



IDENTITY **SHIFT**

Become Who You Know You're Meant to Be

An empowering workbook designed for you to
become the woman you're meant to be!

MELISSA KATHRYN

THIS IS an empowering guide to creating your true identity, manifesting your dreams, and unlocking the life you were meant to live.

Who Would I Be...

What thoughts would you have about yourself if you were magnetic (radiant, cherished, etc)?

What thoughts would you have about other people if you were magnetic and cherished now?

To manifest, we must become the person who already has our desire.

This is an internal process.

That means you are changing the way you think, feel, and act in the world to start to feel, more and more, like the version of you who already has what you want.

Please set your phone timer for 3-5 minutes per question below, and write down whatever comes to your mind.

It is ok if you repeat yourself or write similar things for each question.

What you are doing here is building a blueprint of who you would be if you already had your desire of being the woman you want to be having what you want to have.

Enjoy!

How would you feel as someone is loved, accepted, worthy and wealthy?

How would you be walking around in the world?

Explore these questions and write down as much as you can, then move onto the next lesson.

[illegible]

[illegible]

[illegible]

[illegible]

Others See Me As...

Now that you've started to create a blueprint of who you would be as this version of you, your work is to practice being what you wrote in Exercise 1.

That's **step one**.

The **second step** is to practice being open to noticing that other people see you as you want them to see you...EX:
(radiant, beautiful, special... whatever adjective you want to use), too.

The way you will start to notice other people seeing you this way is as follows:

1) Practice seeing yourself this way. This is the necessary first step! As you practice the thoughts and feelings that you wrote in Exercise 1, you will naturally start to see yourself in this new way. And once you start seeing yourself in this new way, it will become much easier to notice that others see you in this way, too.

2) Openly and gracefully notice how other people see you as capable, smart, fit (radiant, beautiful, etc). This part of the exercise is all about not searching for results.

Instead of actively looking or searching in your 3D reality to see if anyone sees you as X...

It's more about lightly opening yourself up to noticing more and more how others might smile, offer kind gestures, make eye contact, notice you, or say what you wish they would say back to you.

You are lightly and gracefully starting to notice that others see you as you see yourself.

Now, this second step often happens after the first step of you seeing yourself as (you wish to be seen and treated), so don't skip that step!

But once you get more and more comfortable with feeling X (powerful, confident, special, loved, chosen, accepted - because you're practicing the thoughts and feelings from this Module, Exercise 1), you will start to see other people noticing you so take note of that!

This may take a little time to receive the reflection because it starts with how you're seeing yourself, so practice that the most.

And also use the space below to write about what you notice in others in terms of how they start to respond to you as you change the way you see yourself.

This image shows a single sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

[illegible]

[illegible]

The most important people (person) in my life see me as

How do you want your these people to see you? If you want love, how do you want them to see you? Apply to this exercise to people in your life who's opinion matters to you.

How can I BECOME this person now, regardless of what is happening in my 3D reality?

What thoughts would I have if (they, he or her) saw me this way now?

How would I feel if I were this person now?

How would I walk around in the world?

Step 1: Please set your phone timer for 5 minutes and write your answers to the following questions: Write down as much as you can about what comes to you... it's okay if you repeat yourself. Please use the full 5 minutes to write then move onto Step 2.

Step 2: Set your phone timer for 10 minutes and answer the following questions:

In other words...

Your job is to practice BEING the person (now) that you want X to see you as. Discover who that version of you is and start practicing the thoughts, feelings and actions of this version of you now!

[illegible]

[illegible]

This image shows a single page from a notebook or ledger. It features approximately 28 evenly spaced horizontal black lines across its entire width, providing a guide for writing. The background is plain white, and there are no margins, titles, or other markings present.

[illegible]

The Most Attractive thing Is...

How do you see yourself?

How do others see you?

How do you feel about yourself?

What happens when you're out in your life?

What do you receive from others?

What type of attention comes towards you?

How does it feel to receive that attention?

What words would other people use to describe you?

What happens when you walk in a room?

How do other people describe you?

Without a doubt, the most attractive quality that exists is this:
You knowing how attractive you are.

In the space below, please write a story of who you are as an incredibly
WORTHY Woman - The Whole Woman.

Take 15 minutes to explore, dream-up and describe who you are as this magnetic person.

Remember as you practice thinking and feeling like this person now, you will more and more naturally become this person, and that is the way to get others to see you this way, too.

[illegible]

[illegible]

[illegible]

[illegible]



You Are A Magnet For Your Desires

What types of thoughts would I have about the desire if it was already mine?

What thoughts would I have about myself if I was a person with this desire?

How would I feel if I had my desire?

How would my desire feel about me (if anything)?

What types of things would I tell people about my desire if it was already mine?

How would I dress, walk around in my life, and act if my desire was already mine?

If manifesting is a matter of becoming the person who already has your desire internally (by the way you think, feel, embody, and believe)...

And you are COMMITTED to this process...

Then who do you need to become to manifest each of these desires?

