

Identity

Become who you want to be.

You don't rise to your goals. You fall to your habits. And your habits grow from who you believe you are. So start there.

You become who you are by what you repeat.

The shift

Most people chase a result: get fit, lift the marks, make the team. The change that lasts starts one level deeper. Decide who you want to be, then let small actions prove it.

I am becoming someone who _____

A person like that does these things:

1 _____

2 _____

3 _____

One thing I can do today to prove it: _____

Proof I'm becoming this person this week:

Remember

You don't need everyone to see it. Do the small thing today, then again tomorrow. That is how you change.