

Defining yourself – Version 1.0

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This is NOT meant to set up limitations for you - It's a foundation for building yourself further; a definition of yourself to confirm your identity and belonging. When you fill this in, go with your gut feeling as it usually gives the best answers. If you have no idea of anything, model someone that whom you look up to, and remember you can always go back and change the input, it's not eternal, but as long as it is written in this document, it is the only truth you know and live by – it's your identity.

The Definition of:

Nick Name:

Nationality:

Hometown:

Year of birth:

My family members and what I love about each person:

My closest friends and what I love most about them.

Three things I'm truly grateful for:

My religion / Spiritually belief

Favourite colour:

Favourite animal:

Three dishes I love:

- 1.
- 2.
- 3.

Three places I love:

- 1.
- 2.
- 3.

Three movies I love:

- 1.
- 2.
- 3.

Three series I love:

- 1.
- 2.
- 3.

Three books I love:

- 1.
- 2.
- 3.

Three songs I love:

- 1.
- 2.
- 3.

Fun list – I am having fun and enjoy life when I:

- 1.
- 2.
- 3.

- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

Boring List - Things I should try to avoid or outsource if possible:

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

My enemies list - Bad habits & their triggers I always need to be prepared for:

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

Areas I have great knowledge in (theoretical understanding):

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

Skills I'm good at (the ability to do something well; expertise):

- 1.

- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

Things I have done or accomplished that I'm proud of:

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

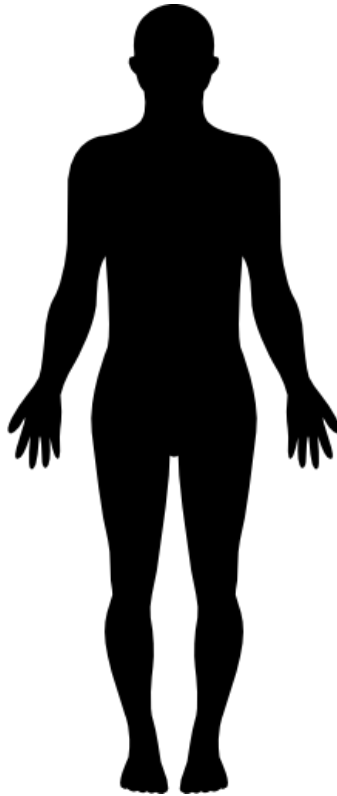
Knowledge areas or skills other people have told me I'm good at:

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

IMPORTANT - Words that describes the kind of ideal person I want to be, in order of importance – I am:

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

Connect the top five words that best describe you to scares, or parts of your body – you do this to really ground them as a solid part of you. Every time you look at them or touch them, remind yourself of what it stands for, and acknowledge that it is a part of who you are.



These five ways of describing you, who you are as a person and how you act; we will also assign one weekday each with this meaning. And then focus in particular on fulfilling this way of being this day. To give that more intense attention needed to build an actual belief.

Monday:

Tuesday:

Wednesday:

Thursday:

Friday:

Goals

Now I know this last one is a big one, if you don't have any, I suggest you put up some temporary goals that feels good, but later take the time to actually go through and to this thoroughly. Goals is what drives you through life and gives you a sense of purpose and meaning. You have to move through life, and nothing does that better than a clear direction to strive for. Life is like riding a bike, if you don't have any speed, you'll fall down.

My top three top goals in the following areas:

Relationships and friends:

- 1.
- 2.
- 3.

Spirituality:

- 1.
- 2.
- 3.

Physics:

- 1.
- 2.
- 3.

Skills:

- 1.
- 2.
- 3.

Career:

- 1.
- 2.
- 3.

Financial:

- 1.
- 2.
- 3.

Sign of: _____

Congratulation! You know have a piece of document that defines you. Now this definition of yourself should be a part of your morning routine, read through it every morning before your day start - to remind and condition yourself. I recommend to, preferably once a week, write the whole thing again, and not just to read it through, as it will put you in a more active state and reflect in another way than actually just skimming through it because you want to go on with your day.

Each day when you've read through the list, sign it with your name and date, it works as an affirmation that you're doing what's right; a small sense of reward is created, we start to build a habit loop. Trigger-routine-reward. The trigger should be doing it the first thing you do when you wake up, after you've showered or exercised; as long as you have a clear trigger!

And remember, what is core to build your self-esteem is that: YOU ARE ALWAYS THE KIND OF PERSON THAT DOES THE RIGHT THING; THAT IS BEEING TRUE TO YOUR SELF AND WHAT YOU BELIVE IN. THIS IS WHAT WILL BUILD YOUR SELF ESTEEM – not acting in accordance to what other expect you to do, but in what you believe in and who you define yourself as.