equal your blueprint

1. Complain or Blame Something, Someone, An Event, Or Ourselves (DISEMPOWERING)
2. Change Your Life Conditions (EMPOWERING)
3. Change Your Blueprint (EMPOWERING)

KEEP GOING!

For More Information

Visit My Website: <https://newmanholistic.com/>

Subscribe to my Youtube:

<https://www.youtube.com/@tuckernewmancoaching>

Join Paul Chek's Spirit Gym: <https://www.myspiritgym.com/>

Follow Me On Social Media:

@tuckernewmancoaching

Set Up A Free 30 Minute Discovery Call:

https://calendly.com/app/scheduling/meeting_types/user/me

About Me

I have helped a wide variety of clients through every sort of life transition imaginable. From new job, new body, new partner, new kids, new environment. If you're experiencing change or longing for change then Tucker NEW MAN is the guide you have been looking for.

I have come to learn the power of story and the profound affects understanding my story has had on my life. When you change your story, you change your life.

I've helped hundreds of individuals through profound and positive life changes, and it is an honor and privilege to be of service to you on your path. I do not utilize quick

fixes or surface-level solutions, since I am interested in LASTING change. Instead, we'll dive deep, addressing the root causes of your issues so you can live in total alignment with your soul's purpose.

Come work with me in Person at Paul Chek's rainbow house in Fallbrook, CA or online to become the hero of the story your soul came here to live.



MORE RESOURCES

Best Resources On Myth/Story:

- *Hero With A Thousand Faces* By: Joseph Campbell
- *The Writer's Journey: Mythic Structure for Writer's* By: Christopher Vogler
- *Story*: Robert McKee
- *Write Your Own Myths: My Book of Stories* By: Deborah Patterson
- *Myths To Live By*: Joseph Campbell
- *Body Eloquence* By Nancy Mellon
- *Hollywood Decoded (Series)* on Gaia TV
- *Alan Moore Talk: How You Can Change The World Through Writing*: <https://www.youtube.com/watch?v=oXr4sWVSbz0&t=1s>

