Embodiment Break the Chain Worksheet

Move like the person you are becoming • Live it, don’t label it

This worksheet helps you interrupt old identity-based patterns and choose actions that match the version of you who is already living your future. Awareness creates space. Action creates embodiment.

Trigger (What situation showed up?)	
Old Identity Thought (Who did you start being?)	
Emotion or Body State	
Automatic Behavior	
Short-Term Comfort	
Long-Term Cost	
Future-Self Identity (Who are you becoming?)	
Embodied Choice (What would that person do?)	
Action I Choose Now	

Embodiment is not about waiting to feel ready. It is about acting as the person you have decided to become. Choose the action that aligns with your future self — every time.