



Confusion to **Clarity**

— COACHING —

A GUIDED WORKBOOK FOR LIFE, CAREER AND PERSONAL TRANSITIONS

The Identity Transition Map

Understand what is ending, what is emerging and who you are becoming.

BY ANA VALEZZI-LECKENBY

BEGIN HERE

Welcome to the space between identities

There are moments when the person you used to be no longer fits. Your work may feel different. Your relationships may no longer reflect who you are. Goals that once motivated you may have lost their meaning.

You may know that something needs to change without knowing what comes next. This workbook helps you understand the transition without forcing an immediate answer.

Your five-stage pathway

01

ENDING

What no longer fits

02

EMPTY SPACE

What is not yet clear

03

GRIEVING

What must be
honoured

04

EMERGENCE

What is coming alive

05

EMBODIMENT

How you begin living it

How to use this workbook

- Move slowly. Complete one stage at a time or return to the section that feels most relevant.
- Write honestly rather than trying to produce the right answer.
- Pause when a question creates a strong emotional or physical response.
- Use the final map to choose one small, aligned action rather than forcing a complete reinvention.

A GENTLE REMINDER

This workbook is for reflection and personal development. It is not a replacement for medical, psychological or mental-health support. Pause and seek appropriate help if you feel overwhelmed.

A FIRST SNAPSHOT

Your transition at a glance

Before exploring the five stages, describe what is changing now. Do not edit your answers. Let the first honest response be enough.

What has recently changed in my life - externally or internally?

What no longer feels the same?

What do I find myself questioning?

What feels uncertain?

What part of me already knows that change is necessary?



01

The Ending

Recognise the roles, expectations and ways of living that no longer reflect who you are.

Every new identity begins with the courage to admit what no longer fits.

STAGE 1 - THE ENDING

What no longer fits?

Every identity transition begins with an ending. Sometimes the ending is visible: a role finishes, a relationship changes or a decision is made. At other times, your outer life looks the same while an inner version of you has already moved on.

You may notice

- ☐ A lack of motivation
- ☐ Restlessness or emotional fatigue
- ☐ Less tolerance for misalignment
- ☐ Frustration with what you once accepted
- ☐ A desire for more meaning
- ☐ A sense of performing an outdated self
- ☐ A need for greater honesty or freedom
- ☐ Goals that no longer feel alive

The question beneath the discomfort

What if your lack of motivation is not a failure of discipline, but evidence that an old identity can no longer carry you into the next chapter?

STAGE 1 - THE ENDING

Name what is ending

I am no longer willing to be the person who...

I am no longer willing to tolerate...

I am no longer willing to pretend that...

I have outgrown...

A role I have been playing is...

STAGE 1 - THE ENDING

The cost of continuing

What would it cost me emotionally, physically, financially or spiritually to remain the same for another year?

What could it cost me to remain the same for another five years?

What truth about my current life have I been reluctant to admit?

ENDING STATEMENT

The chapter that is ending is the chapter in which I...



02

The Empty Space

Learn to remain present when the old identity has ended but the new direction is not yet fully formed.

Not knowing is not failure. It can be the space in which a truer direction forms.

STAGE 2 - THE EMPTY SPACE

The space between who you were and who you are becoming

The empty space can feel unproductive, exposed or uncertain. The mind wants a plan, a label and a guaranteed outcome. Yet some transitions require space before a truer direction can form.

You may feel

- ☐ Lost or unmotivated
- ☐ Impatient for a clear answer
- ☐ Afraid of choosing incorrectly
- ☐ Tempted to return to what is familiar
- ☐ Pressured to explain your next move
- ☐ Disconnected from previous goals
- ☐ Emotionally exposed
- ☐ Unable to see the full path

A reframe for this stage

The empty space is not necessarily evidence that you are lost. It may be a period of internal reorganisation in which old priorities are being released before new ones become clear.

