

REBUILD YOUR IDENTITY

IN ONE WEEK

1

SELF-DISCOVERY

Understanding who you are is the first step to becoming who you want to be.

2

RELEASE OLD LABELS

Let go of outdated beliefs and roles that no longer serve you.

3

DEFINE YOUR VALUES

Identify what truly matters to you and align your life accordingly.

4

CREATE YOUR NEW NARRATIVE

Write the story of who you're becoming—focus on growth and possibility.

5

EMBODY YOUR NEW SELF

Take daily actions that reflect your renewed identity and purpose.

