

Hi.

You might not remember this yet, but you asked me to come back and remind you of something important.

You deserve more than a life you are simply surviving.

You deserve peace.

You deserve possibility.

You deserve the chance to become the woman you know you can be.

No matter where you are in your life, you can begin again.

Not next month.

Not when everything is perfect.

Right now. Right here.

You asked me to remind you of this and to show you how.

This is only the beginning.

You already know more than you think.

You have probably read the books, watched the videos and promised yourself that this time would be different.

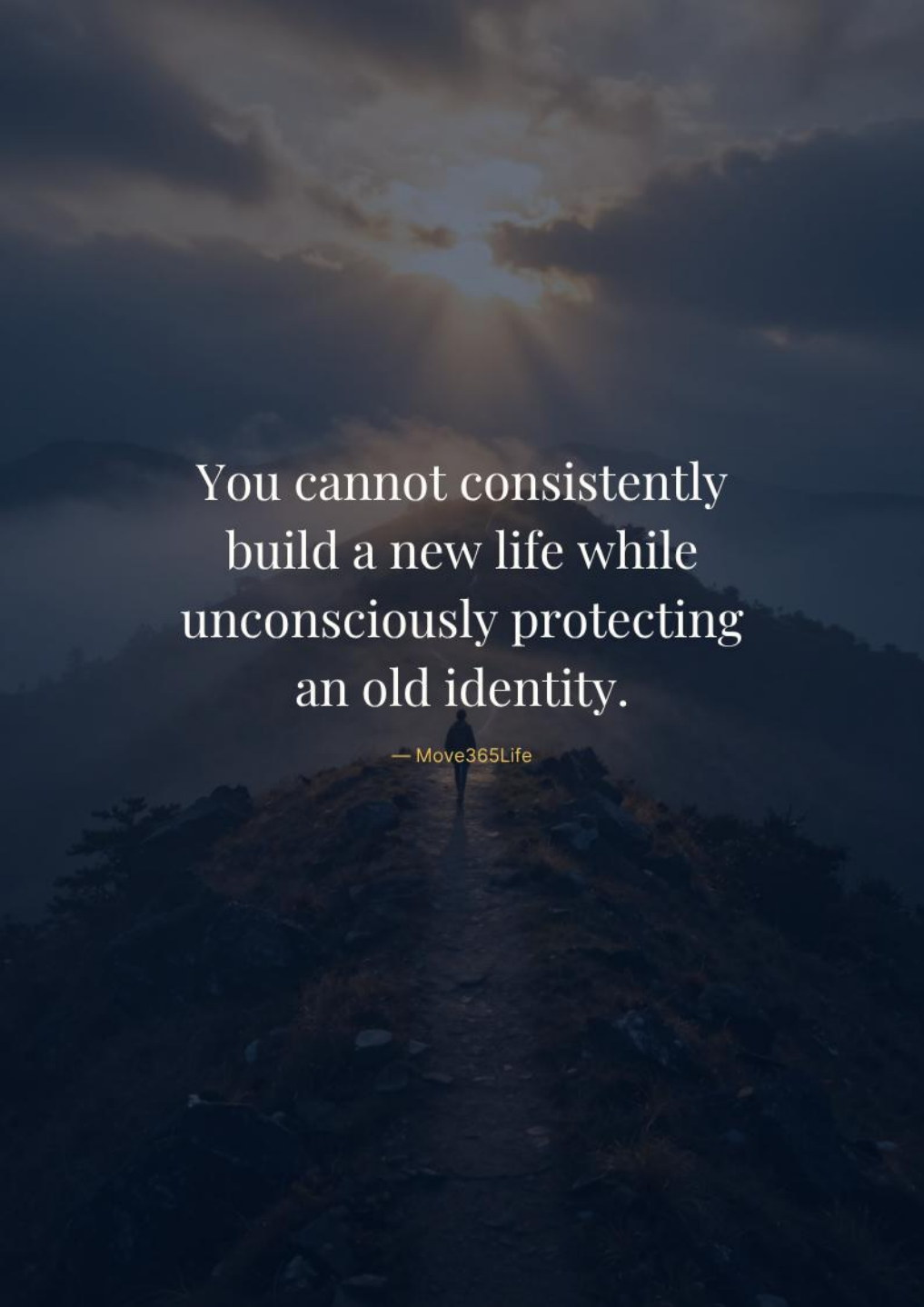
But information alone does not create lasting change.

