



WORKBOOK

# The Identity Shifting *Workbook*

*A self-guided companion to becoming the person who naturally creates the life you want.*

with Sam Yemane · Soulwork Healing

## BEFORE YOU BEGIN

# Welcome

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If you're holding this workbook, you've already done something important: you stayed. You showed up for yourself, even just by being curious about this.

This isn't a workbook you read. It's one you work through.

Take your time with it. Some sections will take five minutes. Others might ask more of you. There's no right pace, and no perfect answer. Just honesty.

**A few notes before you start:**

- Use a pen, not a keyboard, if you can. Slower writing tends to surface deeper truths.
- Don't skip the journaling prompts to get to the “interesting” parts. The prompts are the work.
- This is private. No one will read this but you, unless you choose to share it.

*This workbook only scratches the surface of identity work. If something here resonates deeply and you want to go further, you'll find a way to reach me at the very end.*

## PART ONE • THE CHALLENGE

# Why Do I Keep Falling Back?

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You connect. You feel aligned. You meditate, you visualize, you feel possibility. And then... life happens. Something shifts. And somehow, the old self returns.

This isn't a willpower problem. It's not that you're not trying hard enough, or that the work isn't working.

There's something else happening underneath, and that's exactly what this workbook is going to help you uncover.

## The Loop

*Connect to Future Self → Feel Aligned → Life Happens → Old Self Returns → ...and the cycle repeats.*

### JOURNAL • 5 MINUTES

Think of one area of your life where you've been trying to create change. Health. Abundance. Business. Relationships. Visibility. Pick the one with the most charge.

**What do I want?**

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**How many times have I recommitted to this?**

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**Where do I keep getting pulled back?**

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## PART TWO • THE DISTINCTION

# State Work vs. Identity Work

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A state is something you access. A feeling of abundance, freedom, gratitude, possibility, usually during meditation or a moment of real connection.

And then... life happens. And it's gone.

Identity work asks a different question. Not “can you feel it?” but: who are you when the meditation ends? Who are you when the trigger appears? Who are you when life gets uncomfortable?

Meditation helps you connect to your future self. Identity work helps you become them.

STATE WORK	IDENTITY WORK
Connect to something greater	Become someone new
Future self you want to experience	Embodied self you live from
Elevated emotions you feel in the moment	Stable identity that becomes your baseline
Possibility you glimpse	Consistency you naturally create

## REFLECT • 3 MINUTES

Which side of this table feels more familiar to you right now? Be honest, there's no wrong answer.

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## PART THREE · WHAT'S ACTUALLY RUNNING YOUR LIFE

# Identity Has Three Layers

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The deeper a layer runs, the more it stops feeling like a belief and starts feeling like you.

## 01 · Conscious Identity

The loud voice. The thoughts you can hear: “I’m just not very confident.” “I’ve always struggled with consistency.” “I’m the kind of person who overthinks things.” “That’s just how I am.”

## 02 · Subconscious Identity

The quiet voice, running in the background: “Success comes with pressure.” “Visibility leads to judgment.” “People like me struggle.”

## 03 · Embodied Identity

The undercurrent. Reactions and patterns that feel so normal you stopped questioning them. This is where blind spots live, and it shows up differently for everyone, often around broad areas like abundance, health, love, purpose, or career.

### JOURNAL · 5 MINUTES

**What's your loud voice been saying lately?**

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**What's a quiet belief you suspect is running underneath?**

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**Where does your undercurrent most often show up? (e.g. abundance, health, love, purpose, career)**

