



Identity Baseline Worksheet

Identity Recode Planner

To establish a clear, honest snapshot of your current identity
before any transformation work begins.

Identity Recode Planner
A Tamkinly Transformation System

Instructions

- Complete this worksheet on Day 1 before starting any other part of the planner.
- Answer honestly, not aspirationally.
- Use the same version again at the end of the 30-day journey.
- Do not edit your answers to make them sound better.
- Your goal is clarity, not perfection.

Scoring Method

For all scaled items, use the following: 1 = Very low / not true, 5 = Neutral / mixed, 10 = Fully true / highly stable

Baseline Rule: If a score feels uncertain, choose the lower score.

Section 1: Identity Snapshot

How would I describe the identity I am currently living from?

What identity do I want to move toward during this journey?

Section 2: Self-Concept Score

Rate each statement from 1 to 10:

Statement	1	2	3	4	5	6	7	8	9	10
I have a clear sense of who I am.	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
My behavior usually reflects the person I want to be.	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
I feel internally consistent across different situations.	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
I know what matters to me most.	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
I trust my own judgment more than I used to.	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
I feel like my life reflects my values.	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
I can describe myself without confusion or contradiction.	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
I feel a strong connection between my identity and my daily actions.	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐

Self-Concept Score (average): _____

Section 3: Value Alignment

What are my top 5 values right now?

Which values do I claim to have but do not consistently live?

Value Congruence Score:

1 = Low ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ 10 = High

Section 4: Self-Trust

Rate each statement from 1 to 10:

Statement	1	2	3	4	5	6	7	8	9	10
I keep promises I make to myself.	○	○	○	○	○	○	○	○	○	○
I follow through on commitments even when I do not feel like it.	○	○	○	○	○	○	○	○	○	○
I can rely on myself under pressure.	○	○	○	○	○	○	○	○	○	○
I do not abandon myself when things get difficult.	○	○	○	○	○	○	○	○	○	○
I trust my decisions after I make them.	○	○	○	○	○	○	○	○	○	○
I learn from mistakes without collapsing into self-doubt.	○	○	○	○	○	○	○	○	○	○
I act in ways that strengthen my confidence in myself.	○	○	○	○	○	○	○	○	○	○
I am becoming a person I can trust.	○	○	○	○	○	○	○	○	○	○

Self-Trust Score (average): _____

Section 5: Commitment Consistency

Rate each statement from 1 to 10:

[illegible]

What is the most common reason I fail to stay consistent?

Section 6: Decision Quality

Rate each statement from 1 to 10:

[illegible]

Section 7: Emotional Regulation

Rate each statement from 1 to 10:

[illegible]

What emotional state most often weakens my identity alignment?

Section 8: Environmental Alignment

Rate each statement from 1 to 10:

[illegible]

My environment does not constantly pull me away from my goals.

○

○

○

○

○

○

○

○

○

○

Section 9: Baseline Summary

Dimension	Score
Self-Concept	_____
Value Congruence	_____
Self-Trust	_____
Commitment Consistency	_____
Decision Quality	_____
Emotional Regulation	_____
Environmental Alignment	_____
Average Baseline Score	_____

What is the strongest area right now?

What is the weakest area right now?

What pattern appears across multiple scores?

What do I need most in the next 30 days?

Final Baseline Statement: I am starting from a place where...
