

7

The 7-Day Identity Reset

Mini-Guide

"Your identity is not found, it's built. This 7-day guide will help you construct a new identity that naturally creates the results you want."

Transform Your Identity, Transform Your Life

<https://tamkinly.com/products>

Welcome to Your 7-Day Identity Reset

This mini-guide is designed to help you reset and rebuild your identity over the next 7 days. Each day focuses on a specific principle that, when applied consistently, will transform how you see yourself and how you show up in the world.

Identity transformation isn't about changing what you do—it's about changing who you are at your core. When your identity shifts, your actions naturally follow.

How to Use This Guide

- Complete one page per day
- Be honest in your reflections
- Take action on the daily prompt
- Review your progress daily

What You'll Gain

- Clarity on your current identity
- A vision for your new identity
- Daily practices for transformation
- 7-day momentum for lasting change

What do you hope to gain from this 7-day identity reset?

"The journey of a thousand miles begins with a single step. Your identity transformation begins today."

**Today's Principle**

"Identity is constructed through consistent evidence, not temporary inspiration."

Daily Prompt

What evidence have you collected about who you are? List 3-5 pieces of evidence that define your current identity.

Write your response here...

Reflection Question

How does your current identity serve or limit you?

Think and write...

Action Step for Today

Identify one piece of evidence you want to change today.

Today's Identity Score:

1

2

3

4

5

Future Self Visualization

Today's Principle

"Your future self is observing your current choices. What evidence are you creating?"

Daily Prompt

Describe your ideal future self in detail. What do they believe, do, and feel?

Write your response here...

Reflection Question

What would your future self say about your choices today?

Think and write...

Action Step for Today

Make one choice today that your future self would approve of.

Today's Identity Score:



Intention to Action

Today's Principle

"The bridge between intention and identity is built daily, action by action."

Daily Prompt

What single action today best represents the person you're becoming?
Write your response here...

Reflection Question

How can you make this action a natural part of who you are?
Think and write...

Action Step for Today

Complete the identified action without compromise.

Today's Identity Score:

1

2

3

4

5

Evidence Creation

Today's Principle

"Transformation occurs in the space between where you are and the evidence you create."

Daily Prompt

Create tangible proof today that demonstrates your evolution. What will you do?

Write your response here...

Reflection Question

How does creating evidence change how you see yourself?

Think and write...

Action Step for Today

Document your evidence and how it makes you feel.

Today's Identity Score:

Today's Principle

"Your daily habits are the architecture of your becoming. Design them with intention."

Daily Prompt

How can you reshape one routine today to reflect who you choose to be?

Write your response here...

Reflection Question

What habit would most accelerate your identity transformation?

Think and write...

Action Step for Today

Implement the redesigned routine with full presence.

Today's Identity Score:

Diagram showing five boxes labeled 1, 2, 3, 4, and 5, representing the five positions in a permutation.

**Today's Principle**

"The person you are becoming is created by today's version of yourself."

Daily Prompt

Act today as if your transformation is already complete. What changes?

Write your response here...

Reflection Question

How does embodied action differ from mere intention?

Think and write...

Action Step for Today

Notice and document how acting 'as if' changes your experience.

Today's Identity Score:

1

2

3

4

5

Today's Principle

"Identity solidifies when you show up consistently, especially in unseen moments."

Daily Prompt

Do one thing today that only your future self will appreciate.

Write your response here...

Reflection Question

What have you learned about yourself this week?

Think and write...

Action Step for Today

Create a commitment statement for ongoing identity evolution.

Today's Identity Score:

Diagram showing five boxes labeled 1, 2, 3, 4, and 5, representing the five positions in a permutation.

Continue Your Transformation

You've built 7 days of momentum. Don't let it fade.

What You Get Next:

✓ 30-Day Deep Dive Program

✓ Weekly Integration Guides

✓ Lifetime Updates & Support

Special 7-Day Guide Price

\$27 ~~\$97~~

72% Savings

GET THE COMPLETE SYSTEM

30-Day Satisfaction Guarantee

tamkinly.com