

Identity-Evolving Worksheet

“Your current behaviors are simply a reflection of your current identity. What you do now is a reflection of the type of person that you believe that you are (either consciously or subconsciously).

To change your behavior for good, you need to start believing new things about yourself.”

—James Clear

When we change our habits we . . . change! This change is a fundamental change to our identity. If we don't know who we're desiring to become, we are much less able to change our habits. We become much less able to sustain the habits of the person we are desiring to evolve into.

Use this worksheet to drop deeply into who you are becoming.

What kind of person do you want to become?

I want to become the kind of person who:

I want to become the kind of person who:

I want to become the kind of person who:

Who is like the person you are describing (real person, historical figure, or fictional character)?

Once you've filled out this worksheet, put it somewhere you will see it regularly. Remind yourself of who you are becoming.