HOW TO IDENTIFY AND DEVELOP YOUR TRUE IDENTITY

DR. CLARICE FLUITT
A Message from your Life Strategist

In order to succeed in any aspect of our lives, we must choose to put forth the necessary effort to be successful. We should live with a purpose and work toward that purpose each and every day because we are people making choices.

This workbook will assist you with the process of working through some of the diversified challenges of your life. As with anything that is important to us, the more effort we put forth, the more positive results we receive in return. Openness, honesty, and forthrightness with yourself will increase your growth and understanding of the topics presented in this workbook.

My intention in writing this workbook is to help you gain a better understanding of yourself and assist you in identifying and developing your own gifts, talents and abilities.

Take your time and enjoy the journey!

Dr. Clarice Fluit
“I am here for a purpose and that purpose is to grow into a mountain, not to shrink to a grain of sand. Henceforth will I apply ALL my efforts to become the highest mountain of all and I will strain my potential until it cries for mercy.”

~ Og Mandino
Who are you? What do you want? How do you plan to get what you want? These are questions that are very important for our success in life, but do we really seriously think about them? Do you have a plan for your purpose? Do you know your purpose?

Most people are faced with some kind of an “identity crisis” in their life. A negative attitude can take root in a person’s life if they do not have knowledge of their purpose and identity.

Have you ever felt like you were having an identity crisis? If so, what do you believe precipitated these feelings?
Identity crises can arise because we have not made a decision about who we truly are. Remember to ask yourself:

Who am I?
What do I want?
How do I get it?

Who are you? Who do you want to be?
“What do you do?” This question is frequently overheard when people are meeting for the first time. So often the answers we hear are based on what the person does for a living rather than who they are as a person. Branding individuals to the work they do for income is often what drives people to base their identity on their occupation rather than their purpose.

I ask again, “Who are you? What are your goals and dreams? How are you developing your purpose? What are you passionate about?”
Your Thoughts...

What are your goals and dreams?
How are you developing your purpose?
What are you passionate about?
You are a unique individual capable of accomplishing amazing things! You work with a variety of people in your life, but individually, you should know who you are and where you are going.

Is it easy for you to get caught up in the lives of others and become the person who always steps in to help out when there are moments of crisis?

Do you lose who you are as an individual when you do that? Are you constantly the answer to someone else’s problems?

Do you need a crisis to make you feel needed or important?
Do you find yourself getting lost or wrapped up in other people’s crises or problems? Why?
Are you able to maintain your individuality while trying to rescue others? Can you identify your personal boundaries?

Your identity is not something to be denied or trampled on. It is unique, special, and individualized to you and you alone! It is a gift from God.

When we have the courage and the determination to say no to those things or people that are not our responsibility, we will learn that we only have a certain amount of emotional energy to expend, and when it’s gone, it’s gone. “No” must become an acceptable answer to some requests made upon our time, talent, and treasure.

Do the people that you are around on a daily basis keep your emotional energy bank full, or do they constantly drain it? Think about this question.

Surround yourself with those individuals who are positive. Do not become an enabler to those who manipulate you with their attitude or personal opinions.
Where Are You Going?

What do you believe is your purpose in life? Why?

________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________

What is your destiny? Where are you ultimately going?

________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
One of the greatest gifts in life is to find the individuals that teach and instruct us on how to bring out the best in our lives.

**Who do you have in your life that teaches you how to be your best? Why do you respond to him/her?**

________________________________________________________________
________________________________________________________________
________________________________________________________________
________________________________________________________________
________________________________________________________________
________________________________________________________________
________________________________________________________________

Do you need more people in your life to help you with this process?

________________________________________________________________
________________________________________________________________
________________________________________________________________
________________________________________________________________
________________________________________________________________

“The purpose of life is a life of purpose”
- Robert Byrne
One of our greatest goals in life should be to leave this earth empty of every talent, skill, ability, thought, idea, and writing we have ever had. By living from this principle, we commit to giving every possibility we have to each worthwhile project, idea, and task. Live full and die empty. Be aware that there are those who only take and never give. Do not allow yourself to be used, but stay free to serve.

What talents, skills, abilities, thoughts, ideas, and writings do you want to leave behind?

____________________________________________________________________________________

____________________________________________________________________________________

____________________________________________________________________________________

____________________________________________________________________________________

____________________________________________________________________________________

____________________________________________________________________________________

____________________________________________________________________________________

____________________________________________________________________________________

____________________________________________________________________________________
Who do you want to share your legacy with?

________________________________________________________________
________________________________________________________________
________________________________________________________________
________________________________________________________________
________________________________________________________________
________________________________________________________________

Who we are should not be defined by what we do. What we do or how we serve others can certainly enhance who we are, but it should not define us.

