Day 4

Share your story.

Step 1

Prepare for the exercise.

Set aside 30 to 60 minutes of uninterrupted time to do this exercise.

Turn off all notifications on your phone and computer.

Step 2

Watch instruction video.

Click here to watch the instruction video for day 2.

Step 3

Write your story.

Figure out what myth the “old you” used to believe and what truth the “new you” learned on that day.

Rewrite the story in this format:

Most people think (your myth)**, but the truth is** (your truth)**.**

When I was... (your story)

Step 4

Share your story.

Share your story with others in one (or more) of the following ways:

- Post a video of you telling the story on social media (use hashtag #5DayStoryChallenge)
- Share your story in writing via email or blog
- Share your story with your friends
- For Night Owl Nation members: share in Circle and your Small Group meeting

Day 4

Share your story.

Most people think:

(myth)

But the truth is:

(truth)

When I was:

(example)