



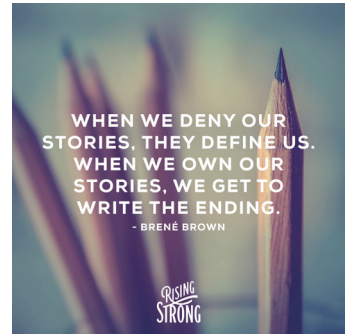
The heart of Rising Strong™ is all about the "stories" you make up about how life is. We dive deep into what a story is, why you make up stories, how to tell when you're in a story and how to get curious about your story. As the creator of the Rising Strong™ curriculum Brené Brown says, you don't want to be a character in your story. You want to be the author of your story.

## LEARN HOW TO:

- Recognize when you are hooked by an emotion.
- Get curious about the emotion and notice your response to it.
- Observe the story you're compelled to make up to give meaning to what is happening.
- Discover the wisdom and meaning underneath the initial "hook" and created story.
- Intervene on your own behalf to write an ending that creates the kind of life and relationships you've always dreamed of.

*Join me along with others – like you – who are sick of being stuck in old, worn out stories. You are braver than you realize, and it's possible to make the lasting changes necessary to take the pen in your hand!*

Learn more at [SonyaNelson.com](http://SonyaNelson.com)



WHEN WE DENY OUR  
STORIES, THEY DEFINE US.  
WHEN WE OWN OUR  
STORIES, WE GET TO  
WRITE THE ENDING.  
- BRENE BROWN

If we are brave enough, often enough, we will fall. Rising Strong™ is a course about what it takes to get back up.