

The Empowerment Worksheet

Identity Audit Edition

A 20-Minute Reset for Direction and Clarity

Before You Begin

You do not lack motivation.
You are reinforcing an identity.

Most people try to change behaviour without examining what that behaviour protects. This worksheet is designed to expose automatic reactions, reveal which identity you are strengthening, and help you deliberately reinforce the version of yourself you intend to become.

Set aside 20 minutes.
Remove distractions.
Use the space below to answer honestly.

Think about the last 7 days.

Write down three moments where you felt:

- Hesitation
- Frustration
- Avoidance
- Defensiveness
- Self-doubt

Situation 1

What happened?

How did I react immediately?

What did I tell myself?

Situation 2

What happened?

How did I react immediately?

What did I tell myself?

Situation 3

What happened?

How did I react immediately?

What did I tell myself?

Now ask yourself:

Were these responses chosen deliberately, or were they familiar reactions?

Did you pause and decide how to respond, or did your mind move automatically toward the response it knows best?

In that moment, were you acting in alignment with the person you want to become, or simply repeating the version of yourself you have been reinforcing?

Small moments like these often feel insignificant, but they are where identity is quietly strengthened.

Helpful vs Non Helpful Path

For each situation above, answer:

Did this reaction move me closer to the person I want to become?
Or did it reinforce the identity I am trying to outgrow?

Complete this sentence for each situation:

“If I continue reacting this way, I become someone who

Then complete this:

“If I responded with intention instead, I would become someone who

Notice the difference.

Identity is built in these moments.

Micro Decisions and Identity Votes

Every small action is a vote.

Over the past week, how many votes did you cast for:

Discipline
Avoidance
Growth
Comfort
Ownership
Blame

Be honest.

Now answer:

What one repeated behaviour is currently strengthening the wrong identity?

What one small behaviour would strengthen the right one?

Keep it specific. Keep it measurable.

Example:

Train at 7am three times this week.

Speak once in every meeting.

Write 500 words daily.

Go to bed by 10:30pm.

The Identity Survival Response

When you try to improve, resistance increases.

Write down the thoughts that appear when you attempt to change:

“I’ll start next week.”

“This isn’t really me.”

“What if I fail?”

“This feels uncomfortable.”

List your recurring thoughts. Now label them clearly:

Are these truths?

Or are they the old identity trying to preserve itself?

Understanding this reduces their power.

The Cliff Edge Question

Where in your life are you currently hesitating? Describe the opportunity, decision, or standard you are avoiding.

Now answer:

If I step back, which identity grows stronger?

If I step forward, which identity grows stronger?

There is no neutral option. Doing nothing is also a vote.

7-Day Identity Reinforcement Plan

Choose one behaviour aligned with the person you are becoming.

My non-negotiable behaviour: _____

For the next 7 days:

Day 1 – Completed? Yes / No – Which identity was reinforced?

Day 2 – Completed? Yes / No – Which identity was reinforced?

Day 3 – Completed? Yes / No – Which identity was reinforced?

Day 4 – Completed? Yes / No – Which identity was reinforced?

Day 5 – Completed? Yes / No – Which identity was reinforced?

Day 6 – Completed? Yes / No – Which identity was reinforced?

Day 7 – Completed? Yes / No – Which identity was reinforced?

At the end of 7 days, reflect:

Did the behaviour feel easier by the end?

Did resistance decrease?

Did self-trust increase?

Identity stabilises through repetition.

Closing Reflection

You are not defined by one dramatic decision.

You are shaped by repeated ones.

If this worksheet exposed patterns you were not fully aware of, understand that this is only the surface layer.

Inside The Little Book of Empowerment, the full framework behind reaction, identity survival, discipline, language, and long-term reinforcement is explored in detail.

Structure creates clarity.

Clarity creates movement.

Movement creates identity.

The work continues.