

Strengthening Self-Identity



PERSONAL DEVELOPMENT SCHOOL
COURSES FOR REAL LIFE

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Exercise 1: Stages of Development & Rites of Passage

Purpose: The purpose of this exercise is to evaluate which rites of passage may have been missing for you in the following stages so that you can isolate what might have been missing in your personal development. Through this awareness, we will then work to re-parent the specific components missing with the associated stage.

Discovery: Notice the stages below and make notes next to each stage that you felt had missing components. You can reference the course modules for in depth details as to what might have been missing for this stage. Treat the lined space below as a journal to make note of what might have been missing so you can clearly address it in later parts of the workbook.

1. Trust vs Mistrust:

2. Autonomy vs Shame and Doubt:

3. Initiative Vs Guilt:

4. Competence vs Inferiority (Industry vs inferiority)

5. Identity vs Role Confusion:

6. Intimacy vs Isolation:

7. Generativity vs Stagnation:

8. Ego Integrity vs Despair:

9. Traits or Words to Describe You/Who You'd Like to Become: Write words around the character below to create a visual representation!

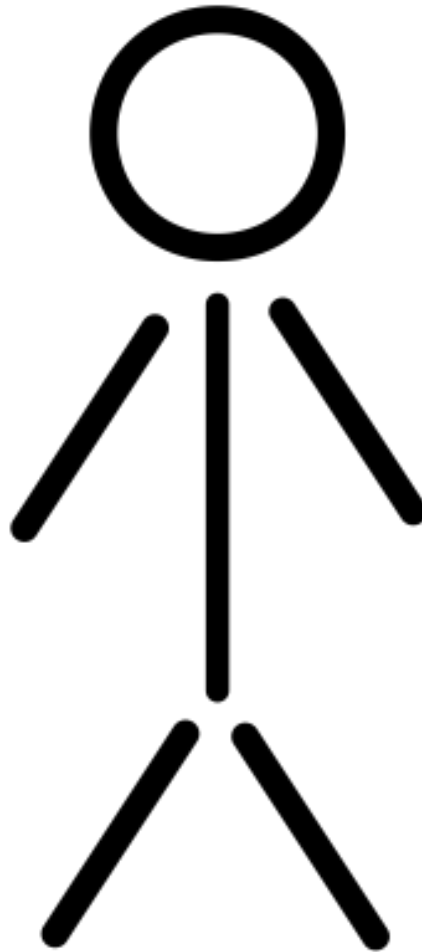


Chart of Stages & Reparenting:

Stage	Rite of Passage Missing	Core Wound Associated with Missing Experience	REPARENT: Cognitive Reframe + Daily Action
<p>Ex. Stage 2: Autonomy vs. Shame and Doubt</p>	<p>Didn't feel empowered and as though I could achieve on my own</p>	<p>I am not enough, I am helpless</p>	<p>I am good enough (will validate myself daily and receive compliments from others)</p> <p>I am empowered (will respect my own boundaries & voice my needs)</p>

Exercise 2: Meeting Your Needs and Programming in New Needs

Purpose: The purpose of this exercise is to recognize the current needs you have, but also the conscious needs that you want to show up for in your own life and integrate into your lifestyle. (Ex. I need to be heard so I will start speaking up more). Use this exercise to consciously notice the needs that you want to integrate more regularly into your life in order to build an empowering future for yourself.

Discovery: Reflect on the questions below. Decide what needs are most important to you now and in the future. Develop a strategy to support yourself in getting your needs met (from self and others). You can use the materials listed beneath the questions below (Primary/Basic Needs, Secondary/Personality Needs & Tertiary Needs as a reference.)

1. What needs are important to me in my life currently? How well am I showing up for them from 1-10? What can I improve upon?

2. What needs are important to me that I would like to integrate more into my lifestyle? What does my life look like if these needs are met regularly? (Refer to Needs Lists in the Additional Materials and Resources section at the end of your workbook.)

