



## IDENTITY STATEMENTS

This is a conscious section... do the work to create the powerful identity – you will see how to make it real later. But do change your identity statements now in the following questions:

Pick an area that you desire a new powerful you, with a new “identity,” that when this You shows up, incredible power will flow.

You can pick health, or love, or money, or your career, pick one area now:

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Now, write a bunch of adjectives, just let them free flow, about a new powerful you that might show up!

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Circle five that you wish to use for you.

Now, in this area, there are a number of nouns that you might use that would define the “role” that the *New You* plays. Again, flow a stream of consciousness here. Put some great music on... dream... have fun!

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Circle the two that you like best for you.

Last, write down a bunch of verbs that the *New You* would *do* when you show up in this area.

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Circle two that you wish to use.

Now, put them all together, and feel your new identity!

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**WOW! How does it feel?!**

When I did mine years ago, I worked on my identity as a coach, and to this day, it has shifted very little:

*I, William Sumner, see, hear, feel, and know with great certainty that I am a grateful, guided, quantum, connected, and loving Warrior-Healer who serves, heals, grows and inspires souls to soar!*

Pick three more vital, identities to create which consistently illuminate the **New You** that you are becoming! And feel your new Power and Potentiality bursting forth!

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3.

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