

A close-up photograph of a person's hands writing in a small, lined notebook with a silver pen. The scene is softly lit, with a warm, bokeh background. A large, solid pink circle is superimposed over the center of the image, containing white text. The overall mood is contemplative and focused.

How to become  
the person you  
want to be.



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## 3 steps to become the person you want to be.

### 1. Let go of the things that are not you.

The first step in becoming the person you want to be is to make a list of the things that are not you and then let them go.

Write down all of the things you think you can let go of. These are the things that you don't really need, don't fit your lifestyle, and don't support you in any way. Then rank the items in your list from easiest to hardest to let go of. Next, start at the top of your list and work your way down.

### 2. Figure out who you are and what you really want.

The second step in becoming who you want to be is to figure out who you are and what you really want.

Get to know yourself by answering the following prompts.

- I. What is my identity?
- II. What do I love to do?
- III. What are my strengths?
- IV. What are my weaknesses?
- V. What makes me happy?
- VI. What are my values?
- VII. What are my core beliefs?
- VIII. What are my limiting beliefs?
- IX. What is my purpose?
- X. What do I stand for?
- XI. What are my roadblocks?

### 3. Take action and go after your biggest dreams and goals.

The third and last step in becoming the person you want to be is to take action and go after your biggest dreams and goals.

Visualize the life you always dreamed of. Make a list of your biggest dreams and goals. Then break them down into smaller, more digestible goals. Remember to set an end date for your goals and celebrate your wins along the way.



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## 10 tips for success in becoming who you always wanted to be.

### 1. Take action.

This is probably the most important step because you can't be the person you want to be without taking action.

### 2. Step out of your comfort zone.

This can help you grow into the person you want to be in small increments, which can add up over time.

### 3. Be consistent.

Consistency is one of the keys to success when it comes to being the person you want to be.

### 4. Don't focus on results.

You don't want to get caught up in a results-oriented mindset and forget to learn from the process.

### 5. Set a daily intention.

An intention is a desire or wish that you would like to bring to fruition.

### 6. Listen to your intuition.

Listening to your intuition can guide you to your authentic self, which is what you ultimately want to be.

### 7. Love yourself.

To become the person you want to be, you first need to love yourself in the present moment, not who you will become in the future.

### 8. Embrace imperfection.

The beauty of embracing imperfection is you allow yourself to fail, accept your flaws, and see your mistakes as learning opportunities.

### 9. Try meditation.

Meditation can guide you to what you truly want in life so you can become the person you truly were meant to be.

### 10. Ask for help.

Other people might be your best resource and even know you better than you know yourself.



## NOTES

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