

# #38 – THE IDENTITY ALIGNMENT CHECK

*Five questions to help you close the gap between who you were, who you are, and who you're becoming.*

Growth feels confusing because you're updating your identity – and identities don't shift as fast as your awareness does.

This guide helps you understand the transition and choose the identity that matches your future.

## **1. Who was I operating as when I made most of my past choices?**

Identify the older identity:

The pleaser?

The survivor?

The avoider?

The overachiever?

The over-giver?

The one afraid to be alone?

Your thoughts: \_\_\_\_\_

## **2. Who am I operating as *today* – without judgment?**

Current identity isn't failure or success – it's data.

Your thoughts: \_\_\_\_\_

## **3. Who am I becoming – and what choices reflect that version of me?**

This is your future identity.

The one already calling you forward.

Your thoughts: \_\_\_\_\_

## **4. Which identity do my current habits and choices actually support?**

Your lifestyle tells the truth – even when your intentions sound good.

Your thoughts: \_\_\_\_\_

## **5. What is one aligned action that future-me would take today?**

Identity isn't changed through thinking.

It's changed through repetition.

Your thoughts: \_\_\_\_\_

## **FINAL REMINDER:**

You're not lost.

You're transitioning.

Let go of the identity that created your past  
to make room for the identity that will build your future.