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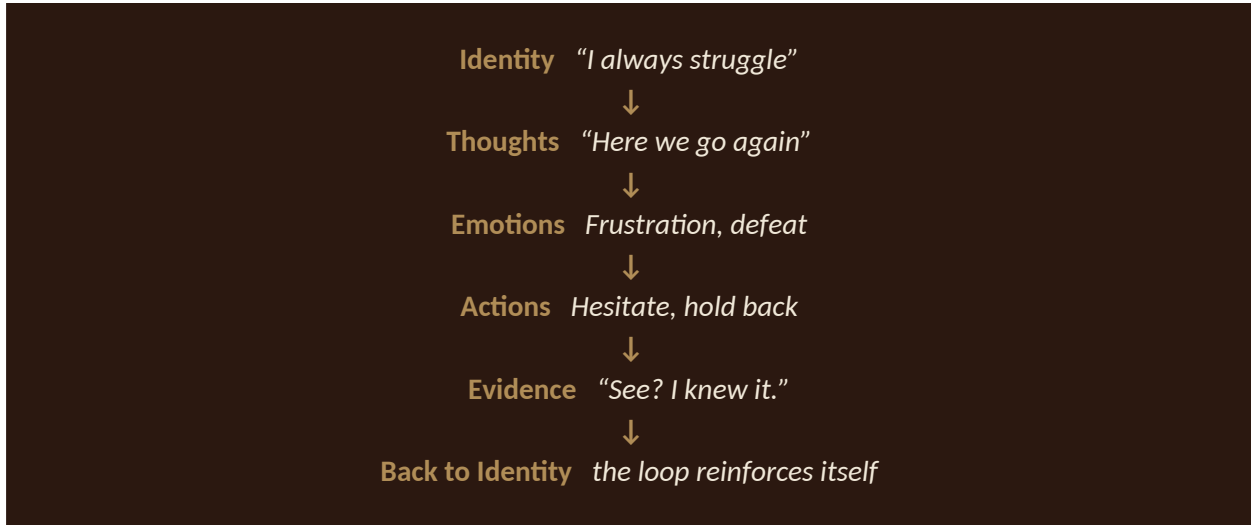
## THE MECHANISM

# The Identity Loop

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You think you're responding to life. Most of the time, you're responding to identity.

Behavior is the last thing in the chain. The loop starts much earlier, and then it feeds itself.



It works both ways. Shift the identity, and reality eventually starts reflecting something new back to you.

## JOURNAL • 5 MINUTES

What's an identity statement you might be unconsciously carrying? (e.g. "I always struggle," "I'm not ready yet," "Things don't work out for me.")

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What evidence has this identity collected to "prove" itself right?

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## PART FOUR · A COMPASS

# The 5 Stages of Identity Embodiment

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This isn't a box, a label, or a hierarchy. It's a compass, here to help you understand where you are, why you're there, and what the next step looks like.

## 1 · Effort

*"I know what to do, but I'm barely doing it."*

Struggle: High · Fuel: Willpower (10%) · Higher Self: 5%

The old self dominates. Meditation feels separate from daily life.

## 2 · Calibration

*"Something is happening, and I don't fully understand it yet."*

Struggle: Medium-High · Fuel: Trust + Curiosity · Higher Self: 20%

Alternating between old self and new self.

## 3 · Elevated State

*"I've tasted the energy."*

Struggle: Medium · Fuel: Elevated Emotions (60%) · Higher Self: 50%

Momentum builds, but consistency still varies. This is the retreat-high stage.

## 4 · Integration

*"I don't have to work so hard to feel like myself anymore."*

Struggle: Low · Fuel: Embodied Energy (80%) · Higher Self: 70%

Mostly consistent regardless of circumstances.

## 5 · Embodiment

*"The work is no longer something I do. It's who I am."*

Struggle: Very Low · Fuel: Being (100%) · Higher Self: 90%

Alignment becomes the default, not a choice.

**The goal is not to stay high. The goal is to become someone for whom alignment feels normal.**

REFLECT · 5 MINUTES

Looking honestly at all five stages, which one are you in right now, for the area of life you've been journaling about?

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What do you think this stage is trying to teach you?

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## PART FIVE • EXERCISE

# The Belief Excavation

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Go back to the area you've been journaling about throughout this workbook. Now go a little deeper. What do you secretly believe about it? Not the polished version. The real belief, sitting underneath.

Examples of the quiet one underneath:

“I'm not ready for that yet.”

“My body doesn't respond like others'.”

“Money is hard to keep.”

“I always give more than I receive.”

**Out of everything that comes up, pick the strongest one. The one with the most charge.**

**My belief:**

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## Now Question It

*This is Byron Katie's Four Questions. It doesn't try to talk you out of the belief. It just asks you to look at it honestly, and when you really look at a belief closely, it usually starts to loosen on its own.*

### **1. Is it true? Is it absolutely true?**

Not “does it feel true.” Is it actually, factually, 100% true?

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### **2. How does it make you feel when you believe that?**

Notice the cost. Beliefs aren't neutral, they shape how you feel every day you carry them.

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**3. Who would you be without the belief?**

If this belief just wasn't there anymore, who would you be? How would you move through the world?

