

Your Healing Tale Worksheet



Writing your very own fairy tale is a magical experience because it can connect you to your deepest wisdom. It can show you what journey you have traveled and reveal what forces, or internal beliefs, are standing in the way of your heart's deepest longing. It can put you in touch with your own fairy godmother whose wise words can soothe old pain and turn them into insight, compassion and empowering beliefs.

Writing your fairy tale with fantasy characters creates a mirror that helps you to reflect upon your own character.

The wonderful thing about writing your own tale is that it is much easier than you imagine.

Let's get started...



Preparing the Story Soil

By consciously creating a story from the soil of your life, you can plant seeds which will blossom into loving insights.

Let's free-write some questions to get us on the right track. These are timed writing prompts to get your writing muscle warmed up. Write on each of them for seven minutes. No editing, no punctuation, just non-stop scribbling, even if just to write, "I don't know what to write..."

- a. What I really want is...
- b. What I really need is...
- c. What stands in my way is...
- d. I hope writing this fairy tale...

Okay, enough priming, let's starting writing this story.



Healing Fairy Tale Generator



Part I:

Set aside 20 – 30 minutes to answer the following questions. Let your fairy godmother do the work by free-writing whatever comes to mind. There are no wrong answers. Give yourself permission to have fun.

1. Who is the hero or heroine?
(human, animal, spirit)

- Describe physical traits (age, eye color, etc.)
- What is her / his / their dream?
- What does she want more than anything?
- What is her biggest fear?

2. What force is stopping your lead character? (hint: it's related to its fear)
What does that force look like? Is it big or small? What does its voice sound like? What is its favorite phase? What does it eat for dinner? This will be the villain in your story.

3. Is there a friend or ally? This person will give the character a helping hand at some point in the storyline. They may appear in a dream or be real.

4. Where will the story take place? The setting echoes the mood of the story. For example, a forest can be filled with friendly critters and patches of sunlight, or it can be dark, gloomy, and scary.

5. Is there magic in the story? Does a genie appear with a potion? Do characters have special powers? Describe these elements that you can sprinkle in your story.

6. Our hero needs to face a challenge. What is it? The obstacle might be a destination the character must reach. There may be a person to rescue or a spell to break. Go back to their dreams and consider what the character wants and how the villain will thwart its plan. That becomes the challenge to surmount.

7. What lesson will the story teach? A fairy tale usually teaches a lesson about a virtue or it may point to something the heroine has to learn about herself. Examples: loyalty, bravery, kindness, integrity, self-compassion, trust, faith, speaking up for one's self.

8. How will it end? A perfect ending is not needed, but the lead has to have moved closer to its dream. What truth will set the character free, and how does she get there?

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Instructions continued:

B. Set the timer for 15 minutes and start writing your fairy tale. Start from either the beginning, "Once upon a time", or the middle of your story where the main conflict is, or at the end of the story.

Do not think during this time, just write, write and keep writing.

Nothing has to be planned or decided before you start writing, the work that you did in answering the worksheet has prepared your mind for this writing.

You have limitless creativity that comes from your soul, follow the images you see and voices you hear within and let your fingers capture it all.

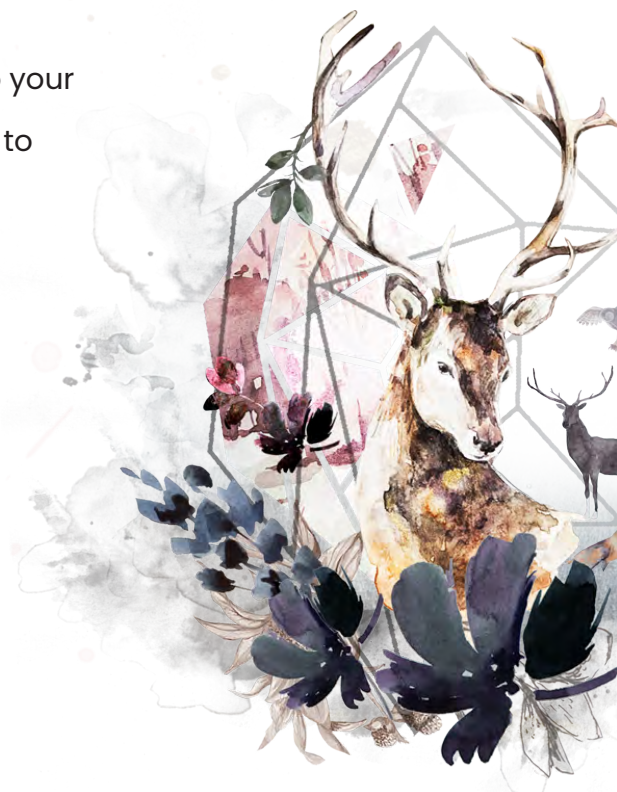
C. The next day, spend another 15 – 30 minutes writing either the beginning, middle or end.

Some prompts to kickstart your writing:

- Once upon a time...
- The fairy took a magic wand and said...
- Then the worst possible thing happened...
- She knew she had won when...

D. Over the next month, keep writing until you have finished your story. A story has a beginning, middle and end. Read through your work and see how it all fits. This process takes time, be patient and compassionate with yourself.

If writing the tale brought tears to your eyes, warmth to your heart, a smile to your face, or a compassionate insight to your mind, your healing fairy tale is complete.





Writing your own fairy tale is a gift to yourself, connecting your life experience with your internal wisdom.

If you feel moved, share your story with others, knowing that you may help someone else navigate the rocky passages of life and find the gems within.

Remember that the most important thing is that your story feeds your heart and soul. Sharing your story with others as a written product requires skills equivalent to being a chef - being able to cook up a story for others.

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