

Possibility Thinking: Identity Worksheet

A Reflection Guide Using The 3D Possibility Thinking Framework By Cassie Shea

This worksheet introduces the 3D Possibility Thinking Framework—a transformational lens that reveals the invisible patterns shaping your identity, your choices, and your capacity to live the life you actually want. Each dimension holds a core principle, three distinct ways misalignment may be showing up in your life, and two catalytic questions designed to initiate deep personal clarity and internal shift. This is not surface-level mindset work—it's a root system reset. Use this as a mirror, a map, and a momentum-builder to reconnect with what's true, expand what you believe you deserve, and step into decisions that match who you're becoming. This is where real change begins.

Desire

Principle: *Desire is divine data. When ignored, it distorts your identity. When honored, it reveals your next self.*

Common Patterns:

- You set goals that make sense on paper but feel hollow in your body.
- You silence or shrink desires that feel “too much” or “unrealistic.”
- You perform clarity, but secretly feel foggy or numb inside.

Reflection Questions:

- What do I want that I haven't said out loud?
 - Who would I need to become to be fully aligned with that desire?
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Deserving

Principle: *Deserving is not about earning. It's about alignment with your values and your willingness to receive.*

Common Patterns:

- You downplay your needs or self-abandon in order to maintain harmony.
- You fear surpassing your family, peers, or community if you expand too much.
- You crave ease, but feel guilt or fear when things actually get easier.

Reflection Questions:

- What value am I abandoning when I say yes to what I don't want?
 - Where have I inherited limits around what I'm allowed to receive?
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Decision

Principle: *Decision is the bridge between identity and embodiment. Without action, clarity fades.*

Common Patterns:

- You wait for certainty before choosing, which keeps you stuck in cycles of delay.
- You overload yourself with options instead of applying a loving constraint.
- You know the next step, but fear what it will require you to let go of.

Reflection Questions:

- What's one decision I've been avoiding that would shift everything?
 - What would become possible if I stopped trying to do this alone?
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Cassie Shea is an identity and leadership coach, writer, and guide known for helping high-achieving founders and practitioners return to the truth of who they are. She developed the Possibility Thinking Framework after years of coaching clients who had all the external success—but felt stuck, unclear, or disconnected from their deeper wants. This work was born from Cassie's own journey through burnout, overachievement, and identity rupture, and is rooted in her lived experience of integrating strategy with soul. Her mission is to help people name what they want, believe they're allowed to have it, and make it inevitable through identity-aligned action. Possibility Thinking isn't just a tool—it's a return path to wholeness.

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