

#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.