



A 5-MINUTE IDENTITY RESET

WHO ARE YOU WITHOUT THE TITLE?

Take five intentional minutes to reconnect with the
person underneath everything you do.

COACH TIFFANY ROCHELLE | BYOU!

TAKE THE TITLES OFF

You spend so much time being what everybody needs.

Spouse.

Parent.

Leader.

Caregiver.

Employee.

Entrepreneur.

Ministry worker.

Problem-solver.

The dependable one.

But when the titles come off... **Do you still know YOU?**

Before you write anything else, answer this: **Without telling me what you do for anybody else... who are you?**

Not your role.

Not your position.

Not your responsibilities.

YOU.

Write 3-5 words that describe the person underneath everything you do



WHAT'S STILL TRUE?

Roles can change. Jobs change. Relationships change. Seasons change. Responsibilities change.

But your identity cannot be built entirely around what you do, because eventually something you do will change.

Complete this sentence: **Even when I am not doing anything for anybody, I am still...**

Now choose three qualities you know are true about you.

I AM:

I AM:

I AM:



WHAT DID GOD SAY?

Before anybody needed something from you, God already knew you.
"Before I formed thee in the belly I knew thee..." — Jeremiah 1:5 KJV

Your identity did not begin with somebody's opinion of you.
It began with the One who created you.

Complete: God created me to be someone who...

AND

One thing I need to stop allowing other people's expectations to define is...



WHAT HAVE YOU BEEN CARRYING?

Sometimes we carry something so long that we accidentally start calling it who we are.

But what happened to you is not automatically who you are.

Ask Yourself:

What am I carrying that describes something I experienced—but does NOT define my identity?

Fear. Rejection. Failure. Shame. People-pleasing. Abandonment. Someone else's expectations. A mistake. A painful season.

Write yours:

Now finish this:

I experienced:

But I am NOT

Read that again.

Some things belong in your story without belonging in your identity.



CHOOSE YOU AGAIN

Knowing who you are matters.
But eventually, you have to make choices that agree with what
you now know.

**Complete: This week, one choice I will make that honors who
God created me to be is...**

Maybe that choice is:

Saying no.
Resting without guilt.
Setting a boundary.
Trying again.
Asking for help.
Stopping the comparison.
Doing something you enjoy.
Giving yourself permission to change.

Whatever your answer is, make it intentional.



YOU DON'T HAVE TO BECOME SOMEBODY ELSE.

You may simply need help finding your way back to you.

You are more than your responsibilities.

You are more than what happened to you.

You are more than what other people expect from you.

God created you intentionally.

And you are allowed to know yourself beyond what you do for everybody else.

Choose YOU again.

— Coach Tiffany Rochelle





READY TO GO DEEPER?



Explore Identity Reset Coaching, my 6-week coaching experience designed to help you gain clarity, rebuild confidence, strengthen your identity, and reconnect with who God created you to be.

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