

My Happiness Coach

Rewriting Your Story

Course Outline

Instructor: Melanie Boczarski, Life & Happiness Coach

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Text: (716) 262-9250

Sessions: Thursdays @ 7:30pm EST

Office Hours: Sundays @ 12:30pm EST

Facebook Group: <https://www.facebook.com/groups/happymindssuccessfullives>

Course Website: <https://myhappiness.coach/rewriting-your-story/>

Description: Since communication was discovered, people have been telling stories. These stories can liberate us or enslave us (within our limiting beliefs). Now it is your turn to discover your story! Your story will show you your core beliefs: who you are & how you behave.

We will be developing your Growth Mindset, Reframing Negative Experiences & Self Talk, Eliminating Excuses, & Creating Affirmations during this course. These are the tools you need to rewrite your story. Even subtle tweaks to your story can shift your attitude, improve your self-confidence, & redirect your future.

Supplies you'll need:

- Blank Journal/Notebook
- Pens, pencils, & an eraser
- Art Supplies
- Glue Stick
- Poster Board
- Printer or Magazine to cut up

Payment: The course must be paid for in full by 10/9/2025 to be considered enrolled. To upgrade to the VIP package and add three 1-on-1 sessions, payment must be made by 11/13/25.

Missing a session: If you need to miss a session, please let me know as soon as you do. I will do my best to keep you updated & on target for the course. Everyone will get the session recordings in an email following the session.

Session Meetings: Each session & office hours will be conducted on Zoom. If you do not have Zoom on your device(s), please download the app & let me know if you have any questions.

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Zoom link: Meeting ID: 590 807 4722 Passcode: STORY

<https://us05web.zoom.us/j/5908074722?pwd=d2hyZUZWeVdjMTd4OXBRU0ptNFJDZz09>

Session Date & Time	Session INFO	Homework	Office Hours
Thursday 10/9/2025 7:30 – 9:00 pm EST	Session 1: Writing Your Story	Writing Your Story Workbook	Sunday 10/12/2025 12:30 - 1:30 pm EST
Thursday 10/16/2025 7:30 - 8:30 pm EST	Session 2: Think Again: Negative Experiences & Self-Talk	Uncovering the Lies Worksheet	Sunday 10/19/2025 12:30 - 1:30 pm EST
Thursday 10/23/2025 7:30 - 8:30 pm EST	Session 3: Say What: Eliminating Excuses & Creating Affirmations	No More BUTs Worksheet	Sunday 10/26/2025 12:30 - 1:30 pm EST
Thursday 10/30/2025 7:30 - 8:30 pm EST	Session 4: Developing a Growth Mindset Part 1: Awareness	Mindset Assessment Practicing a Growth Mindset	Sunday 11/2/2025 12:30 - 1:30 pm EST
Thursday 11/6/2025 7:30 - 8:30 pm EST	Session 5: Developing a Growth Mindset Part 2: Perspective & Action	Rewriting Fixed Mindset Triggers	Sunday 11/9/2025 12:30 - 1:30 pm EST
Thursday 11/13/2025 7:30 – 9:00 pm EST	Session 6: Brain Power: Thought Create Emotions & Rewriting Your Story	Vision Board Handout & Make Your New Story Habit – Week 1	Sunday 11/16/2025 12:30 - 1:30 pm EST
VIP Week 1: sessions will be scheduled	Private Sessions will be scheduled	Make Your New Story Habit - Week 2	NONE
VIP Week 2: sessions will be scheduled	Private Sessions will be scheduled	Make Your New Story Habit - Week 3	NONE
VIP Week 3: sessions will be scheduled	Private Sessions will be scheduled	NONE	NONE