

# *Design Your Identity Worksheet*

What is my “why”?

How do I want to feel?

What things do I want to STOP doing?

What things do I want to START doing?

What is my desired reality?

How does someone who has what I want behave?

What skills do I need to develop to support my desired reality?

What will my life look like in 3 years if I embrace this new identity?

What will my life look like in 3 years if I change nothing?