Because the life you are living is not only shaped by what you know. It is shaped by the identity, emotional patterns and automatic responses operating beneath your daily decisions.

By the end of this guide, you will have identified one identity pattern, understood what may be keeping it in place, chosen a new response and created your first seven days of evidence.



Identity shapes everything
you build.

A person is walking away from the viewer on a rocky, dirt path that leads up a mountain. The path is illuminated by a bright light source, likely the sun, which is partially obscured by dark, heavy clouds. Sunbeams radiate from the opening in the clouds, creating a dramatic and atmospheric scene. The overall tone is dark and moody, with the light source providing a focal point of hope and direction.

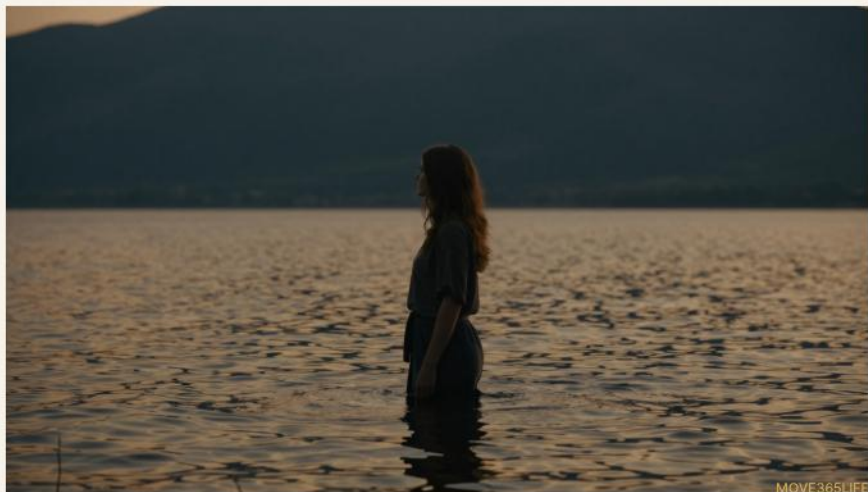
You cannot consistently
build a new life while
unconsciously protecting
an old identity.

— Move365Life

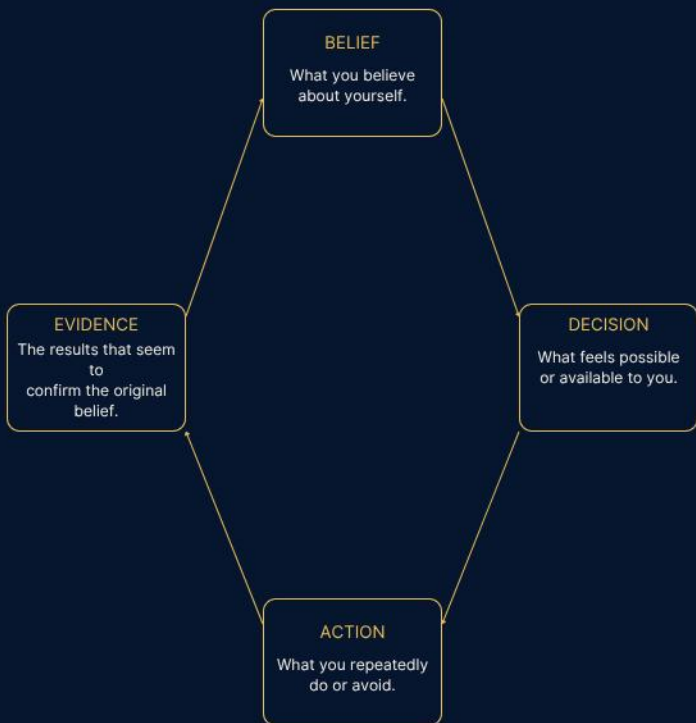
It is not that you do not want to change.

