

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 & REFINING

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.