



# 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.

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# 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



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

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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.*