



# Sharing Your Rockstar Story!!!

A ROCKSTAR Guide  
to embracing your healing  
& inner wisdom

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I AM A  
**ROCKSTAR**

Dear Rockstar,

I want to take a moment to honor your bravery and strength. Whether you are choosing to share your story publicly or doing this as an exercise for yourself, any step towards healing is a big deal.

Congratulations, Rockstar, for honoring your journey of healing! We are so grateful to be on this journey with you and honored to have you here on ours.

We give you permission to take all of the time you need and to complete this exercise at your own pace. Please load up on self care, support, and self love through this journey!

And, remember- We love and believe in you!

With Love, Admiration, & Respect,

*Lindy @ Your Rockstar Community*

P.S. Read our Terms & Conditions!  
If you have a mental health professional in your life, this would be an awesome opportunity to work through the process with them!

“Promise me that you will always remember that you are braver than you believe, stronger than you seem, and smarter than you think!”

- Christopher Robin, Winnie the Pooh

## Step One: About You!

Each story is uniquely yours, and we feel very lucky that you are sharing it with the world today. Take a moment to take a deep breath and acknowledge your bravery, strength and resiliency to survive all that you've experienced in this life. Today, you know a whole lot more about life, love, relationships, and how to cope with the world around you. First, Let's recognize some of the amazing experiences and accomplishments that you've had since the experience (accomplishments, school, friendships, learned something new...). Share with us a little about you:

“Owning our story can be hard but not nearly as difficult as spending our lives running from it. Embracing our vulnerabilities is risky but not nearly as dangerous as giving up on love and belonging and joy—the experiences that make us the most vulnerable. Only when we are brave enough to explore the darkness will we discover the infinite power of our light.”

-Brene Brown

## Step Two: The Story

Give us an overview of your story so we can better understand your rockstar journey:

“I am not what happened to me.  
I am what a choose to become.”

- Carl Jung

“You own everything that happened to  
you. Tell your stories. If people wanted  
you to write warmly about them, they  
should have behaved better.”

- Anne Lamott

## Step Three: My Healing Journey

Share with us about your healing journey (inner strength, courage, bravery, self care, books, professional help, support, comfort...):

“The most beautiful people we have known are those who have known defeat, known suffering, known struggle, known loss, and have found their way out of the depths. These persons have an appreciation, a sensitivity, and an understanding of life that fills them with compassion, gentleness, and a deep loving concern. Beautiful people do not just happen.”

-Elizabeth Kubler-Ross

## Step Four: A Letter to My Younger Self

With the knowledge that we can't change the past, we only grow stronger and wiser from our past experiences, what would you say to your younger self to let them know that you survived these challenges? Write a love letter to younger you, letting them know all of your wisdom of today, how brave they are and how proud you are of them for surviving. Teach them about all of the things you wish you knew when you were younger that you now know about today:

“Nothing can dim the light that shines from within.”

-Maya Angelou

# ROCKSTARDOM!!!



Hurrah! YOU made it!

Thank you for sharing your wisdom, your presence, and your story with us today. Thank you for being a source of hope and inspiration for all of the Rockstars throughout the world.

You have a whole community of Rockstars who are here to support you on your journey. Allow us to be a part of your journey and we invite you to be a part of ours! You can visit us at <http://iamarockstar.me>

If you'd like to share your story as a source of inspiration and healing, you can use the online form [HERE](#) or email your story to [Lindy@LindyAriff.com](mailto:Lindy@LindyAriff.com)!

Love,

*Lindy*

Lindy Ariff, LCSW  
Founder of I AM A ROCKSTAR

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**Help us Spread the Word!**  
**Share love, hope, and**  
**inspiration with others!**  
[iamarockstar.me](http://iamarockstar.me)

# Rockstar Manifesto

## I Make a Commitment to Me

I recognize that my healing and honoring my personal journey is important. I make commitment to my own healing and self care. I make a commitment to nourish myself and my body.

## I Give Myself Permission to Heal

I give myself permission to see the subtle changes within me as I move along in my healing journey. I promise to be gentle, caring, and kind to myself along the way.

## I Celebrate Me

I recognize that I made it, I survived. I've made it through the tough part, now I am growing, healing, and working to recognize my own Rockstardom.

## I am Determined

I recognize my strength and determination to heal. I make a commitment to make progress towards my goals with gentle loving kindness, one tiny step or giant leap at a time.

## I Honor all Rockstars

I recognize that everyone has their own story, and I make a commitment to honoring each and every rockstar. I will recognize, encourage, and support the bravery and strength of all Rockstars everywhere.

