

THE STORY BREAKER

*Demolish the Stronghold That Is
Holding You Back*

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As Seen On ABC News | CBS News | CNN | TBN

"Where you are is not who you are."

— Tatie Da, Port-au-Prince, Haiti

She Completely Change My Life

I was seven years old. We were living in Port-au-Prince, Haiti. Poor. Hungry. Hopeless. I watched other kids play across the street with things my single, struggling mother could never afford.

One day I reached my limit. I walked over to an old woman in the neighborhood we called Tatie Da and told her: "Tatie Da, this is not fair. Why do I have to suffer so much? I don't think I will ever be anything in my life."

She could have agreed with me. The evidence was in plain sight. She was just as poor as we were. But instead she looked at me with a penetrating stare and said: "Rene, you need a better story."

Don't you ever talk like that. There is something in you that is much bigger than your circumstance. One day you are going to travel the world and make a name for yourself. Food will never be an issue for you."

Tatie Da had no money, no power, and no influence in the world. But she refused to let me believe the story I was telling myself.

Years later I arrived in America with \$5, two shirts, and one pair of pants. No English. No connections. I mopped floors at a food court in Miami. I washed cars on the street. I moved to Atlanta and worked as a doorman for 14 years.

Then one day, weaving that mop across the floor at the lowest point of my life, I heard a voice in my head say: you need to tell yourself a better story. That was the moment everything changed.

What I am about to share with you is the exact method I used — and the same method I use today to coach everyone from Fortune 500 executives to people who have lost everything. Seven simple questions. That is all. Answer them honestly and your life will never be the same.

HOW IT WORKS

Three Phases. Seven Questions. One Shift.

These questions follow a natural progression. Do not skip around and do not rush. Each one builds on the one before it. On every page you will see a real example using one of the most common fears people carry right now: the fear of being replaced by AI. Use the example to see how the process works, then apply each question to your own challenge.

PHASE 1: AWARENESS

Questions 1 & 2

1

Feel it and name it. You cannot shift what you refuse to face.

PHASE 2: CHALLENGE THE STORY

Questions 3 & 4

2

Is it true? What assumption is holding it up? This is where the story loses its power.

PHASE 3: SHIFT AND MOVE

Questions 5, 6 & 7

3

Open the door. Build a new story. Take one step forward today.

Use this guide whenever you feel stuck, scared, or paralyzed. Work through it with a journal. Come back to it every time life throws you a curveball. The questions do not expire.

1**Why am I feeling this way about this situation?****EXAMPLE:**

"I feel embarrassed and worthless. Everyone else has figured this out and I am already behind. Maybe I am not as smart or as capable as I thought I was. Maybe I was never meant to succeed at this level."

YOUR TURN

2

What story am I telling myself about this situation?

EXAMPLE:

"AI is going to replace me. I am too old to learn this. The people who master it are young and technical. I have worked too hard to start over. Everything I built is about to become worthless. Soon I will find myself broke and unable to maintain my lifestyle."

YOUR TURN

3

Is that story true or fiction?

EXAMPLE:

"No. I do not actually know that. I have not tried to learn it yet. AI has not replaced me so far. I am reacting to fear, not facts. This story is fiction."

YOUR TURN

4

What is my assumption in that story?

EXAMPLE:

"I am assuming that people like me cannot learn new technology. I am assuming it is too late and that I am too old. I am assuming AI replaces people instead of empowering them. None of those assumptions are facts."

YOUR TURN

5

What would be possible if that story was not controlling my actions?

EXAMPLE:

"I would actually try the tools without judging myself. I would work harder than my colleagues and get ahead. I would feel excited about my career again instead of dreading Monday. I would start networking with people who could open doors for me."

YOUR TURN

6

What new story do I need to eliminate?

EXAMPLE:

"AI is not my threat. It is my greatest opportunity. I am going to master it and leverage it in my career like never before. The people who learn this now will lead the next decade. I am one of those people."

YOUR TURN

7

What is my next step?

EXAMPLE:

"I am going to spend 30 minutes today trying one AI tool. Not to master it — just to touch it and stop being afraid of something I have never actually tried. I am also calling five people today to reconnect and start building my network again."

YOUR TURN

CONGRATULATIONS.

You Just Did Something Most People Never Do.

You stopped. You found the story that was stressing you out. You questioned it. That is exactly where every breakthrough begins.

You do not need more motivation or a better plan. You need the courage to ask an honest question. And you just did that.

"No condition is permanent."

— Rene Godefroy

YOUR NEXT STEP

If you are ready to find the specific story that has been running your life and replace it with one that truly serves you, let's talk. In one conversation we will identify exactly what is keeping you stuck and map out your next step together.

Book Your Free Story Breaker Call