

SESSION 7:

YOUR IDENTITY FOR SUCCESS

Who Do I Want to Become?

Following is a powerful activity that helps you change the way you see yourself.

This is important as reaching new goals, cultivating new values, and creating new habits – if to be successful in the long-term – requires that you *become someone different*.

Of course, you will always be you, but if you don't change the way you see yourself in important ways, you are always likely to return to old habits that are in line with your historical identity (and find it difficult to create new habits that are in line with the identity you are seeking to cultivate!).

Here are some simple instructions for the activity that follows, but please be 'free' with your reflections, and do the activity in a way that is right for you (doing it over a few days or weeks is helpful for many of our members, as is finding some quiet time for your reflection).

In the left hand columns, make notes on the way you have seen yourself in the past (up until the date of writing). Be specific, vulnerable, and honest – it's important to acknowledge the way you currently see yourself, even if it's difficult to do so. In the right hand columns, make notes on the identity you are seeking to cultivate into the future! Include both 'Affirmations' on who you would like to be and 'Actions', which will give tangible evidence for your new identity over time.

And, of course, be sure to repeat your affirmations (however is right for you - as pure affirmations, mantras, reminders, or just plain self-talk!) and perform the actions that will make your new identity a reality over time (you may like to create action items, make a plan, enlist some support, or set up SMART Systems to help them become habits!).

A few pages are provided, as your identity has many facets, and you may like to break your reflection into specific areas of your identity (in any way that makes sense to you – including how they relate to your Whole-Person Goals and Clarified Values!).

Here's to your new identity!

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