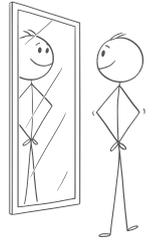


REINVENTION

Version You.0.



We spend years shaping an identity that opens doors and proves useful in the moment. And then, almost without warning, that same carefully built identity can quietly demand protection until it becomes more of a burden than a benefit. What started as a narrative that helped you move faster becomes a shield that you must carry. What began as a reputation intended to guide decisions becomes the benchmark by which you measure every small choice. And what looked like a simple label slowly tightens into a noose that restricts your movement and limits your choices.

You notice this most clearly when comparison hits harder than you expect, when feedback lands like a personal critique rather than a helpful signal, or when achievements begin to feel like maintenance tasks rather than invitations to grow. This reflection sheet is not designed to fix anything. It is an invitation to notice the space between who you were, who you are, and who you are quietly becoming. Doing this work rarely fails for lack of courage and more often for lack of the stillness required to hear yourself. Take the time you need, allow your answers to shift as you sit with them, and treat the movement of insight as the purpose of this activity rather than the final destination.

Answer the following questions with radical candor, and patience. Do take your time to answer, but do not overthink. There is no right answer and no judgement.

1. What tagline do people assign to you without asking? Write the most honest version.

Answer: -----

2. Where did that identity come from originally? Role. Achievement. Survival strategy.

Answer: -----

3. Which parts still fit and which parts feel outdated? Keep. Upgrade. Retire.

Answer: -----

4. When you feel compared or challenged what reaction shows up first? Jealousy. Defensiveness. Urgency. Withdrawal. Irritation.

Answer: -----

5. What belief sits underneath that reaction? Write the uncomfortable truth without editing.

Answer: -----

6. If your identity were a software, which part needs an update? Mindset. Habit. Story. Label.

Answer: -----

7. Who would you be if you didn't have to prove anything? Write the clearest sentence you can.

Answer: -----

Pause. Breathe. Do nothing with the answers yet.

REFLECTION PROMPTS:

Use these to go deeper after completing the sheet:

- What surprised you the most about your answers? Why?
- If someone else filled this out for you what would be the same and what would be different?
- Which answer feels true but uncomfortable to admit?
- Where do you see the biggest gap between your identity now and your potential future version?
- Which belief or label no longer serves you and what might replace it?