3. What strategies can I use to meet these needs myself? What strategies can I come up with to communicate them better to others? Make notes about your most important needs and strategies to support yourself in getting them met below.

4. What needs do I think are important (3 years from now, 5 years from now) that I want to practice prioritizing or valuing more? What is important to create balance in all 7 areas of life? What do you think creates a fulfilled life from a truly conscious perspective? (Ex. Achievement – great but what about social connection or exploration? A need can be the result of conditioning but doesn't necessarily result in true fulfillment and balance.)

5. Create a daily habit for prioritizing this. (Ex. Checking in AM/PM, reflecting about this, taking an action to support this (ex. calling a family member, making a social commitment 1x/week etc.) ***Remember, “you are who you want to become.”

6. Follow-up with a strategy of sharing you new prioritized needs with others. Research shows the more we discuss our needs with others, the more likely they are to get met. Don't forget to practice receiving!

Exercise 3: Trait Integration and Transformation

Purpose: The purpose of this exercise is for you to reflect on who you are from a trait perspective. It is then to have the opportunity to consciously decide who you want to become in the future and what traits you want to shed the imbalanced expression of, especially if they were a by-product of pain or suffering.

Discovery: Refer to the common traits sheets on the following pages and make a note below of the top 20 traits you think you currently express most often (both on the “positive” and “negative” side.) Remember traits aren’t actually positive or negative, the over-expression and the way we use them is what becomes healthy vs. unhealthy. This was just an easy way to organize them.

"Negative" Traits				
abrasive	destructive	inconsiderate	opinionated	shameless
aggressive	detached	indecisive	outrageous	slovenly
aimless	difficult	indiscreet	over-critical	sly
aloof	dishonest	inflexible	over-emotional	sneaky
angry	disloyal	inhibited	paranoid	sordid
anxious	disobedient	insecure	passive	stingy
arrogant	disruptive	insensitive	pathetic	stubborn
artificial	dogmatic	insulting	patronising	stupid
base	dull	intolerant	perverse	superficial
belligerent	enervated	irrational	petty	surly
bitchy	envious	irresponsible	pessimistic	tactless
blunt	erratic	jealous	petulant	tasteless
boastful	extravagant	judgemental	picky	temperamental
boorish	extreme	killjoy	plodding	tense
boring	facetious	lazy	pompous	thoughtless
callous	fanatical	malicious	predatory	touchy
calculating	finicky	materialistic	prejudiced	truculent
careless	fixed	mean	pretentious	uncaring
caustic	flippant	mechanical	prim	uncharitable
changeable	foolish	melodramatic	procrastinating	unfriendly
charmless	forgetful	miserable	puritanical	unkind
cold	fussy	moody	quick-tempered	unrealistic
coarse	gloomy	nagging	quixotic	unreliable
compulsive	greedy	narcissistic	rash	unruly
conceited	grim	narrow-minded	resentful	unstable
condemnatory	grumpy	nasty	ridiculous	untidy
cowardly	gullible	naughty	rigid	untrustworthy
crafty	harsh	neglectful	rude	vague
crazy	hateful	nervous	ruthless	vain
cruel	hesitant	neurotic	sadistic	vengeful
cunning	hostile	nosy	sanctimonious	vindictive
deceitful	ignorant	obnoxious	scornful	weak
demanding	impatient	obsessive	secretive	weak-willed
dependent	impractical	obstinate	self-indulgent	wilful
desperate	impulsive	offhand	selfish	withdrawn

