



SECTION 1: Aligned Identity – Who Are You at Your Core?

Kerry Jones

Prompt 1: List your top 3 personal values & top 2 priorities.

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

Prompt 2: How do your daily work tasks reflect (or not reflect) these values & priorities?

Prompt 3: What is one thing you'd like to *start doing* to bring more alignment into your work week?

SECTION 2: Activated Mindset – What Are You Believing?

Current Thought Pattern:

What thought regularly drains you or holds you back at work?

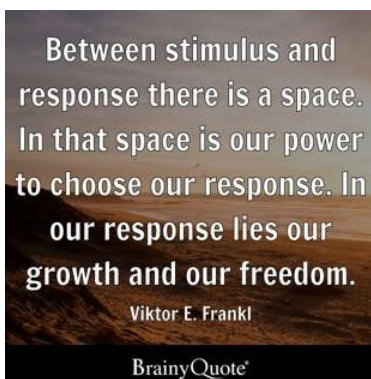
Reframe It:

How could you reword it to empower your identity as a more resilient person/professional?

Journaling Prompt:

When facing pressure, ask:

“What’s the opportunity for growth in this situation?”



SECTION 3: Adaptive Action – How Are You Showing Up?

Stress Check-In:

How do you currently respond when:

- You're overwhelmed: _____
- You get unexpected tech issues: _____
- You're asked to adapt quickly: _____
- How would you choose to respond differently? _____

Toolbox Build:

Pick 3 small daily reset tools to regulate and refocus:

- ☐ 90-second deep breathing/Box Breathe
- ☐ Quick walk / stretch
- ☐ Re-centring mantra: "I am calm, clear, and capable."
- ☐ 5-minute journal
- ☐ Other: _____

SECTION 4: Weekly Freedom Framework Tracker – Create a spreadsheet with a sentence about each area to check.

DAY	Aligned Identity (Y/N)	Activated Mindset (Y/N)	Adaptive Action (Y/N)
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Monday			
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Tuesday			
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Wednesday			
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Thursday			
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Friday			
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SECTION 5: Final Reflection

What part of your identity do you want to reignite this month?

What support, habit, or boundary do you need to protect your energy and purpose?

'When you are clear about who you are, you stop needing permission to show up fully.'

Kerry Jones, Identity Ignite