



Identity-based change exercise

Define who your ideal self is, and then add meaning to that statement. Adding meaning helps making it a part of your identity.

Use this statement

"I am..."	
and hence I ...	

Examples:

- "I am an athlete and hence I go to the gym 5 times a week"
- "I am a healthy person, and hence I LOVE to eat food that empowers me"

What does it mean for you to be this person? Meet this goal?

What needs to happen for you to BE this person?

What actions do you need to take every day to have your desired outcome?

What is the smallest step that I can take today, that will get me closer to my ideal self?

“What can I learn today that will get me closer to my vision?”