

# ACTION SHEET #5

## Clarifying My New Identity

I am in the process of becoming (identity you are incorporating)

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Becoming this person is important to me because

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What this new identity looks like...

What am I doing?

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Where am I?

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What am I thinking?

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What am I saying?

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How am I feeling

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# ACTION SHEET #5

## Clarifying My New Identity (Example)

**I am in the process of becoming (identity you are incorporating)**

A healthy person

**Becoming this person is important to me because**

I want to be the best version of myself, looking and feeling my best. In my current state, I am tired all the time, feel bloated and uncomfortable. I do not have the stamina to go hiking or even do a minimal workout at the gym. I see on a daily basis – in myself and others – the long-term consequences of what not taking good care of oneself does. I want to minimize the likelihood that I will have to live with chronic health conditions. I realize that if I do not start to take better care of myself now, it won't be long before it is too late to capture optimal health. I want to fit comfortably into my clothes, and to feel that I look good in them. Looking and feeling healthy will help increase my self-confidence.

**What this new identity looks like...**

I maintain an active lifestyle; walking, hiking, exercising at the gym. I have the energy and stamina to engage in all the activities I would like. My body feels good and strong. I take care of my body, and my body takes care of me.

**What am I doing?**

I am engaged in physical activity that I enjoy - walking the dog, hiking with friends, swimming. I am trying new things like working out with a personal trainer. I am learning more about healthy food choices and incorporating them into my diet. I am creating a schedule around my healthy lifestyle choices.

**Where am I?**

I am outside walking in my neighborhood, enjoying the walk with my dog. I am exploring new walking trails. I am working out at the YMCA that is conveniently two minutes away. I am at the grocery store picking up the fresh, healthy ingredients for the new recipes I am trying. I am in bed at a decent hour to help ensure that my body gets the rest it needs.

**What am I thinking?**

"I am a healthy person." When faced with choices, I ask myself, "Is this what a healthy person would do?" "I am creating the best version of myself." "I feel good when I make healthy choices."



### **What am I saying?**

“Would you like to go for a hike with me?” “Can we choose a restaurant with healthy choices?” “Can we meet earlier? I am working on getting to bed earlier.” “I’d like to share a great recipe with you!” “Would you like to be my gym partner?” “Guess what I’ve learned about...?”

### **How am I feeling?**

I feel that I am taking control of my life. I feel strong. My body feels good. I feel more confident. I feel like “me”. I feel...healthy!