What do you plan to accomplish with the rest of your life? Think about this question.

________________________________________________________________
________________________________________________________________
________________________________________________________________
________________________________________________________________
________________________________________________________________
________________________________________________________________
________________________________________________________________

Your talent is God’s gift to you. What you do with it is your gift back to God.
Everyone on this earth has an assignment. This assignment can and will change from day to day. Living life with an assignment in our mind at the forefront of our thoughts and actions helps us to fulfill our ultimate purposes.

**What do you believe are some of your assignments in this life?**

Remember when recognizing your assignments that the right time is not always the most convenient time. Just as the weather changes seasons, so does our life. There are certain things that we were meant to do in certain seasons of our lives. There are other assignments that just would not work in the off-season. Knowing when the time is right to do the things you want to do in your life allows you to be successful at each of these stages.
Where do we begin when choosing the assignments for our life?

Begin with the little things. It can often be overwhelming to tackle a huge project or assignment, but when we break it down into smaller tasks, it becomes much more manageable.

**What little things should you want to start with?**

________________________________________________________________
________________________________________________________________
________________________________________________________________
________________________________________________________________
________________________________________________________________
________________________________________________________________
________________________________________________________________

Be realistic about who you are and where you are going!

Next, find those people that are successfully doing what you want to be doing. Pick one and go. Life draws life.

**Whose footsteps do you want to follow in? Who do you know that is successful in the area you are interested in? Consider writing them a note and express your appreciation. Learn to reach out.**

________________________________________________________________
________________________________________________________________
________________________________________________________________
________________________________________________________________
________________________________________________________________
________________________________________________________________
________________________________________________________________
________________________________________________________________
________________________________________________________________
________________________________________________________________
________________________________________________________________
________________________________________________________________
________________________________________________________________
________________________________________________________________
________________________________________________________________

©Clarice Fluitt Enterprises • Unauthorized Reproduction Is Prohibited.
“You can’t be motivated only by finances.”

~ Zig Ziglar

If you truly understand your purpose, your destiny, and your identity, then an avenue of revenue will seek you out and hunt you down. If you are only motivated by the financial gain from an assignment, it will most certainly fail at some point along the way. You become like a magnet and draw into your life what you seek.

What are you currently a magnet for? What are you drawing to yourself?
What do you want to be a magnet for?

_______________________________________________________________________
_______________________________________________________________________
_______________________________________________________________________
_______________________________________________________________________
_______________________________________________________________________
_______________________________________________________________________
_______________________________________________________________________
_______________________________________________________________________
_______________________________________________________________________
_______________________________________________________________________

LIFE DRAWS LIFE.  
MONEY DRAWS MONEY.  
PEACE DRAWS PEACE.
Grasp the Vision

Allow yourself a daily assignment. Make each one time-specific and measurable to your purpose in life and your destiny.

Next, be proactive in your life.

“Do not wait for your ship to come in, you must swim out to it.”

~ Unknown

Are you watching your life pass you by, or are you an active participant in your life? Remember, not to decide is a decision, and not to choose is a choice.

How can you take an active role in your own life?
What do you want others to know about your vision for life? Despise not the days of small beginnings.

“Do not wait for your ship to come in. You must swim out to it.”
- Unknown
When one door opens, it allows numerous others to be opened as well. We must refuse to live in the past and choose to leave those old thoughts, ideas, habits, and familiar things behind. There is nothing sadder than faded glory.

Are you still living in the past in some way? What ideas, habits, or thoughts do you need to leave behind in order to move forward? Consider updating your thoughts, words, and actions.

We often have many reasons why we cannot do what we want; many reasons why we are not living the life we want to live. Reasons are just doubt in disguise. We talk ourselves out of so many things we want to do before we ever give it a chance.
What opportunities have you talked yourself out of? What opportunities have you missed because you told yourself you couldn’t?

Invest in yourself and get a coach! Find someone who is willing to help you see the larger picture, who is doing what you want to be doing, and has the skills, knowledge, talent, and experience to take you where you want to go.

Who do you need in your life to help you get where you want to be?

Say to yourself:

“I know who I am. I was created to be a success. I was not created to be abused or misused. I am here to make a difference in this world. My destiny is where I am ultimately going to end up, and I have a decision about the assignments that come into my life. I have chosen the things that will be beneficial in bringing me to my ultimate destination. I understand that there are different seasons, and I know there is a right time and a wrong time to do the things I want to do in my life.”
Without a positive belief in yourself, nothing will happen. You must first choose to have the faith and confidence in yourself that you can and will achieve anything you want to achieve.

