



Identity & Belief Shift Worksheet

Upgrade who you are, not just what you do.

Old identity / limiting belief:

I am _____

Evidence that supported it (in the past):

New identity I am stepping into:

I am _____

Evidence I am creating now:

1. _____
2. _____
3. _____

Daily affirmation (say aloud):

Who you are determines what you do. Choose the stronger version—today.