30 Day Identity Shift Sheet:

1. The Cards You Were Dealt (Reality Check)

It is very important to analyze without attachment the cards you have been dealt with in life, the bad and the good. This is exactly how to maximize your situation through using the opportunities you have at your disposal.

1.1. Your current life context

- What does your current life look like? (Work, relationships, finances, health, be BRUTALLY honest, not dramatic.)

- What are your current responsibilities and non-negotiables? (Kids, job, studies, caregiving, etc.)

- What do you *keep telling yourself* is the reason you "can't" change right now?

1.2. Your natural strengths

- What comes naturally to you that others struggle with? (Think skills, traits, ways of thinking.)

- What do people usually come to you for? (Advice, help, support, expertise?)

- When in your life have you felt "most like yourself"? What were you doing?
- What skillsets have you learned in life (even if you didn't like them, this could be a skillset you use to get to where you want to be. EX: i did sales & marketing for 3 years, I later used that knowledge to build my personal brand @irahmorffi .)

1.3. Your current limitations (not excuses, just data)

- Where do you see clear "weaknesses" or gaps right now? (Discipline, emotional regulation, consistency, self-trust, etc.)

- What habits or patterns are clearly not supporting you?

- Where do you regularly abandon yourself?

1.4. How can you maximize what you already have?

- Given your current reality, what are the **advantages** you might be overlooking?
- How can your past struggles actually become part of your value, perspective, or purpose? (How can they help people not go through what I did?)
- What resources (time, skills, people, tools) are already available that you're not fully using?

2. Feminine Energy: Vision, Vibration, Heart & Purpose

Goal: Define the inner state, emotional tone, and why behind your ideal identity.

2.1. Vision & Emotional Vibration

- If your life felt deeply aligned 1 year from now, what would it *look* like?
- More importantly, what would it **feel** like to live that way every day?
- Which 3 core emotions do you want to feel more consistently?
  (e.g. grounded, safe, inspired, powerful, peaceful, confident, playful)
- How do you want other people to feel when they interact with you?

2.2. Heart & connection to the collective

- What kind of impact do you want to have on others, even in small ways?
- Who do you feel naturally called to help or influence? (Be specific: type of person, struggle, mindset.)
- If your life was a message to the world, what would that message be?

2.3. Your "why"

- Why does this new identity matter to you on a soul level, beyond money, status, or external success? (for me, its helping others not go through what I did, and also being able to provide for my family, specially my mom who gave her life up for us)

- What are you tired of repeating emotionally? (Same fights, same triggers, same burnout cycles.)

- If you don't change, what are you afraid your life will look like 3–5 years from now? (be brutally honest, sometimes its important to have fear of what you will miss out if you don't put in the work, this can be enough to put a fire under your butt)

- If you do change, what becomes possible for you and the people connected to you?

3. Masculine Energy: Will, Structure, Thoughts & Individual Expression

Goal: Bring the vision down into concrete thoughts, behaviors, and structure.

3.1. Will & internal leadership

- When you imagine your ideal self, how do they handle discomfort and resistance?

- What does commitment mean to you in practical terms? (Not a feeling, actions, even internal actions such as choosing better thoughts.)

- In what areas of life do you need to be more decisive and less avoidant?

3.2. Structure & action

- What 2–3 areas of your life need more structure right now? (e.g. money, health, work, emotional hygiene)

- What boundaries does your ideal identity have that you currently don't? (With people, work, phone, etc.)

- Where do you need to say "no" more often to protect your energy and focus?

3.3. Thoughts you choose to tune into

- What are the default thoughts you want to stop feeding? (Write 3–5.)

- What are the new core thoughts/beliefs your ideal identity operates from?
  (e.g. "I follow through on my word." "My emotional state is my responsibility." "I'm

allowed to succeed.")

- If your mind was a radio, what "station" do you want to be tuned to daily? Describe it in one sentence.

3.4. Unique expression: skills, knowledge, individuality

- What are your top 3 skillsets you can use to help yourself or others on this journey?
- What knowledge or experiences do you have that could genuinely benefit other people?
- In what ways is your ideal identity *different* from others? (Style, voice, approach, personality.)
- How do you want to show up in the world that feels unmistakably "you"?

4. Building Your Ideal Identity

Goal: Integrate feminine (vision/heart) + masculine (structure/will) into one clear identity.

4.1. Identity statement

Complete this in your own words:

> "I am someone who… (how you live, decide, act, relate to yourself and others)."

Example structure to guide them (but let them write it naturally):

> "I am someone who leads myself with discipline and self-respect, stays connected to my heart, and uses my gifts to [impact/purpose]. I handle fear with honesty, I don't abandon myself, and I create structure that supports my highest vision."

4.2. Non-negotiable standards

- What becomes non-negotiable for this identity? (Behaviors, environments, relationships, inner talk.)
- What will you *no longer tolerate* from yourself?
- What will you *no longer tolerate* from others?

5. Reverse Engineering: 30-Day Action Plan

Goal: Turn identity into a clear, doable 30-day game plan.

5.1. Focus for this 30-day challenge

- If you could only shift **ONE main pattern** this month, what would it be? (e.g. inconsistency, emotional reactivity, people-pleasing, numbing out, chaos)

- Which area of life will you focus on applying this identity to first?
  (Business, work, health, money, relationships, self-connection.)

5.2. Monthly outcome

- By the end of these 30 days, what **specific result** do you want to see that proves you're embodying this new identity?
  (Example: "I went to the gym 3x/week," "I set and kept 2 big boundaries," "I posted content weekly from my truth," "I tracked my money every week.")

5.3. Weekly breakdown

For each week, answer THIS in your journal:

- Week 1: If I were already this identity, what would I focus on this week?

- Week 2: What gets strengthened or upgraded this week?

- Week 3: What do I need to refine or clean up (habits, mindset, boundaries)?

- Week 4: How do I anchor this identity so it doesn't just become "something I did once"?

5.4. Daily minimums

- What are **3 small daily actions** your ideal identity would commit to that are realistic for you right now?
  (Example: 10 min walk, 5 min journaling, 1 aligned action in business, one intentional moment of presence with yourself.)

- What's your **bare minimum** on hard days? (The line you refuse to drop below.)

5.5. Implementation commitment

- What will you do when resistance shows up? (Be specific: “When I want to self-sabotage, I will…”)
- Who are you going to be when no one is watching this month?
- Write one sentence to yourself as a commitment for these 30 days:

“For the next 30 days, I commit to showing up as the version of me who _____.”

If you want help implementing this, join my free community with video trainings on quantum shifting into soul aligned success❤️‍🔥☯️: https://linktw.in/lvxSQw