"Positive" Traits				
accessible	dependable	honest	passionate	sensible
adaptable	determined	humble	patient	sensitive
adventurous	dignified	humorous	peaceful	shy
affable	diligent	idealistic	perceptive	sincere
affectionate	diplomatic	imaginative	persistent	skilful
agreeable	disciplined	impartial	personable	sociable
ambitious	discreet	incisive	persuasive	solid
amicable	dynamic	independent	pioneering	spontaneous
amusing	easy-going	innovative	placid	sporting
articulate	educated	insightful	plucky	stable
balanced	efficient	intelligent	polished	steadfast
benevolent	eloquent	intuitive	polite	stoic
brave	empathetic	inventive	powerful	straightforward
bright	encouraging	invulnerable	practical	strong
brilliant	energetic	keen	precise	suave
broad-minded	enthusiastic	kind	principled	subtle
capable	exuberant	liberal	profound	sympathetic
captivating	fair	logical	protective	tasteful
careful	faithful	lovable	prudent	thorough
caring	fearless	loving	punctual	thoughtful
charming	firm	loyal	quick-witted	tidy
clear-headed	flexible	magnanimous	quiet	tolerant
clever	focused	mature	rational	tough
compassionate	forgiving	meticulous	relaxed	unassuming
confident	frank	moderate	reliable	uncomplaining
conscientious	friendly	modest	reserved	understanding
considerate	funny	neat	resourceful	upright
courageous	generous	non-authoritarian	responsible	versatile
courteous	gentle	obedient	responsive	vivacious
creative	genuine	objective	romantic	warm
curious	gracious	open	scrupulous	well-read
daring	gregarious	optimistic	secure	well-rounded
decent	hard-working	orderly	self-confident	willing
decisive	helpful	organised	self-disciplined	wise
educated	heroic	original	selfless	witty

1. Reflect: Where/why did you develop these traits? Rate how much each is serving you/you want to keep this patterned in (these are programs re-feeding themselves on autopilot) from 1-10.

2. Get feedback. Ask the five people closest to you what traits they think you express the most. Ask them to look at the traits sheet if possible and really take a look.

3. Reflect:

A) Do these line up with what traits you thought you express the most?

B) Do you want to remain the exact same or is there something you would CONSCIOUSLY choose differently? If so, which traits would you like to express more of?

4. What traits do you repress the most (bottom 5-10)? Why? Where does this come from? What am I afraid of/what was I taught about these traits?

5. Is it possible that these traits can be healthy in some form, even if very small? The goal is for healthy balance. Did I CONSCIOUSLY choose these repressions? Do I want to keep these traits repressed or bring them back into balance?

6. Define: What traits would I like to express more of/integrate? What traits do I want to actively empower more to emphasize these parts of self?

7. What would empower my future self more instead? How can I express that?

8. CREATE: Strategies for integration (repetition + emotion). What plans can you make to express these new traits on a daily basis in order to THINK, ACT and FEEL as if they are a part of your normal self?

9. Practice accountability. What habits will you use on a daily basis to check back in with yourself and ensure that you are taking daily action?

Exercise 4: Grounding Your Dreams into Reality

Purpose: The purpose of this exercise is to give yourself permission to authentically reflect on/explore the dreams and desires you carry within you.

Discovery: Answer the questions below and use the lined space to journal out what gives your life meaning and what strategies you can implement to turn these important dreams of yours into reality.

1. What do you fantasize about? What would you create in the 7 areas of life if you really gave yourself permission? (Career, Financial, Mental, Emotional, Spiritual, Relationships, Physical)

2. What do you yearn for? What is your heart seeking? (Ex. more freedom, more play, more intimacy, more exploration, more movement etc.)

One of the biggest reasons people feel unfulfilled is because they don't ask themselves these questions and they live in the dark with themselves as a result → We don't have to achieve all of our dreams and put pressure on ourselves, but we have to take our desires into healthy consideration and create strategies to move in that direction (without attaching to outcomes)

3. What dreams do you have about your life?

Exercise 4 Part 1: Self-Reflection

Self-Reflection: A desire is a strong feeling of wanting to have something or wishing for something to happen. A dream is a set of these that develops into a vision/imagination

1. What dreams or desires do I have:

- Currently?
- Regularly?
- Frequently?
- Intensely?
- From Childhood?