- You start and stop again.
- You wait for motivation.
- You break promises to yourself.
- You return to familiar habits.
- You know you are capable of more, but still feel stuck.
- You change briefly and then quietly drift back.

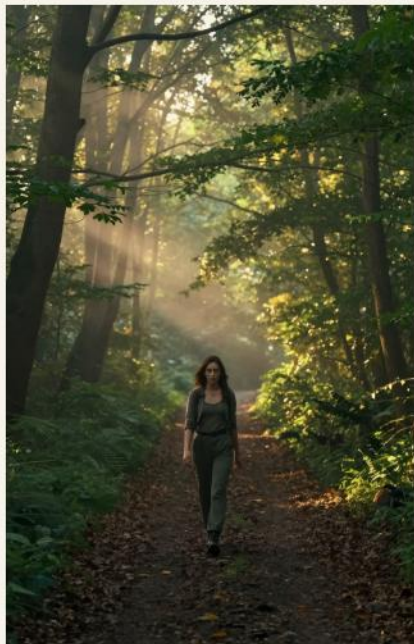
The old version of you is familiar. Familiar can feel safer than different.....even when different is what you genuinely want.



The Identity Loop



Identity shapes action. Action creates evidence.
Evidence reinforces identity.



WHY WILLPOWER STOPS WORKING

Willpower can start change. It cannot sustain an identity you do not believe belongs to you.

- Willpower requires constant effort.
- Old behaviour becomes automatic.
- Stress makes familiar patterns more attractive.
- Shame strengthens the cycle.
- Lasting change requires repetition, safety and evidence.

You do not need more discipline. You need a new identity to protect.





IDENTITY & PROTECTION

The old you was not created to ruin your life.

That version of you may have learned to avoid rejection, keep the peace, stay invisible, please other people or expect disappointment.

The goal is not to hate or destroy the old version of you.

The goal is to understand what it was protecting and decide what you need now.

Awareness creates choice.

Stop asking only what you want. Ask who creates it.

Who would I need to become to create the life I want?

What would that version of me no longer tolerate?

What promises would they keep?

What would they do on an ordinary difficult day?

What would they believe was possible?

What standard would they begin living by now?

Awareness » Identity » Action » Evidence

1

AWARENESS

See what is currently running you.

2

IDENTITY

Choose who you are becoming.

3

ACTION

Take small, aligned daily actions.

4

EVIDENCE

Build proof that the new identity is real.

You do not become someone new through one dramatic decision.
You become them through repeated evidence.



Begin proving the new identity today.

- | | |
|-------|----------------------------------|
| Day 1 | Name the pattern. |
| Day 2 | Identify what it was protecting. |
| Day 3 | Define your future identity. |
| Day 4 | Choose one new standard. |
| Day 5 | Keep one small promise. |
| Day 6 | Record the evidence. |
| Day 7 | Review and recommit. |



Catch the Pattern Before It Takes Over

When you notice yourself about to repeat an old behaviour, pause before reacting.

What just happened?

What am I feeling?

What am I telling myself?

What do I normally do next?

What would a more aligned response look like?

I do not have to obey the first response that appears.

The 10-Minute Rule

When emotionally activated, wait ten minutes before replying to a difficult message, agreeing to a request, abandoning your plan, spending impulsively or returning to a harmful conversation.

The goal is not to feel perfectly calm.

The goal is to give the new version of you time to participate.

Name What the Old You Was Protecting

The pattern I keep repeating is:

It usually happens when:

In that moment, I fear:

The behaviour gives me temporary relief from:

This pattern may have originally protected me from:

The cost of continuing it is:

What I need now is:

I understand why I learned this.
I no longer need to let it make every decision.

Rebuild Trust With Yourself

Do not choose five new habits. Choose one promise that is small enough to keep for seven days.

- I will walk for ten minutes.
- I will write one paragraph.
- I will look at my bank balance.
- I will pause before saying yes.
- I will not reply while emotionally activated.
- I will spend fifteen minutes on my own goal.
- I will record one piece of evidence every evening.

