

WHAT

Behaviors

ARE IN SYNC WITH
MY CHOSEN IDENTITY?

DAILY

BI - WEEKLY



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Example

"I am an organized person"

DAILY

I make a list every
night for the next day

I do at least 3 things
on my list

I write down my
small wins

BI-WEEKLY

Five Minutes of writing

I read from a book,
or online for 10
minutes, about habits,
organization, etc.



WHAT ARE THE

Values

THAT DRIVE MY CHOICES?

THESE VALUES REFLECT
WHO I AM &
WHAT I'M LIVING FOR



MY

Identity

I AM A _____!

I THINK LIKE A _____,

I SPEAK LIKE A _____,

I DO THE ACTIONS THAT

A _____ DOES.

I, _____,

AM A _____!