2. What is the sponsoring intention for this?

3. Do you want these dreams to come to fruition in my future? Is this the life you want to choose for yourself? Are you willing to do the work to ground some of these things into reality? Are you willing to create strategies to do so?

4. Take inventory of those self-reflection Q's above and create strategies to ground them into reality. What daily actions or habits can you commit to in order to make your dreams come to life?

Exercise 5: Consciously Choosing Your Values and Morals

Purpose: The purpose of this exercise is to consciously choose your values and morals so that you can decide how you want to show up, even in the most challenging moments. By consciously choosing these things ahead of time, you allow this to be a compass for your life.

Discovery:

1. Take note of the Morals and Values (from the Common Values & Morals Chart below) that you WANT to emanate. Also record the ones that you think you currently live by.

Authenticity	Balance	Boldness	Courage	Compassion
Competence	Determination	Faith	Forgiveness	Harmony
Honesty	Honor	Kindness	Love	Loyalty
Integrity	Grace	Openness	Respect	Responsibility
Generosity	Trustworthiness	Understanding	Patience	Fairness

Morals and values I WANT to emanate:

Values I currently live by:

2. Close the gap → Create a conscious strategy to close the gap between the two.
How must you think act and feel in order to show up differently in this area?

Exercise 6: Rewiring Old Stories About Yourself

Purpose: The purpose of this exercise is to recognize and reflect on the current stories you carry about who you are in the world and what your future holds. It is your duty to reflect on these stories and remove what no longer serves you by changing the way you talk to yourself, think about yourself and act in the relationship to yourself.

Discovery: Go through 7 areas of life and look at the painful stories (or stories you didn't choose) that you might be carrying in the story of you. Create a cognitive reframe in the column next to it along with a new action to support your transformation. You can refer to the core wounds list as a prompter for what stories/beliefs you may be carrying. **Use the chart on the following page to complete this exercise.**

Exercise 6 Chart:

Area of Life: Career, Financial, Mental, Emotional, Spiritual, Physical, Relationships	Story That No Longer Serves You	Cognitive Reframe	New Action or Behavior to Take Instead
Example: Career	I am incapable	I am capable because... (insert evidence)	I will practice validating myself when I do things correctly at work each day. I will speak up more, too.

Exercise 7: Redefining Your Sense of Self & Mission and Vision Reprogramming

Purpose: The purpose of this exercise is to program yourself with the vision you have consciously created for who you want to become. You can summarize your vision of yourself below using the lines or create a visual version by writing the traits, needs, morals and dreams you have for your life on the pictures of the people in the diagrams. Include the **mission and vision statement** you have developed for yourself below also!

Directions: Create a vision of what you want your future self to look like. Include the traits you want to express; needs you want to have present and morals you want to live by. Record it into your phone and listen to it as frequently as possible. As you listen, try to anchor in the sensations and emotions as you imagine living your life this way. Do you feel empowered? Strong? Fulfilled? Put this in your vision!

Integration:

A) Check in to see where you can improve daily

B) Set the intention to ACT IN A WAY THAT ALIGNS WITH THIS – if you forget, DO NOT beat yourself up. Just substitute a new way of thinking, acting and feeling to get yourself back on track using your conscious mind and your new awareness in these areas!

You can use the lines below to record what your needs, traits, values/morals, dreams and stories are about yourself.

Exercise 8: Boundaries to Support Who You Want to Become

Purpose: The purpose of this exercise is to define where you need to set boundaries in order to become the best version of yourself.

Discovery: In the chart below, write out where you need boundaries to support this conscious version of yourself. Do not feel pressured to fill out the entire chart. Just fill out what is most relevant to you!

