

Discovering Your Origin Story

Chapter 2: Career

In American comics, an origin story describes the circumstances under which superheroes gain their powers. In **Change Maker**, I use the term in the very same way, to describe the circumstances under which health and fitness professionals gain their superpower—their passion for this work.

In my experience, these are the five most common origin stories. Circle the one that best describes you, or add yours in the space below.

I grew up with physical activity and sport.

I've always done health and fitness-related things. I played sports. I connected with friends and family through physical activity or healthy eating. As movement and vitality have been at my core since the beginning, it made sense to continue on with them as a career.

I got mentorship at a pivotal time in my life.

One day, unexpectedly, a health and fitness mentor swooped in and changed, maybe even saved, my life. It was so transformative that I dedicated myself to paying forward that coaching and mentorship to help others who are struggling.

I excelled at a particular goal.

For years I worked hard to achieve a particular health and fitness goal, like getting off my medications, losing a lot of weight, or even competing in an athletic event. And I did it! Becoming an exemplar here, I started coaching others to help them achieve the same goal.

I watched someone suffer.

Someone close to me struggled with a preventable disease. I hated seeing this so I learned how the body works and how exercise, food, sleep, and stress management can help. Then I committed to helping people avoid the same fate I saw unfold in the life of my loved one.

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I fixed my own problems.

I hurt myself, got out of shape, struggled with eating and body issues, or otherwise found myself in the weeds of illness, injury, and suffering. The process of healing myself inspired me to help others. Now I invest my time and energy into helping to heal them too.

If none of the origin stories above describes you, write yours below.

In the end, all paths to health and fitness are ultimately good paths because you're here! The benefit of knowing where you've come from is that it can help you decide where to go next.

These activities and worksheets are taken from the book **Change Maker**: Turn your passion for health and fitness into a powerful purpose and a wildly successful career by John Berardi, PhD.

Check it out at: www.changemakeracademy.com/book