

The Identity Shift Map

5 Steps to Become the Woman You're Meant to Be

1. REGULATE BEFORE YOU REIMAGINE

Three long exhales before journaling goals.
Safety first.

4. MICRO-ACTION PROOF

One small act each day that matches
her energy.

2. DEFINE YOUR FUTURE SELF

"I am a woman who ..." — finish that
sentence daily.

5. REFLECT & REFINE

Ask nightly: "Did my actions match who
I'm becoming?"

3. VISUALISE AND FEEL IT

See her posture, breath, and calm. Let
your body memorise that state.

REFLECTION PROMPT:

👉 *Who is my future self — and what does
she believe she deserves?*

⚠️ For educational purposes only. Not medical advice. Please consult a qualified
healthcare provider before making any health changes.