

DREAM THINK DO:

Intentional Identity Statements



WHAT:

Intentional Identity Statements:
A set of beliefs we intentionally recognize and repeat in order to shape the way we see ourselves and the world.

WHAT:

List a few Intentional Identity Statement phrases you want to start using.

Here are some examples with “bridge statements:”

- “I was a worrier. BUT now I take a breath, choose my thoughts & make magic happen!”
- “I used to be afraid of everything. BUT now I know I’m strong and I can push through to make amazing things happen!”
- “I used to think I wasn’t smart but now I know I can understand ANYTHING I commit to learning!”

Here are some examples without “bridge statements:”

- “I eat challenges for breakfast!”
- “I’m getting more and more focused. I’m turning into a task ninja!”
- “I’m a creative beast. Solutions pour out of me all the time!”

WHEN:

Writing down a commitment to yourself helps to lock this in as a new behavior.

Write down a few times when you want to intentionally use these statements

Examples:

- “In the mornings.”
- “When I start to feel anxious.”
- “When I’m tempted to sleep in.”