

IDENTITY MATRIX

It's not about your intelligence or willpower.
It's about who you're becoming.



IDENTITY MATRIX STUDENT'S PAGE

NAME _____

DATE _____

GOALS

What results do you want to achieve? Be specific.

Perfect Math SAT score of 800, lose 10 pounds within two years, finish writing a book.

SYSTEMS

What actions will help you accomplish this goal?

Hire a tutor, take a practice test every week, buy a journal, write two pages every day, eat more salad and less fast food, discuss story ideas with Sally every Saturday.

IDENTITY

What kind of person could accomplish all of this?

Stephen Hawking, Michael Jordan, someone who studies every day, a person who loves running, my professor, a person who loves books/writing, a great cook.

OLD BELIEFS

What old beliefs are stopping you?

I'm bad at math, I'm a terrible cook, I'm irresponsible

NEW BELIEFS

Pick a new identity trait to adopt.

SMALL VICTORIES

Choose a small task to show you're living your new belief.

NEW BELIEFS #1

Believe that the problems are easy

Fill tasks in the space below.

1. Attempt hard SAT question until I solve it

2. Attempt every question on my SAT math test

3. Meditate

NEW BELIEFS #2

Develop a healthier diet

1. Research one salad recipe

2. Make and eat a salad twice a week

3. Bring salad to work

NEW BELIEFS #3

Become a writer

1. Read an article every day

2. Write two pages a day

3. Start a story outline from a writing prompt