Boundaries Chart

Boundaries	Career	Financial	Mental	Emotional	Physical	Spiritual	Relationship
Thought Boundaries							
Emotional Boundaries							
Physical Boundaries							

Material Boundaries							
Time Boundaries							
Sexual Boundaries							

Additional Materials and Resources

Six Basic Human Needs (Tony Robbins)

Growth	Contribution	Love and Connection
Certainty	Uncertainty	Significance

Common Personality Needs & Strategies to Meet Them Yourself

<p>Approval</p> <ul style="list-style-type: none"> -Validating your wins -Correcting critical self-talk -Practicing daily words of affirmation to self 	<p>Novelty</p> <ul style="list-style-type: none"> -Changing your routine -Keeping a “weekly bucket list” -Trying new restaurants or food 	<p>Wealth</p> <ul style="list-style-type: none"> -Creating a budget - Reading finance books - Creating financial goals 	<p>Spirituality</p> <ul style="list-style-type: none"> -Meditating daily - Reading about different philosophies - Creating rituals/habits that resonate for you (ex. journaling, praying) 	<p>Nature</p> <ul style="list-style-type: none"> -Going on nature hikes - Spending time at the beach or outdoors - Playing outdoor sports
<p>Attention</p> <ul style="list-style-type: none"> -Giving attention to your feelings and needs - Taking time to truly see, hear and understand what’s happening inside of you - Giving attention to your boundaries & making room to express them 	<p>Health</p> <ul style="list-style-type: none"> -Making a plan with checkpoints for all areas of health (sleep, diet, exercise, mental/emotional, connection) -Intermittent fasting -Taking proper vitamins and supplements 	<p>Fitness</p> <ul style="list-style-type: none"> -Defining and setting fitness goals -Exercising regularly and tracking progress - Hiring a trainer/participating in fitness competitions 	<p>Service</p> <ul style="list-style-type: none"> -Volunteering in your local community - Showing up for friends or family - Donating to charitable causes you believe in 	<p>Romantic Relationships</p> <p>(This can be broken down into: connection, affection, intimacy with self, safety)</p> <ul style="list-style-type: none"> -Taking time out to really process if you feel off - Checking in regularly with your feelings and needs -Taking yourself into consideration when making decisions (seeing yourself, being present with self)

Achievement -Creating a To-Do List and checking it off daily -Taking a daily action step towards your dreams -Pushing yourself outside of your comfort zone	Personal Growth -Taking PDS courses - Journaling daily - Meditation & self-reflection	Philanthropy -Starting a charity - Giving your time to others - Making financial or time donations to causes you care about	Materialism Organizing your closet Sharing your fashion or furniture tips with others Saving for a new car	Autonomy Setting and communicating your boundaries Taking a vacation alone Meeting your own needs regularly
Emotional Connection -Cooking yourself your favorite healthy meal and practicing mindful eating - Doing introspective work and journaling - Having a date night with yourself and your thoughts	Adventure -Going on a nature hike - Trying a new sport - Taking a vacation at a new location	Discovery -Reading about topics you are fascinated by -Trying a new activity (ex. scuba diving) - Taking a new class with friends	Impact -Creating a vision for your life that empowers you -Sharing your ideas and inventions with the world -Working on your vision daily	Community -Attending workshops or classes -Developing new relationships in your area -Volunteering -Joining group activities/exercise
Power -Creating routines that empower you -Building abundance -Speaking up, finding your voice	Teaching -Creating classes or courses -Sharing online -Creating literature -Lecturing, speaking	Exploration -Travelling to new destinations -Taking road trips -Trying one new thing daily	Leadership -Working to grow and take on a leadership role in your workplace -Taking leadership courses -Leading by example	Control -Building structure and routines -Organizing your environment -Regulating your emotions
Social Justice -Attending protests/advocating -Joining a social change network -Writing articles or publishing content	Beauty -Trying new hairstyles -New makeup routines -Putting efforts together	Expression -Speaking up for yourself -Painting -Singing -Publishing your thoughts and ideas	Education -Taking courses -Getting certified in new methods or processes -Going back to school -Reading books	Communication -Expressing your needs to loved ones -Sharing your boundaries with others -Sharing your fears and vulnerabilities
Knowledge -Reading new books -Reading articles - Watching documentaries	Creativity -Painting -Coming up with innovative ideas - Creative writing, drawing	Religion -Attending church -Prayer -Reading scripture and studying	Social Connection Going to a coffee shop alone Defining your ideal social relationships Journaling about your surface thoughts and desires	Freedom -Daily meditation -Trying new hobbies and activities -Travelling, exploring your neighborhood and community -Spending time alone
Learning	Politics	Career Growth	Financial Growth	Family

