

STAGE ONE: KNOW YOUR IDENTITY

CHAPTER 6: HOW TO DISCOVER YOUR IDENTITY

Values List:

- Adaptable
- Adventurous
- Affectionate
- Ambitious
- Authentic
- Caring
- Charismatic
- Charming
- Cheerful
- Compassionate
- Confident
- Considerate
- Cooperative
- Courageous
- Creative
- Curious
- Decisive
- Dependable
- Determined
- Diligent
- Empathetic
- Energetic
- Enthusiastic
- Flexible
- Forgiving
- Faithful
- Generous
- Gentle
- Grateful
- Honest
- Humble
- Imaginative
- Independent
- Innovative
- Insightful
- Inspirational
- Intelligent
- Intuitive
- Joyful
- Kind
- Knowledgeable
- Loyal
- Motivated
- Nurturing
- Open-minded
- Optimistic
- Organized
- Passionate
- Patient
- Peaceful
- Perceptive
- Persistent
- Persuasive
- Positive
- Pragmatic
- Proactive
- Reliable
- Resourceful
- Respectful
- Responsible
- Self-assured
- Self-disciplined
- Self-aware
- Sincere
- Supportive
- Sympathetic
- Tactful
- Tenacious
- Thoughtful
- Trustworthy
- Understanding
- Versatile
- Warm-hearted
- Wise
- Witty
- Youthful
- Zealous
- Other

Today, ask at least five people what one word they would use to describe you and create a list below.

What are your top values?

When you compare the words people use to describe you and the words you highlighted, which values match?

What words did not overlap?

Are you surprised by anything?

What are the final traits that will make up your Standard?

Define your traits here:

Trait One:

Trait Two:

Trait Three:

Trait Four:

Trait Five:

Trait Six:

These behaviors now become your identity, your Standard, regardless of where you're at or who you're with. These behaviors will dictate how you think, act, and whom you hang out with. They will determine who you date, where you work, the clients you bring on, and every decision you make.

What's your Standard?