Please spend 10- 15 minutes answering the following questions below for EACH desire you listed in Exercise 3:

[illegible]

[illegible]

[illegible]

[illegible]

What would you have to think about yourself?

What would you think about relationships and love?

How would you feel about yourself?

How would you feel about relationships?

What would you know you are going to receive?

What would you have to be willing to walk away from in order to receive what you truly want?

Essentially, who would YOU be if you were someone who knew you would have your desired outcome... what would you think, feel, act like and believe about yourself?

Set your phone timer for 10- 15 minutes and write about who you have to BE...

What thoughts, feelings and beliefs do you have to start practicing... to become someone who believes and lives in this energy?

Know that if you truly practice being the version of yourself who is committed to having her desires, it will 100% happen in your reality.

[illegible]

[illegible]

[illegible]

[illegible]

Life will MIRROR back to you that you are a person who has your desires, because YOU believe you are.

So again, for complete clarification and so you know what to do moving forward, what is THE INNER WORK?

Telling yourself how incredible you are, and really seeing the truth of that.

Telling yourself how beautiful you are, and really seeing the truth of that.

Telling yourself how special you are, and really seeing the truth of that.

Steps to transforming yourself (the way I teach manifesting):

1) SELF LOVE

If you've taken courses with me before, you know that I never leave Self Love out of the equation. And I often call it the "foundation" of manifesting.

I have already shared with you why earlier in this course... because life will mirror back to you your beliefs about yourself.

If you genuinely start to love, appreciate and care about yourself, you will naturally start to expect and believe you will receive better treatment from others.

How do you DO Self Love work?

Self Love is the PRACTICE of telling yourself how wonderful you are and learning to believe it. Honestly, it truly can be distilled down to that.

As you start to BELIEVE how special you are, the MIRROR of life will produce people who see you as special, too.

This has happened to me and countless of my clients and students more times than I could ever count. If you want to create a life you love, as well as manifest the desires you most want, start with Self Love.

2) SELF CONCEPT

Self Concept work is slightly different from Self Love work (which, I dive into both deeply in this course: It All Starts From Within).

But essentially **Self Concept work is your BELIEF WORK.**

Who do you believe you are and what do you believe you will have?

By starting to tell yourself a NEW STORY about who you are and what you will create in your life, you will produce new results.

Your Self Concept is your IDENTITY... Who you believe you are and what you believe you will have.

To shift your identity, you have to start telling a new story about who you are... as that story starts to feel more and more true, your outer reality will shift and change to reflect your new inner story and beliefs.

3) BELIEFS ABOUT OTHERS

The final thing you want to shift when you are doing inner work to change your reality is your beliefs about others and your 3D reality.

Now, often people want to start here. It's easy for us to become highly focused on other people and what's going on outside of us.

But when we learn how to be super successful at manifesting, we realize the focus has to be primarily on ourselves.

Remember: WHO WOULD I BE IF I HAD MY DESIRE?

Once you start BEING the person who would naturally have your desire, you can also start shifting your beliefs about others.

The key to successfully shifting your beliefs about others and the 3D reality is to first be really solid in your "self work."

When your SELF CONCEPT knows you will have your desire, it's very easy to believe that others will give it to you.

(For reference, if you want to hear more about this, I dive deep into all the things I did to manifest my husband and our marriage in my course I DO.)

So whether you are manifesting:

A specific person

A new relationship

Money

Or anything else in your life...

Affirmations

Imaginal acts

Inner Conversations

Scripting

Acting as if

Guided meditations

Any other manifesting techniques!

You want to take yourself through all the 3 steps I just listed (in the order I listed)...

- 1) Self Love
- 2) Self Concept
- 3) Beliefs about others & the 3D

Commit to mastering each of the three steps.

This COMMITMENT essentially means:

PRACTICE them until you believe it within!

Practice the Self Love.

Practice the new Self Concept.

Practice the new beliefs about others.

How?

Practice the techniques that make you think and feel like this new person until you BECOME this new person!

And when you become the person who thinks, feels, and BELIEVES your manifestations will be yours, then they are guaranteed to come to you.

Now, what do you do if you fall off track?

First of all, I want you to know that it's okay if you fall off track.

And it's okay if not 100% of your thoughts are affirming that your manifestation will be yours.

That is completely normal!

We are not going for perfection...

We are going for PRACTICE and PROGRESSION.

Your commitment to yourself (as you explored in Part 1 of this course) is to KEEP practicing the techniques that make you think and feel like you have your desire.

If you fall off track, there's nothing else to do but to get back on track.

And unfortunately there isn't a magic secret about this... sometimes you just have to force yourself to do it!

But, I can assure you this: the more you practice, the easier it will get.

It's just like going to the gym.

When you first start to go, it's hard. You don't want to go. You procrastinate, etc. But, once you get into the groove of going to workout, the impetus to do so becomes easier and easier.

This is how it works for anything in life. I recommend if you fall off track, your work is to go back and do PART 1 of this course to re-invigorate your commitment to yourself the outcomes that you are claiming.