STAGE 2 - THE EMPTY SPACE

What feels unclear?

The area of my life that feels most uncertain is...

The answer I keep trying to force is...

What I wish I already knew is...

What I fear could happen if I do not find an answer quickly is...

What I fear could happen if I choose the wrong direction is...

STAGE 2 - THE EMPTY SPACE

Separate facts, fears and unknowns

Choose one uncertainty. Separating what is true from what is imagined can reduce pressure without demanding a complete answer.

The uncertainty I am exploring is...

WHAT I KNOW

Facts, evidence and what is already clear

WHAT I FEAR

Predictions, consequences and imagined outcomes

WHAT I DO NOT YET KNOW

Questions that are genuinely unresolved

WHAT I DO NOT NEED TO KNOW YET

Details that can wait until the next step

STAGE 2 - THE EMPTY SPACE

Release the pressure to know

Who or what makes me feel that I should already know what comes next?

What expectations am I placing on myself?

What would change if I gave myself permission not to know yet?

Support for the in-between

- ☐ Rest
- ☐ Time in nature
- ☐ Journaling
- ☐ Fewer outside opinions

- ☐ Practical planning
- ☐ Creative expression
- ☐ Somatic support
- ☐ Coaching or therapy

- ☐ Community
- ☐ Solitude
- ☐ New experiences
- ☐ Financial preparation

The support I need most during this stage is...



03

The Grieving

Acknowledge the visible and invisible losses that come with releasing an identity, role or imagined future.

Grief is not proof that you should return. It is proof that something mattered.

STAGE 3 - THE GRIEVING

What are you really letting go off?

Change often includes grief, even when the change is positive. You may be grieving not only what happened, but who you were, what the old role gave you and the future you expected to live.

You may be grieving

- ☐ A person or relationship
- ☐ A career, status or professional identity
- ☐ Health, energy or physical capacity
- ☐ Belonging or community
- ☐ Certainty and predictability
- ☐ An imagined future
- ☐ Time or missed opportunities
- ☐ A former version of success
- ☐ The person you thought you would become
- ☐ A role that gave you approval or purpose

Grief does not mean you should go back

It means that something mattered. Recognition allows you to move forward without denying the meaning of what came before.

STAGE 3 - THE GRIEVING

Name the loss

What has changed or ended?

What did this part of my life give me?

What did it allow me to believe about myself?

What identity was connected to it?

What future did I imagine?

STAGE 3 - THE GRIEVING

Visible and invisible losses

The visible loss is...

The invisible loss is...

The identity loss is...

The imagined future I may need to release is...

What have I expected myself to get over too quickly?

STAGE 3 - THE GRIEVING

Honour what came before

What did my former identity help me survive, create or achieve?

What strengths did it develop within me?

What do I want to carry into the next chapter?

What am I ready to leave behind?



04

The Emergence

Listen for the desires, values and qualities that are beginning to ask for more space in your life.

The next version of you often arrives first as a quiet desire, boundary or repeated idea.

STAGE 4 - THE EMERGENCE

What is trying to come alive?

Your next identity may not arrive as a complete plan. It may first appear as a desire, a repeated idea, a new boundary, a wish for more space or a growing refusal to continue abandoning yourself.

Notice the quiet signals

- An idea or possibility that keeps returning.
- A situation that feels exciting and frightening at the same time.
- A stronger need for honesty, creativity, peace or freedom.
- New people, environments or subjects that attract your attention.
- A boundary you can no longer ignore.
- A way of working, living or relating that feels more like you.

Do not demand a final answer

At this stage, curiosity is often more useful than certainty. Your task is to notice what has energy and create small opportunities to explore it.

STAGE 4 - THE EMERGENCE

Notice what is emerging

The desire that keeps returning is...

I feel most alive when...

I feel most like myself when...

I am becoming less willing to...

I am becoming more willing to...

STAGE 4 - THE EMERGENCE

Follow the energy

Something I want to explore is...

