
Identity Installation Worksheet

Replace weak language with the language of execution.

Belief follows evidence. Create evidence.

Instructions: Replace the phrases below. Then choose your non-negotiables. Then write your identity line for the next 7 days.

Phrase Replacement

Replace: **I hope** with **I will**

Example sentence: _____

Replace: **I'll try** with **I execute**

Example sentence: _____

Replace: **I'll start Monday** with **I start now**

Example sentence: _____

Replace: **I'm too busy** with **My standards are unclear**

Example sentence: _____

Replace: **I used to** with **I am becoming**

Example sentence: _____

Choose 3 Non-Negotiables (run for 30 days, zero skips)

- ☐ Fixed wake time
- ☐ Daily movement
- ☐ One hard task before noon
- ☐ No social media before noon
- ☐ Screens off 45 minutes before sleep
- ☐ Deep work block daily
- ☐ Daily tracking check mark

Identity Line (write this every morning for 7 days)

Today I operate as _____.

Evidence I will produce today (one action):
