

## Identity Evolution Worksheet

Invoke the person you want to become. Pause. Get real and connected with your future self.

What habits does this person have?

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What habits do you currently have that stability the person you want to become into becoming?	
What habits to you currently have that are outdated for the person you are becoming?	
What new habits do you need to cultivate to become the person you are invoking?	

What conversations does the person you want to become invoke?

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What conversations do you currently have that stability the person you want to become into becoming?	
What conversations to you currently have that are outdated for the person you are becoming?	
What new conversations do you need to cultivate or invest in to become the person you are invoking?	