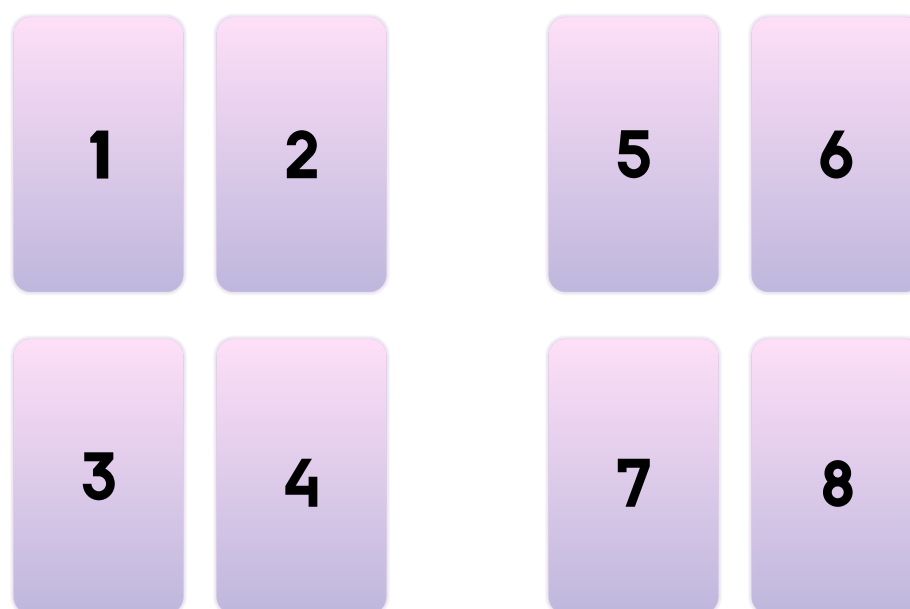


Origin Story Spread

This spread walks you through your life like a story, from your beginnings to the next chapter you're ready to write.



Positions:

1. **Once Upon a Time** - the formative event or circumstance that set your story in motion
2. **Setting** - the general atmosphere of your world at the start
3. **Cast** - the key figures or forces that shaped your early path
4. **Protagonist** - how you saw yourself in those early chapters
5. **The Conflict** - the challenge or obstacle that defined your early arc
6. **Character Growth** - how those events shaped or strengthened you
7. **The Rewrite** - the plot point you can now reinterpret, reframe, or change the meaning of
8. **The Sequel** - how your next chapter builds on your origin

Journal/Reflection Prompts:

1. If your life so far were a novel, what would the title of your first few chapters be, and why?
2. What qualities or strengths has your "protagonist" self gained that you'd want to carry into the sequel?
3. If you could write one alternate scene that changes the meaning of an earlier event, what would it look like?