

UNBROKEN WITH YAY

You aren't broken. You're just in the middle of a rebuild.

www.unbrokenwithyay.com.au



info@unbrokenwithyay.com.au

WORKSHEET 03: THE IDENTITY AUDIT



THE INVENTORY

The Identity Audit

Who is this for?

List 3 things you do in your home or daily routine that feel like a chore. Now, ask yourself: If I lived alone/completely on my own terms, would I still do this?

ACTION 1:

(FOR ME? / FOR THEM?)

ACTION 1:

(FOR ME? / FOR THEM?)

ACTION 1:

(FOR ME? / FOR THEM?)



NON-NEGOTIABLES

Setting the New Standard

Sometimes a "boundary" is just deciding what kind of noise is allowed in your house. Prompt: Define your "Peace Points."

- The Saturday Night Rule: (e.g., No footy, candles on, my music only.)
- The Kitchen Rule: (e.g., Leftovers on Wednesdays, Takeaway Fridays – no exceptions.)

1 New Non-Negotiable:

2 New Non-Negotiable:

3 New Non-Negotiable:

4 New Non-Negotiable:

THE PERMISSION

Slip

I give myself permission to...

Write down three "small rebellions" you are going to commit to this week.

1 I give myself permission to ...

.....

.....

.....

.....

I give myself permission to ...

2

.....

.....

.....

.....

3 I give myself permission to ...

.....

.....

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