

The Identity Evolution Framework

You don't have to reject the person you've been to make room for the person you're becoming. Your past is part of your story, not a set of instructions for the rest of your life.

Notice

Which roles, habits or expectations have become part of how I see myself?

Question

Do these still suit the life I'm living today, or am I keeping them because they're familiar?

Recognise

What strengths, values and lessons from my past do I want to carry forward?

Explore

What might I be interested in if I stopped assuming I already knew what suited me?

Try

What's one small thing I could explore without needing to change my whole life?

Reflect

What did I learn about what I enjoy, value or want more of?

Keep the lessons. Question the expectations. Allow yourself to evolve.