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**4. What beliefs does that version of you have instead?**

If your new self doesn't carry the old belief, what do they believe instead? What's the upgrade?

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*That belief from question 4 is the one you'll step into in the next exercise.*

## PART SIX • GUIDED VISUALIZATION

# Your Quantum Jump

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If you were part of the live masterclass, you can simply listen back to the replay and let me guide you through this part. This page is here for you to capture what came through, or to do the visualization on your own if you prefer.

## If You're Doing This On Your Own

Find a quiet place. Give yourself at least 10 uninterrupted minutes. Close your eyes, take a few slow breaths, and let your body settle.

Connect with the version of you who already holds the belief you wrote down in Question 4. Let them come into focus slowly. Don't force it.

Paint out who they are. Notice how they move, how they feel, how they carry themselves.

Then, when it feels right, step into them. Not watching from the outside anymore, but being them.

Notice how they spend their day. What are they doing? What should you start doing, that they already do? What should you stop doing, that they no longer carry?

Before you come back, receive a message. Ask: "What's the one thing you want me to know?" Let whatever comes, come. A word, a feeling, an image, an instruction.

Then slowly bring your awareness back into the room, and bring that knowledge with you.

### CAPTURE IT • WHILE IT'S FRESH

**How did that version of you feel in your body?**

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**What action step or message came through?**

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**What surprised you about the experience?**

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## PART SEVEN • IDENTITY STABILIZATION

# How to Anchor In the New Identity

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An experience alone isn't enough. Most people stop at Stage 3: they feel it, then life happens, and it fades.

The goal isn't to have a beautiful moment. The goal is Stage 5: embodied. Not something you visit. Something you are.

## 1 • Remind yourself daily

Reconnect to who you're embodying. Even thirty seconds counts.

## 2 • Ask your future self

Whenever resistance or a decision comes up: "What would my future self do here?" Not what's safe. What would they do.

## 3 • Shift your environment

Your subconscious needs signals that something has changed. Move furniture. Dress differently. Walk a new route.

## 4 • One thing daily

One small step outside your comfort zone. Consistency beats intensity.

## 5 • Aim for neutral, not excited

The goal isn't constant excitement. The goal is for it to feel normal. That's the sign it's working.

## 6 • Track the shifts

If you don't acknowledge it, it doesn't register. What you focus on becomes real.

**Above all: become your own scientist.**

**I can hand you a list of techniques, but the real work is noticing what actually anchors you. Nature? Movement? Silence? Music? Your nervous system is unique. Discover your own way in.**

### COMMIT • 2 MINUTES

**One thing I'll do daily, starting today, to anchor this new identity in:**

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One small environmental shift I'll make this week:

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PART EIGHT • INTEGRATION

## The Identity Shifter's Scorecard

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Track what truly matters: the evidence of who you're becoming. This page is yours to return to, again and again.

### Stop Tracking → Start Tracking

*Instead of: "Did it manifest yet?"*

**Ask: Did I show up differently today? Did I do something the old me would have avoided?**

*Instead of: "Why isn't it here yet?"*

**Ask: What evidence do I have that I'm becoming it? Am I trusting myself more? Recovering faster?**

*Instead of: "Am I there yet?"*

**Ask: What would the future version of me do next? What identity am I actually reinforcing?**

**Stop only tracking what's materializing in 3D.**

**Start tracking who you're becoming in the process.**

**Because who you're becoming is what eventually creates everything else.**

### THIS WEEK'S EVIDENCE LOG

Use this space weekly (or daily) to capture small proof of your shift. Recovered faster from something? Trusted yourself? Made a decision the old you wouldn't have?



BEFORE YOU GO

# Who Are You Becoming?

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Every courageous action, every aligned choice, is teaching your nervous system who you are.

Don't leave this workbook asking, "when will it happen?"

Leave asking, "who am I becoming?"

*You're not starting over.*

*You never were.*

*You're becoming.*

Thank you for doing this work. I'd genuinely love to hear what came up for you.

## Stay Connected

Book a Discovery Call: [soulworkhealing.com/contact](https://soulworkhealing.com/contact)

Embodied Creator Program: [soulworkhealing.com/the-embodied-creator](https://soulworkhealing.com/the-embodied-creator)

Instagram: [@soulwork.healing](https://www.instagram.com/soulwork.healing)



*With so much love,*

**Sam**