



CLEAN SLATE | Mysti Daniels

*10 Transformative Tips for a
Healthy Authentic Identity*



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Hello,

Welcome to a fresh start.

You were created to love and to be loved, but so many things get in the way. Every event in your life (good or bad) and your response to it has shaped your identity.

While you can't change the past—you can renew your mind. In fact you wake up to thousands of new brain cells every morning!

I encourage you to grab a pen and curl up in a quiet space. Save this worksheet to your device forever. Each question will challenge you to build awareness, and shift your mindset.

I wish you all the best in your journey. If I can help you in any way ... I'm an email away.

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Identity-Builders

10 Tips and Transformative Points to Ponder

1. Let us suppose the mind to be, as we say, white paper, void of all characters." - John Locke [in his Tabula Rasa theory]

Consider the life-altering events in your past that took place before you developed a mature mind for right response. Jot these events down. What was your response at the time? How did they shape your thinking and your beliefs about yourself?

2. "A securely-attached child will store an internal working model of a responsive, loving, reliable care-giver ... and of a self that's worthy of love and attention." - John Bowlby [Attachment Theory]

What was your first primary care-giver like? Nurturing and loving, or maybe distant and remote? How do these early assumptions of love affect your relationships now?



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3. **"If we really want to love, we must learn how to forgive."** - Mother Theresa

Have you ever wanted to love a family member better or have a closer relationship? Did it stump you as to why you couldn't? Many times the issue is forgiveness. First—who is the person that comes to mind? (Many times it's the person who was supposed to protect you from the world.) Is there something in the past you wished never happened? Write down who and what comes to mind. Can you forgive this person to let go of your bitterness? What would it take?

4. **"Shame is a silent killer ... it has the power to take our breath away and replace it with the stale air of condemnation and disgust."** - Dr. Dan Allender [*The Wounded Heart*]

One consequence of confronting shame is that it will lead to the consequence of rejection (seen as or feeling 'deficient,' even if it's only a minor failure). Which is the worse of two evils —holding on to shame as it intensifies or facing rejection?



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5. "When you discover that God has created you uniquely, you won't spend your life trying to copy everyone else." – Lisa Bevere
[Without Rival]

List 5 words that describe you—words spoken about you by people you trust. What are descriptors you know to be true about you? How do you live these unique attributes out—authentically to the way you're wired?

6. "It is better to be hated for what you are, than to be loved for what you are not." – Chris Thurman *[The Lies We Believe]*

Do you have a hard time knowing someone may hate you for standing up for what you believe? If so, what bothers you about that? Are there any misconceptions out there about you? Are they intentional on your part to fit in? How would you feel different/freer if you spoke your truth?

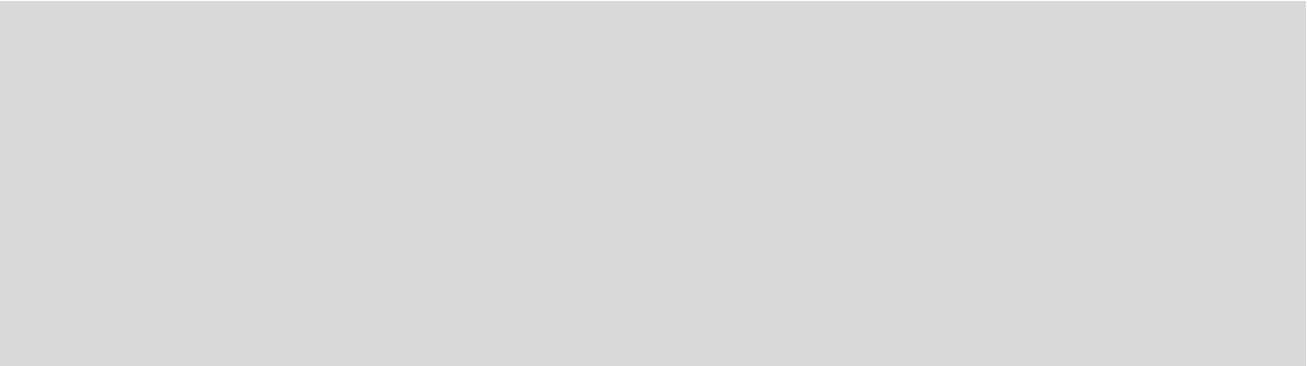


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7. "Be careful about grounding your identity in fluctuating things that will set you up for failure and disappointment." - TD Jakes
(Defined)

Feelings fluctuate (even in a few hours) and desire can be fickle. Digital media is flooded by opposing messages about who we are and what we are. Where do you find foundational truth about yourself? What truth do you live by that doesn't fluctuate?



8. "Our minds become renewed through divine encounter, making it the perfect canvas for God to paint on." - Bill Johnson

Have you ever had a divine encounter? Something in the supernatural you can't explain? If multiple things, what was the most jaw-dropping? How did it change your perception of the world and your purpose?





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9. "Authenticity is the daily practice of letting go of who we think we're supposed to be and embracing who we are. Choosing authenticity means cultivating the courage to be imperfect." - Brene Brown

How would you rate on a scale of 1-10 as a perfectionist? Is it important to be seen a certain way—what leads you to think that? What can you let go of today to show how imperfect you truly are?

10. "If you realized how powerful your thoughts are, you would never think a negative thought." - Dr. Caroline Leaf

Research shows that 75 to 98 percent of mental, physical, and behavioral illness comes from one's thought life. Dr. Leaf also says our brains are made for love. Not fear. Not aggression, not performance. What negative thoughts about yourself can you write down and replace with positive ones routinely?



Congrats!

You took a huge step.

You've built awareness by bringing events, responses and beliefs to the front of your mind.

You've prepared your mind to be rewired for truth. Writing it all down has helped you process on a deep cognitive level.

I'll bet you've had some *aha* moments, even some flags raised now.

I'd like to coach you through these concerns and help you create new neuro paths of 'right' thinking. Remember your identity is how you think, choose and feel. It's the springboard for EVERYTHING in your life.

Feel free to contact me at anytime. I'd love to hear from you.

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