

# Unit 3: Signature Stories

## What is covered in Signature Stories?

The defining moments in our lives can shape the way we see ourselves and how we make sense of the world. Explore some of the signature moments from your life history and work out the hopes, dreams, desires, and commitments these moments have inspired.

In this unit you'll get to understand which moments have informed the life scripts you use to make meaning of life, draw conclusions about who you are, and cause you to hold onto beliefs about what you deserve from life and others. You'll learn to become more selective about which stories get to travel alongside you as you create the next chapter in your life story.



Made  
Better  
stories

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## What will you learn?

- Identify signature moments in your life history.
- Quantify some of the hopes, dreams, desires and commitments that underpin your life.
- Recognise the mindsets and scripts that influence your choices.
- Identify key transitional moments.
- Establish your identity conclusions.

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## What else?

Learn more about how failure stories can be a dominant force in our lives in Unit 4 and consider complementing your development with some 1:1 coaching with our narrative practitioner.

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## How do we sign up?

Contact us at [madebetterhuman.com.au](https://madebetterhuman.com.au)