

# **YOU ARE WHO YOU THINK YOU ARE**

Action Workbook

Reprogram Your Self-Talk. Change Your Identity. Change Your Life.

Common Sense Mastery Series

## **How to Use This Workbook**

This workbook is meant to be used, not just read. Write your answers honestly. Do not skip sections. Revisit this weekly. The more honest you are, the more this works.

## **SECTION 1: AWARENESS (Where You Are Now)**

### **Exercise 1: Your Current Self-Talk**

When you fail:

---

---

---

When you feel stressed:

---

---

---

When you look at your life:

---

---

---

When you think about your future:

---

---

---

### **Exercise 2: The Pattern**

What pattern do you notice? (circle one)

Negative / Doubtful / Fear-based / Critical / Other

My default self-talk is:

---

---

## **SECTION 2: IDENTITY (Who You Believe You Are)**

### **Exercise 3: Your Current Identity**

I am the kind of person who:

---

---

I always:

---

---

I never:

---

---

I struggle with:

---

---

### **Exercise 4: Where This Came From**

Childhood:

---

---

Past failures:

---

---

Other people's opinions:

---

---

## **SECTION 3: THE TRUTH SHIFT**

### **Exercise 5: Challenge Your Identity**

Is this always true?

---

---

What evidence proves it wrong?

---

---

I am someone who:

---

---

## **SECTION 4: REPROGRAMMING YOUR SELF-TALK**

### **Exercise 6: Replace the Script**

Old Thought:

---

---

New Thought:

---

---

### **Exercise 7: Daily Repetition Plan**

When will you repeat your new identity? Morning / Midday / Night

My plan:

---

---

## **SECTION 5: ACTION BUILDS IDENTITY**

### **Exercise 8: Proof Through Action**

What is ONE action that proves your new identity?

---

---

---

### **Exercise 9: Your 7-Day Identity Plan**

Day 1:

---

Day 2:

---

Day 3:

---

Day 4:

---

Day 5:

---

Day 6:

---

Day 7:

---

## SECTION 6: WHEN YOU FAIL

### Exercise 10: Reset Plan

When I catch myself thinking \_\_\_\_\_, I will immediately \_\_\_\_\_.

---

---

## **SECTION 7: YOUR NEW IDENTITY**

### **Exercise 11: Lock It In**

I am the kind of person who:

---

---

I no longer believe:

---

---

My new standard is:

---

---

## **You've Taken the First Step...**

If you completed this workbook, you've already done more than most people ever will. But real change requires structure, repetition, and guidance.

## **Coming Soon: The Common Sense Mastery Course**

Join the early access list at your website.