

DR. NATALIE MARR

LEARNTOLOVEYOURSTORY.COM

# FREEING YOURSELF

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A Workbook for Letting Go of Other  
People's Opinions

LET  
IT  
GO!


# DR. NATALIE MARR



## A NOTE FROM DR. NATALIE

### Self Empowerment Expert

I am so happy you have chosen to take advantage of the benefits of journaling by using this workbook to help you expand your perspective, get clarity on how others opinions may be holding you back, and inspire brave and empowered action. I strongly suggest you watch the companion video, and that you print this workbook out and actually put pen to paper when you journal. Handwriting allows you to have a deeper connection to the information than typing will. I've chosen 4 strategies to help you take a different approach when it comes to the critique of others in your life. I've included a quote for you to read that goes along with each journaling prompt to give you inspiration and show you that these strategies do work and will for you. Believe me, if you put these strategies into practice, you will notice a significant difference in how much less you are affected by others' judgment. And I'll be right here, cheering you on.



||

**What I want for you is  
that you have the  
awareness,  
compassion, and  
ability to make the  
empowered choice to  
live the life you want  
for yourself, no matter  
how uncomfortable it  
is to overcome the  
habit of being your  
former self.**

Natalie M. Marr, Psy.D., LP



# 4 STEPS TO EMPOWERED LIVING

In this [video](#) you will hear Dr. Natalie go into detail about the following steps towards empowerment. After watching the video, use the Guided Journal to help build the skills needed to take these steps.

01

## BE THE HEROINE IN YOUR STORY

Instead of seeing your life circumstances as outside your control, start to focus on how you are already the heroine in your story.

02

## FOCUS ON THE "NEXT RIGHT THING"

We are not trying to change all parts of our lives at the same time. That is way too much to do at once. We are merely mindfully staying in the present moment and from that vantage point doing the next step that is in front of us.

03

## RE-NARRATE YOUR STORY

While our pasts cannot be changed, we can change our approach to our pasts. The power of narration is that it sets the stage for our story. If you don't like how the stage is set, give it a new backstory.

04

## RE-AUTHOR YOUR STORY

Authoring our stories has sometimes felt like it is outside of our control. We believed the authors were our families, school, friends, work, and onward. Now that we are recognizing our own power, we recognize our power to write a new story for ourselves.



**A HERO IS  
ANY PERSON  
REALLY  
INTENT ON  
MAKING THIS  
A BETTER  
PLACE FOR  
ALL PEOPLE.**

MAYA ANGELOU

## Be the Heroine in Your Story

I want you to think of a time that you were struggling, but not too much. I am not asking for you to dig into your life's biggest issues quite yet. Think of a time that is more along the lines of a moderate nuisance to you, and which you were able to handle relatively well. It may not have been your best work in life, yet you handled it. The new trick is that I want you to see this from a different lens this time. Instead of focusing on the outside situation, I want you to turn your attention to what you noticed about yourself in this situation. You survived it, so what was it that allowed you to survive. Tell the story of your being the heroine in this story.



**JUST DO THE  
NEXT RIGHT  
THING, ONE  
THING AT A  
TIME. THAT'LL  
TAKE YOU  
ALL THE WAY  
HOME.**

GLENNON DOYLE

## Focus on the "Next Right Thing"

When we are caught in the continued process of living on auto-pilot, we are often doing so because our mind is scattered into many different places. Maybe we are caught up in our regrets about our pasts, our self critique of our present, or worrying about our future. Wherever our mind is at, it is certainly not in the present moment. Focusing on the "Next Right Thing" is a principle we use to bring us back into the present and only give ourself the task of the thing we are doing right now...right in front of us. When we are in the present, we have 100% ability to effect change. When we are in our heads or acting on autopilot, we do not. Write about what the "Next Right Thing" is, in your life.





**SHE COULD  
NEVER GO BACK  
AND MAKE SOME  
OF THE DETAILS  
PRETTY. ALL SHE  
COULD DO WAS  
MOVE FORWARD  
AND MAKE THE  
WHOLE  
BEAUTIFUL.**

TERRI ST. CLOUD

## Re-Narrate Your Story

When re-narrating your life, you are putting a different spin on the feeling of failure and regret. You might consider how these parts of your past were a learning opportunity. Finding the meaning in your struggle. Or shift the narration to how it was helpful to those you love. The reason that re-narrating can be a little softer method for changing how you interface with the programming and conditioning of your life, is that it doesn't require that you change your opinions of the programming and conditioning. It just asks that you emphasize the parts of your story that empower you and shift the locus of control back to you as the agent of change. Take a look back at a time you struggled and try re-narrating it to be more empowering.



**YOU'RE THE  
CREATOR,  
DESIGNER, AND  
AUTHOR OF  
YOUR OWN LIFE  
STORY. EACH  
DAY IS A BLANK  
CANVAS, AND  
YOU HAVE THE  
POWER TO  
CRAFT THE  
FUTURE OF  
YOUR DREAMS.**

GABRIELLE WHITNEY

## Re-Author Your Story

I want you to think of another struggle you've had in life, this time focusing on what the underlying programming and conditioning told you that you should think in this instance. Then re-author this to programming and conditioning that you are choosing for yourself. One of the examples I often use to teach this subject, is my divorce. If I were to believe the programming and conditioning of culture, my two divorces would be seen as a "failure" on my part. Instead, I have re-authored this narrative emphasizing the new programming and conditioning that this was a courageous feat, despite others' judgment, and by bettering myself I am a better version of myself in all that I do in the world. Now you try to reauthor a challenging part of your story.





Dr. Natalie  
COACHING, COURSES, & COMMUNITY



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# ONLINE COURSES AND COACHING

Dr. Natalie offers several online courses and coaching packages all aimed to help you learn how to liberate yourself from a life you feel stuck in and move into one that you love through the power of Self-Awareness, Self-Compassion, Self-Care, and Self Empowered Choices. Check out the resources Dr. Natalie provides you and get your questions answered by checking out the course website via [this link](#).

CHECK IT  
OUT!

# THANK YOU!

Our time is our most precious asset.  
I truly appreciate your willingness to  
try something new with this workbook.  
I hope that you found a resource with  
this video and workbook combo. And  
I am excited for you to have a new  
way to handle the hustle of our culture  
and the constant bombardment of  
social conditioning.

*Dr. Natalie*

[LEARNTOLOVEYOURSTORY.COM](https://www.learntoloveyourstory.com)

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Natalie M. Marr, Psy D., LP  
*Learn To Love Your Story*

