

DAY 4 - MINDSET REALIZATION HANDOUT

BEHAVIOR-FIRST vs IDENTITY-FIRST

Decide who you are becoming. Then let your actions prove it.

READ THIS SLOWLY

A woman wanted to become a regular reader. Every Sunday she made a plan: "From tomorrow, I will wake up early and read." On Monday she was tired. On Tuesday work was heavy. On Wednesday family needed her. By Friday she told herself, "I am just not a disciplined person."

She thought discipline had to come first - and only then she could behave like a disciplined person.

One day she changed one sentence. Instead of saying, "I am trying to become a reader," she said, "I am a reader. What would a reader do today?"

She read only ten pages. The next day she read eight. Some days she missed. But she stopped using one bad day as proof that she was "not that type of person."

Slowly, the actions became evidence. The evidence strengthened the identity. And the identity made the next action easier.

You do not always have to feel different before you act different. Sometimes you act first - and become different through repetition.

1. MEET THE TWO PATTERNS

Behavior-First waits for the feeling, motivation, or perfect routine. Identity-First asks: "What does someone like me do now?"

BEHAVIOR-FIRST	IDENTITY-FIRST
"I will do it when I feel motivated." Feeling first - action later	"This is what someone like me does." Identity first - action becomes evidence

2. WHERE IS YOUR IDENTITY HOLDING YOU BACK?

Write the sentence you keep repeating about yourself, then rewrite it as the person you choose to become.

AREA	OLD IDENTITY I KEEP REPEATING	NEW IDENTITY I CHOOSE
Reading / Learning		
Health		
Career / Business		
Money		
Consistency / Discipline		

3. THE IDENTITY YOU HAVE BEEN LIVING

Choose one area where your behavior keeps repeating the same story. Be honest, not impressive.
The area where I struggle most with consistency is:

The sentence I usually say about myself is:

When did I start believing this about myself?

What behaviors keep proving this old identity?

What is this identity costing me in the next 3 years?

4. THE 3 SIGNS TO WATCH

1

You keep waiting for life to calm down before you become consistent.

If life never fully calms down, what would showing up inside the mess look like?

My answer: _____

2

You use one bad day as proof that you are "just not that type of person."

Can one missed day really define who you are - or is it only one event?

My answer: _____

3

You wait to feel motivated before you act.

What if action could create the motivation you are waiting for?

My answer: _____

5. REALITY CHECK: FEELING OR IDENTITY?

Tick the sentence that sounds more like you today.

BEHAVIOR-FIRST	IDENTITY-FIRST
☐ I will read when I feel fresh and motivated.	☐ I am a reader, so I read even if it is only a few pages.
☐ One missed day means I have lost the routine.	☐ One missed day does not cancel who I am becoming.
☐ I will be consistent once work becomes easier.	☐ I can show up even during a busy week.
☐ I do not see myself as someone who finishes.	☐ I am becoming someone who finishes what matters.

6. THE 24-HOUR IDENTITY CHALLENGE

FOR THE NEXT 24 HOURS, CHOOSE ONE IDENTITY - AND CAST ONE VOTE FOR IT.

DECIDE -> ACT -> CREATE EVIDENCE -> REPEAT

The action can be small. The important thing is that it matches who you say you are becoming.

Reader: read 10 pages | Healthy person: walk 20 minutes | Finisher: complete one pending task | Learner: study 15 minutes

7. WHO AM I BECOMING?

The identity I choose to build is: "I am someone who..."

If I were already this person, what would I do today?

The one action I will take today is:

I will do it at this time:

If motivation is low, what will I remind myself?

What evidence will this action give me about who I am becoming?

8. MY DAY 4 DECLARATION

Place your hand on your heart and read slowly:

"Starting today, I choose to become the person I want to be and prove that identity through the actions I take every day."

IDENTITY LEADS. BEHAVIOR FOLLOWS.

9. BEFORE YOU SLEEP TONIGHT

1. Which old identity tried to control me today?

2. What action did I take that matched my new identity?

3. What did today prove about the person I am becoming?

TODAY I REALIZED THAT...

**You do not need to wait to feel like a new person.
Act like the person you choose to become - and let the evidence grow.**