

■ Worksheet 7: Identity & Integration

Exercise 1: The 'I Am' List (Without Performance)

Complete 20 times: 'I am someone who...' **(No achievements, productivity, or roles allowed)**

1. I am someone who _____

2. I am someone who _____

3. I am someone who _____

4. I am someone who _____

5. I am someone who _____

6. I am someone who _____

7. I am someone who _____

8. I am someone who _____

9. I am someone who _____

10. I am someone who _____

11. I am someone who _____

12. I am someone who _____

13. I am someone who _____

14. I am someone who _____

15. I am someone who _____

16. I am someone who _____

17. I am someone who _____

18. I am someone who _____

19. I am someone who _____

20. I am someone who _____

Exercise 2: Values Clarification

Circle your top 5 values, then reflect:

Authenticity • Connection • Creativity • Freedom • Growth Health • Honesty • Impact •
Independence • Joy Justice • Knowledge • Love • Peace • Purpose Security • Service •
Simplicity • Spirituality • Stability

My top 5 values:

1. _____
2. _____
3. _____
4. _____
5. _____

How much of my life actually reflects these values?

Which values was I performing vs. actually living?

Exercise 3: Permission to Be 'Less'

I give myself permission to be less productive and still be:

I give myself permission to be less productive and still be:

I give myself permission to be less productive and still be:

I give myself permission to be less productive and still be:

I give myself permission to be less productive and still be:

I give myself permission to achieve less and still deserve:

I give myself permission to achieve less and still deserve:

I give myself permission to achieve less and still deserve:

Sunday Planning Session (30 minutes)

Use this template every Sunday:

What's on my calendar this week?

Is this sustainable given my energy?

What can I say no to or delegate?

Where do I need to enforce boundaries?

What will restore me this week?

Are any 'never again' items creeping back?

Friday Reflection (20 minutes)

Use this template every Friday:

Did I honor my boundaries this week?

Where did I override my body's signals?

What patterns am I proud of changing?

What old patterns tried to return?

What does my body need this weekend?

What wins can I celebrate?

Signs of Success Checklist

Check off signs you're experiencing:

- My symptoms are stable or improving
- I can maintain my new pace without constant effort
- My boundaries feel natural, not like constant battle
- I'm starting to know who I am outside performance
- I can hear my body's early signals and act on them
- I'm disappointing people sometimes and it's okay
- My identity is shifting from 'what I do' to 'who I am'
- I have some guilt about boundaries but maintain them anyway
- I'm discovering what I actually enjoy
- Life feels slower but somehow more full