Something that feels exciting and frightening at the same time is...

A new boundary that wants to be expressed is...

A part of me that wants more space is...

STAGE 4 - THE EMERGENCE

Choose the values guiding your next chapter

Mark the values that feel most alive now. Then narrow the list to five. Choose what matters in this season, not what you believe should matter.

- | | | |
|--|---|---------------------------------------|
| ☐ Freedom | ☐ Connection | ☐ Leadership |
| ☐ Integrity | ☐ Courage | ☐ Community |
| ☐ Peace | ☐ Simplicity | ☐ Love |
| ☐ Creativity | ☐ Growth | ☐ Independence |
| ☐ Contribution | ☐ Authenticity | ☐ Spirituality |
| ☐ Stability | ☐ Financial security | ☐ Health |
| ☐ Self-expression | ☐ Meaning | ☐ Learning |
| ☐ Adventure | ☐ Rest | ☐ Joy |

My five most important values now

1. _____
2. _____
3. _____
4. _____
5. _____

STAGE 4 - THE EMERGENCE

Turn values into lived choices

A value becomes useful when you can recognise it in your calendar, conversations, boundaries and decisions.

VALUE 1 _____

This value would look like:

VALUE 2 _____

This value would look like:

VALUE 3 _____

This value would look like:

VALUE 4 _____

This value would look like:

VALUE 5 _____

This value would look like:

STAGE 4 - THE EMERGENCE

Meet the emerging version of you

Believes...

Values...

No longer apologises for...

Is willing to say no to...

Is willing to say yes to...

Wants to create...

Wants to experience...

Needs more...

Needs less...

Trusts...

STAGE 4 - THE EMERGENCE

Who are you without the labels?

Temporarily remove your job title, relationship status, achievements, responsibilities and the roles other people know you for.

Who am I when I remove the external labels?

Which personal qualities remain?

Which qualities do I want to strengthen?



05

The Embodiment

Translate insight into repeated choices that provide evidence of the identity you are becoming.

You become through the choices you repeat, not only through what you understand.

STAGE 5 - THE EMBODIMENT

Become through action

Identity does not change through insight alone. It changes when your choices begin to reflect your emerging values, boundaries and truth. You do not need a dramatic reinvention. Small actions teach your mind and body that a different way of living is possible.

Evidence can be small

- Saying no to a commitment that no longer fits.
- Asking for support instead of carrying everything alone.
- Giving time to an idea before you know where it will lead.
- Resting without treating rest as something you must earn.
- Expressing a preference, boundary or opinion honestly.
- Applying for an opportunity that reflects who you are now.
- Changing a routine, environment or relationship pattern.

A useful question

What would the emerging version of me do in this situation - not perfectly, but honestly?

STAGE 5 - THE EMBODIMENT

How would the emerging you live differently?

TIME

How would this version of you use time differently?

WORK

How would this version approach work, purpose or contribution?

RELATIONSHIPS

What would this version communicate, request or stop tolerating?

BODY AND WELLBEING

How would this version care for energy and physical needs?

STAGE 5 - THE EMBODIMENT

Embodiment across your life

MONEY

How would this version approach earning, receiving, spending or saving?

VISIBILITY AND EXPRESSION

What would this version be willing to say, share or create?

ENVIRONMENT

What spaces, people and surroundings would support this identity?

DECISIONS

What would this version choose more quickly or confidently?

STAGE 5 - THE EMBODIMENT

Create evidence of the new identity

Choose five small actions that would demonstrate the person you are becoming. They should be specific enough to complete, but meaningful enough to change how you relate to yourself.

01**02****03****04****05**

The 72-hour action

One small but meaningful action I will take within the next 72 hours is...

When will I do it, and what support or preparation do I need?

If resistance appears, I will respond by...

DEEPER INTEGRATION

The identity attachment audit

An old identity may continue to provide approval, belonging, predictability, security or protection from judgement. Naming the benefit helps you meet the underlying need without remaining trapped in a life that no longer fits.