Work with others who have the same passion as yourself. Find someone who will help you develop your growth. The way you perceive yourself and the things around you determines your reaction to it and forms opinions about how you view all the other things similar to it. Find someone that you can honor and hear wisdom and love in their voice.

Be an encourager to others and respond to those that encourage you. You never know what they may have to offer.

Have a plan. Understand who you are, where you are going, and how you will get to your destination.

You have a purpose in life and you were intended to succeed at what you set out to achieve. You have a destiny, but where you go will be determined by the assignments you choose to accept. You can do anything, as long as it is important or significant to you. Recognize seasons and timing. Whatever you are going to do, just do it! Purpose to leave a positive legacy.

Activate, ratify, and satisfy the goodness within you by choosing to enter life’s race and run!
**Action Plan**

To achieve any dream or goal we have in our life, we must take action. MASSIVE action!

What dreams or goals do you want to achieve?

Do you have the necessary resources and people on your team to make them a reality?

If not, GET A COACH!! Dr Fluitt works with a team of coaches.

Reach out to her for all your coaching needs.

<table>
<thead>
<tr>
<th>GOAL</th>
<th>Name of Coach</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Name of Additional Resource</th>
</tr>
</thead>
</table>

<table>
<thead>
<tr>
<th>GOAL</th>
<th>Name of Coach</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Name of Additional Resource</th>
</tr>
</thead>
</table>

<table>
<thead>
<tr>
<th>GOAL</th>
<th>Name of Coach</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Name of Additional Resource</th>
</tr>
</thead>
</table>

Set your goals. Commit to them. Get a Coach. Now, in the next 48 hours, reach out to your coach and resource people and get them to commit to your goals, also!

*Live a successful life!*
Dr. Clarice Fluitt is an internationally recognized Motivational Speaker, Personal Advisor, and Master Coach who brings inspiration and insight delivered with wisdom and humor to every event she attends.

Her high impact speaking engagements at Lead and Succeed Business Seminars have joined forces with other speakers that include Les Brown, Suze Orman, Bill Cosby, Larry King, Michael J. Fox, Rudy Giuliani, Daymond John, Rick Belluzzo, Shaquille O’Neal, Steve Forbes, and other legendary speakers. These innovative and supercharged events provide individuals with proven methods, formulas, strategies and keys that skyrocket individuals to higher levels of success.

As the CEO of The Gennao Group, a platform for an assortment of marketplace enterprises as well as Transformational Life Coaching, she is actively involved in executive, corporate, and private coaching on a variety of levels with a diversity of knowledge and experience.

In addition to being an accomplished businesswoman and entrepreneur with a long history in real estate development, Dr. Fluitt is a highly sought after national and international Motivational Speaker and Life Strategist who, for over four decades, has successfully trained and mentored leaders across the globe.

Claricefluitt.com
Identify and Develop Your Identity!

Who are you? What do you want? How do you plan to get what you want? These are questions that are very important for our success in life, but do we really seriously think about them? Do you have a plan for your purpose? Do you know your purpose? Most people are faced with some kind of an “identity crisis” in their life. A negative attitude can take root in a person’s life if they do not have knowledge of their purpose and identity.

In this workbook, I coach you into Identifying and Developing your True Identity. I will guide you to:

- Answer vital questions about yourself: Who am I? What do I do? Where am I going?
- Identify, celebrate, and use the talents, skills, ideas, thoughts, and abilities that make you unique.
- Identify the correct attitudes, abilities, associations, and actions to make it happen.
- Recognize life-assignments unique to you and tools to help you carry them out.

Decide now to take the steps that will help you realize your great potential and release the leader within you. You can do it!

Dr. Clarice Fluitt, Personal Advisor

About Dr. Clarice Fluitt:

Clarice Fluitt is an internationally recognized Motivational Speaker, Personal Advisor, Author, and Master Coach who brings inspiration and insight delivered with wisdom and humor to every event she attends.

Her high impact speaking engagements at Lead and Succeed Business Seminars have joined forces with other speakers that include Les Brown, Suze Orman, Bill Cosby, Larry King, Michael J. Fox, Rudy Giuliani, Daymond John, Rick Belluzzo, Shaquille O’Neal, Steve Forbes, and other legendary speakers. These innovative and supercharged events provide individuals with proven methods, formulas, strategies and keys that skyrocket individuals to higher levels of success.

Dr. Fluitt is a highly sought after national and international Motivational Speaker and Life Strategist who, for over four decades, has successfully trained and mentored leaders across the globe.

Clarice Fluitt Enterprises, LLC
claricefluitt.com