



The REWIRED 7-Day Reset

A Science-Based Journey from
Survival to Thriving

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DAY 6

EMBRACE

Your New Identity

Embracing who you are becoming and choosing courage over comfort.

From Old Identity to New

Recovery is not just about stopping something—it's about becoming someone new



Old Identity

Wrapped up in addiction

Defined by worst moments

"The guy who let everyone down"

New Identity

Resilient and strong

Shows up for what matters

Honest, kind, and present

Choosing Courage Over Comfort

Every day you choose sobriety, you choose a new identity

💪 Courage

OVER

🛋️ Comfort

🌱 Growth

OVER

停滞 Stagnation

❤️ Presence

Your 'I Am' Statements

Not who you were, but who you're becoming



I am resilient



I am strong



I am worthy



I am a work in progress

Write them down. Say them out loud. Feel them in your bones.



You are not defined by your worst moments.

You are defined by how you rise from
them.

Every day you choose recovery, you are writing a new story.

Your Work Today

1

Write Your 'I Am' Statements

Create 5-10 statements of your new identity—not who you were, but who you're becoming

2

Say Them Out Loud

Speak your identity into existence—feel the words in your bones

3

Identify One Way You Chose Courage

Reflect on one moment today where you chose courage over comfort

The person you are becoming has been waiting for you.