



Exercise 3E: Channel Your Empowered Alter-Ego

Answer these Questions—without Editing—to See What Part of You Wants to Come Out!

What qualities does my alter ego have that I MOST wish I did right now? (i.e. confidence, uniqueness, courage, etc.). Put at least one quality down.

In what area of my life am I NOT showing up for myself that I wish my alter-ego would help me with?

Is there a celebrity—alive or dead—that I most want my alter ego to emulate? This could be a politician, movie star, musician, scientist, drag queen, athlete, writer, artist, fictional character, etc. Describe them.

Is there an archetype, zodiac sign, power animal or superhero/superheroine whose qualities I really admire? One I always resonated with deep down? Write about what comes to mind

Describe your alter-ego as best you can right now (you can update it later but make it distinctive). What do they look like? What do they wear? How do they walk? How do they behave? Do they have mannerisms?

As you review your answers, what are some names that come to mind for an alter-ego with these qualities? Look up names you like or translate words you like. You can also look up what names mean and pick one that resonates most. For example, my inner drag queen, Mystique Royale, got her last name by translating the word "regal" into French.

What would be a mantra or call-to-action you can invoke when you want your alter-ego to take over? This could be a phrase that inspires you or touching an object you love.