The promise must be:

- specific
- realistic
- within your control
- easy to verify
- connected to the woman you are becoming

For the next seven days, I promise to:

I am choosing this because it proves:

The usual obstacle will be:

When that obstacle appears, I will:

☐ Day 1

☐ Day 2

☐ Day 3

☐ Day 4

☐ Day 5

☐ Day 6

☐ Day 7

Missing one day does not cancel the promise.
Returning is part of the new identity.

Build Proof That the New You Is Real

Each evening, write down one piece of evidence. It does not need to be dramatic.

- I wanted to cancel, but I showed up.
- I nearly said yes automatically, but I paused.
- I missed yesterday, but I returned today.
- I told the truth.
- I rested instead of pushing until I collapsed.
- I asked for help.
- I did something before I felt ready.
- I stopped explaining a boundary that was already clear.

Today, I created evidence that I am becoming a woman who:

The action I took was:

The old version of me might have:

What I chose instead was:

Tomorrow, I will continue by:

Ask What Comes Next

The old version of me usually:

The woman I am becoming:

Her standard is:

What she no longer tolerates is:

What she protects is:

The next decision she would make is:

What is the smallest version of that decision I can make today?

Not:

Become completely confident.

Instead:

Send the application.

Not:

Transform your whole life.

Instead:

Say no to one thing that creates resentment.

Words to Use When You Usually Abandon Yourself

When you need time

Let me think about that and come back to you.

I need to check what I already have committed.

When the answer is no

I am not able to do that.

That does not work for me.

I cannot take that on.

When someone pushes

I understand that you are disappointed. My decision has not changed.

I have already explained what I am able to do.

I am not discussing this further.

When you need to step away

I am not able to continue this conversation while it is happening like this.

I am going to take some space and return when I am calmer.

When an apology is not enough

I appreciate the apology. What I need now is changed behaviour.

A clear boundary does not require a long defence.

Do Not Turn One Difficult Day Into Abandonment

1. Tell the truth

What happened?

2. Remove the identity attack

Do not say:

I have ruined everything.

Say:

I returned to an old response under pressure.

3. Identify the trigger

What happened immediately before it?

4. Repair what you can

Apologise, restart, change the environment or re-establish the boundary.

5. Return quickly

Ask:

What is the next aligned action?

A setback is an event.
It does not have to become your identity.

Your Seven-Day Identity Reset

Day 1: Name the pattern

Identify one pattern you are tired of repeating.

Day 2: Understand the protection

Ask what the pattern may have helped you avoid, secure or survive.

Day 3: Define the woman you are becoming

Choose one identity statement.

Example:

I am becoming a woman who pauses before abandoning herself.

Day 4: Choose one standard

Example:

I do not give immediate answers under pressure.

Day 5: Keep one small promise

Choose one action you can complete today.

Day 6: Record the evidence

Write down proof that you acted differently.

Day 7: Review without judgment

Ask:

- What triggered me?
- What helped?
- Where did I respond differently?
- What needs more support?
- What will I repeat next week?

You do not need seven perfect days.
You need seven days of noticing, choosing and returning.

TWO PATHS. ONE TRANSFORMATION.

Two paths. One transformation.

MOVE365 APP

Build daily momentum through:

- Daily check-ins
- Journaling
- Progress tracking
- Accountability
- Guided modules
- Coaching and community

This guide helps you begin.

IDENTITY OS

Go deeper through:

- Identity mapping
- Pattern discovery
- Future-self design
- Personal blueprint
- Personalised video and audio
- Private support

Move365Life and Identity OS help you go deeper, personalise the process and stay supported.

Identity OS creates the direction. Move365 helps you live it.





You do not need to change
everything today.

You only need to stop abandoning the person
you are ready to become.

Explore Move365Life

Apply for an Identity Mapping
Session

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hello@move365life.com

MOVE365LIFE



SCAN TO DOWNLOAD THE APP

This guide is for personal development purposes only and does not constitute medical, psychological or therapeutic advice.
Please consult a qualified professional for clinical support.