

Who Are YOU Anyway?

- Are you the player who shows up at practice, works hard, is focused on perfection, goes into the locker room and brags it up?
- Are you the guy that shows up at the bar on a Saturday night during breaks with his crew and then ends up on Sunday morning as a headline on every sports channel with a question mark beside his name?
- Are you the man who goes home to his children, looks in their eyes, hears their laughter and deep in his heart wants the absolute best for them?

The problem is that all too often, we're all of these.

Consider this: We create our lives based on how we identify ourselves. I'm not talking about gender, race, religion or economic status. I'm talking about the thoughts you think – when you're all alone with your thoughts. The uncomfortable thoughts. The thoughts and emotions that haunt your over and over again. The ones you keep trying to *'dial them down.'*

- Make excuses
- Drink – Dope – Smoke
- Brag it up – in an attempt to convince ourselves we're right
- Lash out
- Turn up the tunes – to drown out the voices and the feelings

If you're not happy with the results you're getting – take a look at how you describe yourself in the recesses of your mind.

You can never outperform your identity. Who you think you are! Not who you really are, but who you've have been convinced that you are. Your own perception,

- I'm not worthy.
- I'm lazy (or are you really afraid – at an unconscious level)
- It takes me longer to learn it

Thoughts > Feeling > Actions > Results

You need to change the root – not just the action. (New Years Resolution)

Who will I be if I'm not THAT anymore? Being willing to let go of how you've looked at or identified yourself in the past.

How do you describe yourself? How are you reinforcing that – making it true? Proving it out?

What is the incriminating evidence? What's the charge ___% on that?

Aware of where you are / Defend the idea you are / are not _____) / Notice how you feel about this

What identity would you like to have – I am _____ (rate on a scale of 1 – 10)

I choose to be THIS!

Trait – Adjective – Descriptor – More empowering **beliefs**