

CHOOSING WHAT YOU STAND FOR

A PRACTICAL WORKBOOK FOR DEFINING IDENTITY
WITHOUT PRESSURE OR FANTASY



WHY THIS MATTERS

Most advice about identity focuses on becoming a better version of yourself.

That often leads to:

- vague aspirations
- pressure to “level up”
- identity tied to outcomes
- disappointment when real life interferes

In practice, identity doesn't show up on ideal days.

It shows up:

- when you're tired
- when things don't go as planned
- when you're under pressure
- when you have to choose without certainty

This workbook is not about defining your future self.

It's about choosing **what you are willing to stand for**, even when conditions aren't perfect.

That kind of identity:

- reduces decision fatigue
- supports habit design
- creates coherence across life areas

And most importantly, it's usable.

WHAT “STANDING FOR” ACTUALLY MEANS

Standing for something does **not** mean:

- being consistent all the time
- performing an identity perfectly
- holding yourself to rigid standards

It means:

- having a small number of principles you return to
- letting those principles guide decisions
- using them as anchors when things get messy

Think of identity here as a **design constraint**, not a goal.

It helps you decide:

- what to say yes to
- what to say no to
- what to simplify
- what to stop forcing

STEP 1: NOTICE WHERE YOU FEEL PULLED

Identity becomes visible where there is friction.

Take a few minutes to reflect.

Where in your life do you currently feel pulled in different directions?

This could be:

- work
- health
- relationships
- time
- attention
- expectations from others

Write a few notes. Then ask:

- What feels misaligned here?
- What am I currently trying to live up to?
- What feels unsustainable?

You're not fixing anything yet.
You're locating pressure points.



STEP 2: SEPARATE VALUES FROM EXPECTATIONS

Not everything you care about is actually yours.

Some things matter because:

- they align with your values

Others matter because:

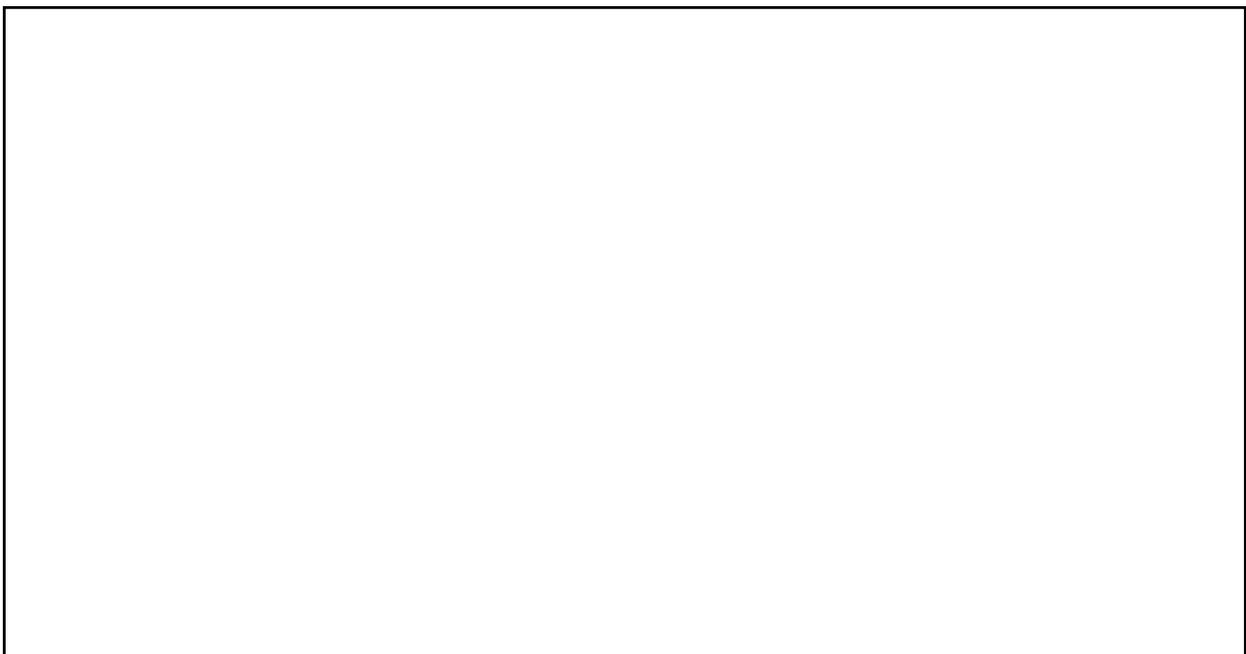
- they're expected
- they're rewarded
- they're normalised

Choose one area from the previous page.

Answer honestly:

- What do I *think* I should care about here?
- What do I actually care about?
- What feels imposed rather than chosen?

Underline or circle what feels genuinely yours.



STEP 3: DEFINE IDENTITY ANCHORS

An identity anchor is a simple statement you can stand behind even on bad days.

Good identity anchors are:

- specific
- realistic
- action-oriented
- pressure-free

They are not goals.

Examples (do not copy, just notice the tone):

- "I choose steadiness over intensity."
- "I protect my energy before optimizing output."
- "I value clarity more than speed."

Now define your own.

Even when things are messy, I choose to be someone who:

1. _____

2. _____

Limit yourself to **one or two**.
More than that becomes noise.

STEP 4: WHAT THIS MEANS IN PRACTICE

Identity only matters if it changes decisions.

For each anchor, answer:

- If this were true, what would I do *less* of?
- What would I protect more?
- What would I stop forcing?

You're not committing forever.

You're testing coherence.

Write concrete examples.

If this were true, what would I do less of?

1. _____

2. _____

What would I protect more?

1. _____

2. _____

What would I stop forcing?

1. _____

2. _____

RESPONSIBILITY WITHOUT BLAME

Choose one upcoming decision or habit.
Something small.

Answer:

- How would I approach this if I acted from my identity anchor?
- What would change?
- What could become simpler?

This is not about doing it perfectly.
It's about **trying it once**.



WHEN THIS BREAKS!

Identity is not proven by consistency.
It's revealed by how you respond when things break.

When you notice yourself acting out of alignment:

- Don't correct aggressively
- Don't start over

Instead ask:

- What made this hard today?
- What would it look like to return, not restart?

Returning is part of standing for something.

CLOSING: IDENTITY AS A STARTING POINT

This workbook doesn't give you a finished identity.

It gives you:

- language for what matters
- a small number of anchors
- a way to reduce pressure in decisions

From here, identity becomes a support for habits, not another demand.

The next step is not to try harder.

It's to design habits and systems that support the person you've chosen to be.



Identity isn't who you hope to be one day.
It's who you protect being when life gets real.