

# SECRET IDENTITY

## MODULE 1





## Watch A Video

### THE PROBLEM: THE SECRET IDENTITY

Be ready to answer the following question after you watch this video: How have your values, choices, and consequences been impacted by your secret identity?



5 MINUTES

## Timed Exercise

For each of the following workbook questions, set a timer for 5 minutes and begin writing. Your answers do not have to be perfect or lengthy, but they should be true. Move fast into action.

- Think of a time when you noticed someone who seemed to be uncomfortable in their own skin. Maybe it was obvious, or maybe something just felt slightly out of place and you knew that what you were seeing was a facade.

- Below is the list of signs that you may be living in your secret identity. On a scale from 1-5 rate how strongly you identify with each of these signs. (1= not really. 5= definitely)

Feeling unfulfilled

1	2	3	4	5

Feeling burned out

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You realize you been living out the value of others for your life

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You have a feeling of anger or there is a "beast in a cage" inside of you (especially around the heart)

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Fearful

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Depressed

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Tired all the time

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Anxious and under pressure

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Numb

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You do not know who you are

1	2	3	4	5

On paper you have achieved everything, but you don't like anything.

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Always looking forward to the future or "someday" when things change or circumstances improve.

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You feel like there is some unresolved "stuff in the basement."

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You are telling yourself a story to make everything "OK."

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You feel that you should or have to do something because of others.

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You realize you been living out the value of others for your life.

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You base your identity on something outside of you (\$\$, job, parents, spouse, son/daughter) vs you are complete and perfect as is.

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You do not think for yourself, and rely on others instructions or thoughts.

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3. Which signs deserved a 5 according to your self assessment?

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4. Why did you rate yourself a 5 in each of those areas?

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5. If a close friend of yours showed you those ratings as their answers, would you be concerned about them? What advice would you give to them?

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6. How have your values, choices, and consequences been impacted by your secret identity?

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**Lesson Action Steps**

1. If you view living as your secret identity as no longer acceptable, take out your calendar on your phone and scroll to one year from today. On that date, write yourself a note that reads: "Congratulate Yourself on Taking off Your Secret Identity Mask. That took work, effort, courage, and heart. Allow yourself to be proud of that."
2. In the ["I AM HERO PROJECT" Facebook Community](#) for this course post which signs from the self assessment that you strongly identified with.

NOTES: