

FREE STARTER PRODUCT

Identity Starter Library

A clear, affordable starting point for identity work.

MJA METHOD

Reveal the pattern. Renew the belief. Rebuild the practice.

1. Identity is larger than a feeling

Feelings provide information, but they change. Identity work asks what you believe, value, practice, belong to, and choose under pressure.

Feelings provide information, but they change. Identity work asks what you believe, value, practice, belong to, and choose under pressure.

IDENTITY LINE

A state, mistake, role, wound, or opinion may affect me without receiving authority to define my whole identity.

Which temporary state have you been using as a permanent name?

2. The present pattern

Name one repeating pattern and its cue, interpretation, action, relief, and cost.

Name one repeating pattern and its cue, interpretation, action, relief, and cost.

IDENTITY LINE

A state, mistake, role, wound, or opinion may affect me without receiving authority to define my whole identity.

What is the clearest recent example?

3. Values that matter

Values become useful when they guide a decision that costs something.

Values become useful when they guide a decision that costs something.

IDENTITY LINE

A state, mistake, role, wound, or opinion may affect me without receiving authority to define my whole identity.

Which three values do you want your choices to prove?

4. Current self and chosen self

Compare the person current repetitions are training with the person you intentionally want to become.

Compare the person current repetitions are training with the person you intentionally want to become.

IDENTITY LINE

A state, mistake, role, wound, or opinion may affect me without receiving authority to define my whole identity.

What is the most important difference between them?

5. The belief beneath behavior

A behavior often carries a prediction about safety, worth, control, relief, or belonging.

A behavior often carries a prediction about safety, worth, control, relief, or belonging.

IDENTITY LINE

A state, mistake, role, wound, or opinion may affect me without receiving authority to define my whole identity.

What must be true for the old behavior to make sense?

6. One identity action

Choose an action small enough to repeat and meaningful enough to count as evidence.

Choose an action small enough to repeat and meaningful enough to count as evidence.

IDENTITY LINE

A state, mistake, role, wound, or opinion may affect me without receiving authority to define my whole identity.

What will you do in the next twenty-four hours?

7. Seven-day challenge

Repeat one response for seven days. Track evidence, friction, support, and rebounds.

Repeat one response for seven days. Track evidence, friction, support, and rebounds.

IDENTITY LINE

A state, mistake, role, wound, or opinion may affect me without receiving authority to define my whole identity.

When and where will the practice happen each day?

Your next assignment

Choose one insight, one response, one time block, and one form of support. The goal is not to complete every possible exercise. The goal is to carry one truthful response into real life.

BOUNDARY

This is education and guided reflection, not diagnosis or treatment. Use qualified care and emergency support when appropriate.