

# Identity Evolving Worksheet

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Face it, it's a fact. When we want to change, we must change our habits. When we change our habits, we fundamentally change our identity!

To be clear, we become someone new. We become much less able to sustain the habits of the person we are desiring to evolve into if we don't know who we're desiring to become. Therefore, we are much less able to change our habits.

Use this worksheet to drop deeply into who you are becoming. Dive deep and be expansive.

**What kind of person do you want to become?**

**I want to become the kind of person who...**

**I want to become the kind of person who...**

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I want to become the kind of person who...

I want to become the kind of person who...

Who is like the person you are describing? (Real person, historical or fictional characters)

Once you have filled out this worksheet, put it somewhere you will see it regularly. Remind yourself of who you are becoming.

"Your current behaviors are simply a reflection of your current identity. What you do now is a reflection of the type of person that you believe that you are (either consciously or subconsciously). To change our behavior for good, you need to start believing in new things about yourself"

*James Clear*