



# INTEGRATE TO LIVE

Restore Resilience. Cultivate Community. Impact your World

## Week 35 Action Guide: Idealized Identity

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**Idealized Identity:** The unattainable projection of perfection. The fantasy of who you want others to believe you are.

List 3-5 adjectives that describe your Idealized Identity (remember it's unattainable, a fantasy, impossible).

Ideally, how do you want others to perceive you? I want to be perceived as...

Where did the messages that fuel this identity come from?

What area of life does this identity show up most (relationships, vocation, finances, health, etc.)?



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How does that impact this area of your life?

What is the defining narrative of this layer of identity? I am...

What's one next step you can do to embrace your imperfection, common humanity and vulnerabilities?

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