

Unpacking the Identity



Unpacking the Identity	Questions	
Personal Ability	Imagine you are at your highest potential. What is that doing? Why not more?	What belief about your personal ability is holding you back from being this person now?
Behavioural Patterns	As you think about your daily behaviours, what pattern do you notice that seems to be silently sabotaging your goals?	Why are you doing this daily action?
Common Response to Challenges	Reflect on your two memories, your biggest challenge and your most recent. What's the common pattern?	What was your immediate, almost automatic response, and how did it shape the outcome?
Common Response to Opportunities	Think of a past opportunity, you procrastinated on for too long. What was the lost opportunity if you would have actioned this sooner?	Do the people around you create opportunities or shoot them down?
Triggers & Emotions	What typical moments trigger a shift in your emotions, and how does that dictate your day?	What deeper story are these emotions telling?
Contrasting Actions vs Desires	What do you wish you could achieve in a day. What actions are required to do this, & how does this reflect to reality?	What is the quiet whisper which makes you avoid making a decision?



<i>Unpacking the Identity</i>	<i>Inner Voice</i>	<i>Next Time</i>
Personal Ability	“Deep down, I feel too comfortable suffering with this situation right now, rather than venturing into the unknown to possibly achieve more”	
Behavioural Patterns	“My stubborn non-negotiable is exercise, such as training too long and too often, and they are actually a form of procrastination”	
Common Response to Challenges	“When a client leaves the program, my immediate response is to spiral into destructive thoughts”	
Common Response to Opportunities	“When a chance to expand my business came up, I start projecting past experiences which keep me stuck.”	
Triggers & Emotions	“I found that client criticism instantly made me feel defensive, an emotion linked to my past experiences of being undervalued”	
Contrasting Actions vs Desires	“I model my lifestyle around feeling good now, rather than ensuring I feel good in the future”	



