LESSON 2

MY NEW IDENTITY

If anything was possible, who would I LOVE to be?

1. In the present tense, describe the kind of person you would LOVE to be, with the identity you would love to have. You may draw inspiration from other people who display certain characteristics and behaviours you admire.

Here are some tips when creating your new Identity:

Tip #1. Ensure that you align your identity with the life you would love to live and the results you would love to have manifested.

Tip #2. Write the major characteristics and personality traits you would love to see in yourself, the habits you would love to have and how you would love to feel about you.

Tip #3. Describe how you'd love your family, friends and the rest of the world to see you and more importantly how you would love to see & feel about yourself. Put yourself in other people's shoes, how would they see you and how would they describe you?

Eg: Nat is so healthy, she is always nurturing her body with clean, healthy, nutritious and organic food. She is always so happy, full of enthusiasm, energetic and positive. She is fit, strong, lean and radiant. She must feel amazing.

Then you can re-write it in first person and in the present tense.

I am so healthy. I love nurturing my body with clean, healthy, nutritious and organic food. I am so happy, full of enthusiasm, energetic and positive. I am fit, strong, lean and radiant. I feel amazing.

Tip #4. You may want to include areas such as; happiness, family, marriage, health & body, finances, wealth, business, sales, success, career, lifestyle, confidence, mindset, how you treat others, how you're treated, friendships, relationships, love, fulfilment, purpose, giving back & impact.

Money & Finance Eg:
Money comes to me in increasing quantities, through multiple sources on a continuous basis. My income is continuously increasing. My finances are amazing. I am always connected to my infinite source of supply, God. Money effortlessly flows to me like water streaming down a mountain. I am disciplined with my wealth creation habits. I always have an overflow of money to buy the things I want and to do the things I want to do. Every dollar I circulate comes back to me increased, multiplied and with joy.

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Tip #5. Who am I? (Describe your empowered, spiritual self)

Tip #6. Include Affirmations you want to embody. Eg: I am relaxed. I am calm I am at Ease. I am Powerful. I am Prosperous.

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