



## Who Am I Without That Belief?

***It used to drive everything. But if I stop living by it, what's left? Let's find who I am when the old script stops running.***

Date: \_\_\_\_\_ Weather: \_\_\_\_\_ Attitude: A.M. \_\_\_\_\_ P.M. \_\_\_\_\_

1. What belief have I been questioning lately? \_\_\_\_\_

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2. Where did it used to show up in my daily life? \_\_\_\_\_

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3. What was the emotional 'cost' of carrying it? \_\_\_\_\_

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4. Who am I trying to be now without that belief in charge? \_\_\_\_\_

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5. Have I noticed any new behaviors or instincts lately? \_\_\_\_\_

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6. What feels unfamiliar about the 'new' version of me? \_\_\_\_\_

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7. What's something I did today that the old belief would've blocked? \_\_\_\_\_

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8. Is there grief in letting go of the old version of me? \_\_\_\_\_

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9. What feels exciting, or terrifying, about rewriting my identity? \_\_\_\_\_

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10. If I could name this next version of me in a single word, what would it be? \_\_\_\_\_

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