



REFUTURE YOUR LIFE
INTERNATIONAL



Embodying a New Identity

As you uplevel your life and create a new normal, you feel excited. You're showing up in new ways, sharing more, creating more, feeling upbeat.

And then...

And then you notice a heaviness, or maybe a hollowness, in your body. You feel like you start to lose steam. Something that was easy starts feeling hard again. You feel an internal struggle, like part of you is pulling you down, off course. Things feel harder. You procrastinate. You can't find the motivation to do things on your own, though you still show up for clients. You may even feel lonely.

Bleh...

What's often at the root of this experience is that part of you is feeling expansive and ready, and part of you is feeling scared. The scared part reaches for old patterns, old ways of being that feel comfortable.

As we've talked about many times, this part isn't trying to hurt you. It's trying to keep you safe. And for it, safety equates to what's known and comfortable, which usually means keeping you small and hidden. To have tomorrow look just like today.

A piece of this can be having a view of yourself, an identity, that doesn't fit in with your growth. When you think of yourself as someone who's scatterbrained, a procrastinator, shy, etc., even on a subtle level, it's easy to fall back into that way of being when a fear comes up.

Anyone who's focused on their own development and expansion – like you – will have encounters with discomfort and fear. It's part of the growth process. It's a sign that you're doing something new.

What we're looking at this month are old identities and ways of seeing ourselves, new identities that we want to claim, and a practice that will help strengthen the connection between the now and the new. Along with the work we do, the practice will help acclimate your nervous system to this new way of being, building and reinforcing the neuronal pathways. Over time, this will make it the new default setting.

Some of the identities and qualities you'll want to empower may be ones you've identified in the recent past. Going through your notes from the last few months (and from the Embody Your Awesome retreat if you were there) might be helpful.

Ready? Let's go!

Ideas I've had about myself that don't serve me now:

Ways these old identities have shown up in my life/behavior:

How they've served me in the past:

What I'm most ready to have shift or change:

An identity, quality or way of being that will help with this is:*

*Examples: Queen/Sovereign of my business, Goddess/Goddx of videos, Divinity of Love, strong, courageous, empowered, free to be myself, generous with my words, fully visible

As this (identity, quality or way of being), I'll:

What I love and appreciate about this is:

I feel committed to embody this identity, quality or way of being at a level ____ (1-10).

1 – I can take it or leave it.

10 – I'm doing this. Period. Outta my way.