



# The 7-Day Identity Shift Journal

From  
Resistance to Alignment

 IntuiWell<sup>TM</sup>  
Wellness, Perfected For You



# Start the Shift Today

***“You don’t need more motivation. You need more alignment.”***

This 7-Day Identity Shift Journal is simple, real, and it works.

## How to Use This Journal

- Set aside 10–15 minutes daily.
- Write honestly. No one’s grading you.
- The goal: Clarity → Ownership → Identity Shift
- Optional: Revisit entries at the end of the week and highlight insights.



# Day 1: What's Pulling You?



What is one thing you think about often, feel pulled toward, or regret not pursuing?



- Why does this matter to me?
- What emotion do I feel when I imagine doing it?
- What emotion do I feel when I avoid it?

# Day 2: The Cost of Inaction



What am I sacrificing by not taking action on this?



- What would 1 year of inaction look like?
- Who or what might I be letting down (including myself)?
- How does that make me feel?

# Day 3: Past Proof



**When have I done something hard before and grown because of it?**



- What did I doubt about myself then?
- What did I discover about myself afterward?
- What strengths did I use?

# Day 4: Identity Inventory



Who am I when I'm at my best?



- What values guide me?
- What habits feel most aligned with that version of me?
- What would that version of me do today?

# Day 5: Flip the Script



Rewrite your limiting belief as a statement of identity.



- Write a limiting belief (e.g., “I’m not good at public speaking”).
- Rewrite it as a possibility (e.g., “I’m learning to communicate with clarity”).
- Now write it as identity (e.g., “I am someone who speaks to help others grow”).

# Day 6: The Quiet Choice



**What's one small action I can take today that aligns with who I want to be?**



- What's the next smallest, most obvious step?
- What would 1% progress look like today?
- Can I do this even when no one's watching?



# Day 7: I Can't Not Do This



What is one thing I now realize I can't not do?



- How does it align with who I truly am?
- What does it cost me to ignore it?
- What's the commitment I'm making to myself today?

# BONUS

- What shifted in me this week?
- What surprised me?
- What new belief or habit do I want to build on?
- What support or environment do I need now?





# Want to Go Deeper?

You've done the inner work. Now take aligned action.

Join our **Transform You: Personal Growth Program** to build on this shift with structure, support, and strategy.

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