My old identity is...

It helps me feel...

It protects me from...

It allows me to avoid...

The hidden benefit of remaining the same is...

The need beneath this identity is...

I could meet this need differently by...

DEEPER INTEGRATION

The loyalty and permission map

Change can feel disloyal when an identity is connected to family, culture, community or the expectations of people you love.

I feel loyal to...

The unspoken rule may be...

I learned that people like me should...

I learned that people like me should not...

I fear that becoming more fully myself could...

The approval I most fear losing is...

DEEPER INTEGRATION

Permission to change

Mark the statements that create the strongest emotional response. The statement you resist may reveal the permission you most need.

- ☐ I am allowed to change.
- ☐ I am allowed to want something different now.
- ☐ I am allowed to outgrow a role that once mattered.
- ☐ I can honour my past without repeating it.
- ☐ Gratitude does not require permanent self-sacrifice.
- ☐ I can love people without living according to their expectations.
- ☐ I am not responsible for keeping everyone comfortable with my growth.
- ☐ I can change my mind without betraying myself.
- ☐ I am allowed to create a life that reflects who I am now.
- ☐ My growth does not make anyone else less valuable.
- ☐ I do not need universal approval to make an aligned decision.
- ☐ I can move forward even when other people do not understand.

The permission statement I most need to hear is...

DEEPER INTEGRATION

The body check-in

Identity transitions are not only mental. Notice sensations without forcing an interpretation. Your body may be asking for time, information, rest, reassurance, boundaries or gradual action.

When I think about remaining the same, I notice...

The sensation is located...

It feels like...

When I imagine changing, I notice...

The part of change that feels most threatening is...

The part of change that feels most relieving is...

My body may need more...

DEEPER INTEGRATION

Your support map

Different stages require different forms of support. Asking for support is not evidence that you cannot handle change; it is one way of creating the capacity to move through it.

EMOTIONAL SUPPORT

Who can listen without immediately fixing or judging?

PRACTICAL SUPPORT

Who can help with planning, information, finances or logistics?

PROFESSIONAL SUPPORT

Would coaching, therapy, mentoring or specialist support help?

COMMUNITY SUPPORT

Where do I feel understood and less alone?

ENVIRONMENTAL SUPPORT

What changes to my space or routine would support me?

INTERNAL SUPPORT

Which practices reconnect me with myself?

BRING IT TOGETHER

Your personal identity transition map

01 What is ending?

06 Which values are guiding me now?

02 What am I grieving?

07 What keeps me attached to the old identity?

03 What feels uncertain?

08 What permission do I need?

04 What am I beginning to understand?

09 What support do I need?

05 What is trying to emerge?

10 What is my next aligned action?

BRING IT TOGETHER

Your emerging identity declaration

The version of me that is emerging is someone who...

I am ready to release...

I am ready to honour...

I am no longer available for...

I am becoming available for...

The values guiding my next chapter are...

The promise I am making to myself is...

The first evidence of this new identity will be...

YOUR NEXT HONEST STEP

Final reflection

What has become clearer through completing this map?

What surprised me?

What still feels unresolved?

What am I ready to stop forcing?

What am I ready to begin?



You do not need the whole map. You need the next honest step.

A Clarity Call is an opportunity to explore what is ending, what is keeping you attached to the past and what your next chapter may require.

BOOK A CLARITY CALL

About Ana

Ana Valezzi-Leckenby is a transformation coach, values and alignment strategist, somatic practitioner and hypnotherapist. She supports people moving through deep personal, professional and business transitions - especially those who have already done significant personal-development work but still feel caught between who they were and who they are becoming.

Her approach brings together conscious reflection, unconscious change work, values alignment, emotional release and body-based awareness to support meaningful, lasting transformation.

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You are not starting again. You are moving
forward with more truth, awareness and
choice.

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