The more you can remember WHY you are manifesting what you want... and WHY you are committed to yourself to create these manifestations...

The more likely you will feel the motivation to stay the path.

Again, as with everything, manifesting becomes easier and easier the more you do it.

I know that all it takes is me aligning my inner world to think and feel like the person who has my desire... so much so that I really start to believe it will happen to me.

That process of thinking and feeling like I have my desire does take commitment and "work."

But if I stay committed (or I re-commit myself), I KNOW I will get results. And that keeps me motivated to do the inner work over and over again.

With that, we will wrap up this course with a couple more exercises for you to do to stay committed to these outcomes you are claiming yourself.

Remember life is manifesting a matching reality to WHO YOU BELIEVE YOU ARE.

And with a little commitment and practice, you truly can start to believe anything you want about yourself.

You get to CHOOSE who you are going to be. Now is the time... You have THIS life to live...

What are you going to CREATE for yourself?!

Am I thinking the thoughts of having this desire?

Do I feel like this desire can be/will be mine?

Am I acting like the person who has this desire?

The most important thing for you to remember about manifesting is this:

Life will show you results that match who you are and what you believe about yourself and others.

Therefore, who are you BEING?

And who do you need to BECOME to manifest the life and desires you want?

Part 1: Set your phone timer for 5 minutes and first write down some of your most important desires that you would like to manifest this year.

Part 2: After you do that, really ask yourself the Question:

Am I already being the person who would have this desire?

If not, who do I have to BECOME to be the person who already thinks and feels like these desires are mine/ will be mine?

Who Are You Being?

Practice thinking the thoughts.

Practice imagining what it feels like to have this desire.

Practice acting as if the desire is already yours.

I want you to remember that manifesting is a PRACTICE.

Your job is to PRACTICE being this person.

The more you practice, the more BEING the person who has your desire/ who believes your desire will be yours will become natural.

But we have to COMMIT to doing the inner work and COMMIT to practicing.

Once you write down who you have to BE (think, feel, act as) as the person who has your desires, PRACTICE being this person as much as possible!

You will see that your manifestations will start to come to you in incredible ways as a result!

[illegible]

[illegible]

[illegible]

[illegible]

I discussed in this part of the course that there are 3 essential steps that make up "the inner work" of manifesting, through my perspective.

Those 3 steps are:

- 1) **Self Love** (learning to like and love yourself just as you are)
- 2) **Self Concept** (your beliefs about who you are & what you will have)
- 3) **Beliefs about others & the 3D**

In the exercise below, I want you to choose 2 of your most important desires that you would like to manifest.

For each desire, I would like to spend 5-10 minutes answering and writing down each of the following questions:

- 1) Self Love: If I was the person who had this desire, *HOW WOULD I FEEL ABOUT MYSELF?*
- 2) Self Concept: If I was the person who had this desire, *WHAT WOULD I BELIEVE ABOUT WHO I WAS?*
- 3) Beliefs about others & 3D: If I was the person who had this desire, *WHAT WOULD I BELIEVE ABOUT OTHERS & MY LIFE?*



The Inner Work

This exercise gives you a phenomenal blueprint of what you can be practicing in your inner world, in terms of Self Love, Self Concept and Beliefs.

Use this blueprint to then practice the thoughts, feelings and beliefs of being the person who has these desires.

Come back and use this blueprint again and again for any desires you want to manifest in the future.

[illegible]

[illegible]

[illegible]

[illegible]

It is normal for us to sometimes fall off track when it comes to manifesting our desires. What I want you to know is that:

It's totally okay if that happens (if you think thoughts of not having your desires, for example).

And the best thing for you to do is RE-COMMIT to yourself and the process of manifesting what you want.

I think the best way to re-commit to the process of manifesting (and to feel motivated again) is to remember 2 things:

1) Remember what you desire and why you want it?
For example, what is it about this desire that lights you up, makes you excited, and makes you feel good?

2) Remember why you deserve to have it! It's important to remember who you are and who you want to become!

It's important to remember that YOU GET TO BE THIS PERSON... and the only thing you have to do to become this person is CHOOSE to be her!

If you ever fall off track from manifesting something you really want...
Getting Back on Track!

Come back to this exercise to remember

- 1) Why you want what you want AND
- 2) That YOU get to decide to have this outcome.

Spend 15-20 minutes writing about these two things:

- 1) Why do I want this desire? How does it make me feel?
- 2) Why do I deserve to have this desire? Can I remember that I'm fully in control of creating this outcome in my life? I want to end this course with reminding you that you are in charge of your entire reality - it is reflecting back to you who you are BEING and what you believe you will have.

Align your inner world (thoughts, feelings, beliefs) with being the person who has what you want... COMMIT to this process over and over again...

And you will create the life you've always dreamed about.

With that, I'm sending you so much love! I believe in you.

[illegible]

This image shows a single page of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page, providing a template for handwriting practice or general note-taking. There are no margins, text, or other markings on the page.

[illegible]

[illegible]