

## 7-Day Identity Reset

### “Identity Clarity Emergency”

A week to stop guessing who you are — and finally feel what fits.

#### Objective:-

Move from “blurred” and adaptive identity to authentic clarity by embodying both Architect and Alchemist rhythms across 7 experiential days.

#### Overview of the Identity Loop

- **Blurred Identity:** Living in contradiction. Thought and emotion loops cancel each other out. Fatigue, second-guessing, self-sabotage.
- **Clear DNA:** Your loop feels natural. Flow returns. Growth becomes sustainable.

We’re not asking “Are you an Architect or Alchemist?”

**We’re asking:** Which operating system liberates your energy and results?

#### Day 1 – Contrast Activation: Force vs Flow

Task: Spend half your workday following a rigid, structured plan.  
Spend the other half being completely intuitive and responsive.  
Track energy, results, resistance.

Evening Reflection Prompts:

- Which half of the day energized you more?
- When did time pass faster or slower?
- Did you feel more alive in structure or in freedom?

Purpose: Surface your core operating preference through felt experience, not ideas.

#### Day 2 – Authenticity Archaeology

Core Question: When was your business success most effortless and deeply satisfying?

Task: Journal 3 business memories where you felt deeply aligned. Note:

- What you were doing
- What type of decisions you made
- The rhythm of your day

Use the included Day 1 reflection worksheet.

Purpose: Recall embodied success from the past to find traces of your original DNA.

### **Day 3 – Structure vs Flow Immersion**

Task: Design a micro-project (1-2 hours).

Do it twice:

- Once with detailed planning (Architect mode)
- Once improvisationally (Alchemist mode)

Then compare:

- Ease of execution
- Energy during
- Pride after

Evening Prompt: Which result felt like “you”?

Purpose: Re-experience both styles in a focused task. One will feel like home.

### **Day 4 – Decision-Making Deep Dive**

Core Question: What convinces you to act?

Task: Choose 3 decisions you’ve been avoiding.

For each, ask:

- Am I waiting for more information (Architect)?
- Am I waiting for more alignment (Alchemist)?

Then take one action based purely on:

- Intuition for 1
- Logic for 1
- Blend for 1

Purpose: Reveal which decision approach you naturally trust (and which drains you).

### **Day 5 – Leadership Style in Action**

Task: Teach something. Lead something. Coach someone.

- Deliver it once in Architect mode: clean slides, clear models, frameworks.
- Then again in Alchemist mode: storytelling, energy, vision, vibe.

Ask the recipient:

- Which version resonated more?
- Where did they feel moved to act?

Purpose: Leadership style isn't about competence — it's about connection. Which way do you move people?

### **Day 6 – Growth Future Visioning**

Task: Imagine your business 3 years from now — two separate versions:

1. Built entirely with structured systems, automation, plans.
2. Built entirely through relationships, intuition, opportunity.

Describe both in detail:

- What does it feel like?
- What excites or repels you about each?

Purpose: Strip away bias. Visualize the natural future your soul is building toward.

### **Day 7 – Integration & Identity Declaration**

Core Task: Declare your dominant DNA.

- Architect
- Alchemist
- Hybrid (balanced, but intentional)

Answer these:

- What default have you lived in (blurred, adapted, or clear)?
- What would your business and energy feel like if you stayed 100% in your core DNA?
- What support do you need to stay aligned?
- What's your first 24-hour action to re-align?

Purpose: You don't need to become someone new. You just need to return to the most natural way you already work best.

Bonus: Identity Reset Contract

Write a one-sentence identity contract:

"From this moment on, I commit to building and leading as a(n) \_\_\_\_\_ because \_\_\_\_\_."

Sign it. Set a reminder to revisit it monthly.