

# Template: Identity-Based Habits

*With an identity-based approach, we start by focusing on who we wish to become, not what we want to achieve. Who is the type of person you want to become? What is one habit that casts a small vote for becoming that type of person?*

I'm the type of person who:

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YOUR DESIRED IDENTITY

The habit I'll be focusing on is:

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HABIT THAT REINFORCES YOUR DESIRED IDENTITY