



Identity Statement

1. Circle the adjectives, nouns and verbs that resonate with you and add your own.
2. Choose a maximum of 3 words/statements from each list.
3. Put them together in the following sentence: "I am a (adjectives) (nouns) who (verbs)!"
4. Say your Identity Statement with conviction everyday day at least 5 times,
5. Example Identity Statement: "I am an incredible passionate leader and winner who inspires others, steps up and makes a difference!"

| | | |
|---|------------|---|
| A | Adjectives | Incredible, Passionate, Outstanding, Beautiful, Brave, Powerful, Dynamic, Joyful, Generous, Amazing, Excited, Energetic, Sensational, Explosive, Sublime, Gorgeous, Strong, Decisive, Breath-taking, Unforgettable, Legendary, Unstoppable, Curious, Fabulous, Warm, Magnificent, Unique, Special, Awesome, Sexy, Loving, Funny, Interesting, Extraordinary, Giving Adventurous, Compassionate, Creative, Energised, Stunning, Resourceful, Magical, Inspiring, Exotic, Wealthy, Happy, Honest, Genuine, Kind, Patient Fulfilled, Balanced, Superb, Respectful, Alive, Enlightened, Helpful, Wise, Definite, Content. |
|---|------------|---|

| | | |
|---|-------|--|
| B | Nouns | Leader, Winner, Helper, Listener, Teacher, Coach, Guider, Lover, Friend, Role Model, Artist, Achiever, Entertainer, Trainer, Soul Mate, Maker of Dreams, Champion, The One, Team Player, Mother, Father, Son, Daughter, Brother, Sister, Angel, Millionaire, Firewalker, Dude, Natural, Gift, Icon, Philosopher, Hero, Spirit, Public Speaker, |
|---|-------|--|

| | | |
|---|-------|--|
| C | Verbs | Inspires others, Steps Up, Makes a Difference, Walks-the-Talk, Rocks, Motivates Others, Loves Unconditionally, Accepts Others, Gets Results, Sets New Standards, Shines so that Others Shine, Listens, Loves Life, Laughs, Succeeds, Feels Good by Helping Others to Feel Good, Delivers |
|---|-------|--|

| | | |
|---|--------------------|--|
| D | Identity Statement | |
|---|--------------------|--|

Reproduced by kind permission of Sandy Newbigging from his 'You Can Do It'™ personal success program.