<ul style="list-style-type: none"> -Listening to audiobooks -Audiobook summary apps for your phone -Attending workshops at your local library -Watching YouTube videos 	<ul style="list-style-type: none"> -Taking political science courses -Staying updated on our current political climate -Reading articles -Publishing your ideas -Getting politically involved 	<ul style="list-style-type: none"> -Creating a 10-year vision for your career -Asking for a promotion or raise -Trying new things and volunteering in different positions to grow 	<ul style="list-style-type: none"> -Investing -Creating a second/third stream of income -Hiring a financial coach/planner 	<ul style="list-style-type: none"> -Defining what your family values are -Defining your ideal conversations and creating strategies to connect with family differently -Doing forgiveness work on your family
<p>Fun</p> <ul style="list-style-type: none"> -Picking up a new sport (rollerblading, skateboarding, skiing etc.) -Going to the beach with yourself - Attending a cooking or painting class 	<p>Entertainment</p> <ul style="list-style-type: none"> -Watching your favorite movies -Going to a comedy show -Playing a video game 	<p>Security</p> <ul style="list-style-type: none"> -Creating order and structure in your life -Budgeting and saving your money -Taking care of your health and planning your future 	<p>Status</p> <ul style="list-style-type: none"> -Validating yourself and why you matter -Building a life for yourself that brings significance -Introducing yourself to new people 	<p>Comfort</p> <ul style="list-style-type: none"> -Creating a cozy environment in your home - Wearing comfortable pajamas -Watching a movie in your bed

List of Core Negative Beliefs

I am not enough	I am abandoned/alone	I am unloved
I am bad	I am weak	I am unsafe
I am stupid	I am unworthy	I am helpless
I am unseen/unheard	I don't matter/unimportant	Something's wrong w/ me
I don't belong	I am disliked	I am unsafe
I am disconnected	I am excluded	I am disrespected
I am rejected	I am trapped/stuck	I am powerless/no control

List of Tertiary Needs

Connection Needs	Certainty Needs	Growth Needs	MEANING
Acceptance	Safety	Self-Development	Clarity
Affection	Comfort	Self-Realization	Competence
Appreciation	Security	Success	Consciousness
Belonging	Order	Progress	Discovery
Cooperation	Stability	Achievement	Effectiveness
Communication	Support	Opportunity	Hope
Closeness	To know and be known	Expansiveness	Mourning
Community	To see and be seen	Learning	Participation
Companionship	To be understood	Awareness	Purpose
Compassion	Trust	Challenge	Attention
Consideration	Warmth	Stimulation	Validation
Consistency	Physical Needs	Honesty Needs	Self-expression
Empathy	Food	Authenticity	To matter
Inclusion	Movement/exercise	integrity	
Intimacy	Rest/sleep	Presence	
Love	Sexual expression	Play Needs	
Mutuality	Safety	Joy	
Nurturing	Touch	Humor	
Respect/self-respect	Peaceful Needs	Contribution Needs	
Autonomy Needs	Beauty	To give/nurture	
Choice	Ease	To share	
Freedom	Equality	To create	
Independence	Harmony	To teach/to assist	
Space/Boundaries	Inspiration		
Spontaneity			
Exploration			