



THE  
**SCALE IT**  
METHOD®

# OLD STORY NEW STORY

*Tell a New Story, Create a New Life*

– Allison Maslan

## **BUSINESS**

OLD STORY:

NEW STORY:

*My New Story Makes Me Feel:*

## **FINANCES**

OLD STORY:

NEW STORY:

*My New Story Makes Me Feel:*

## **RELATIONSHIPS**

OLD STORY:

NEW STORY:

*My New Story Makes Me Feel:*

## **HEALTH**

OLD STORY:

NEW STORY:

*My New Story Makes Me Feel:*

## **PERSONAL**

OLD STORY:

NEW STORY:

*My New Story Makes Me Feel:*