WORKSHEET

BUILD & STEP

Into Your Second I

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INTRODUCTION:

This worksheet helps you create and activate your second I—the version of yourself that performs with more focus, ease, and trust.

1. What's the Situation?

Write down 1–2 situations where fear or hesitation takes over.

2. What Traits Would Help You Most?

What would allow you to show up more powerfully in that moment?

3. Create the Identity

- *Alter Ego Name:*
- *Appearance/Symbol:*
- *Trigger Object or Gesture:*
- *Backstory or Source of Inspiration:*
- *Power Phrase or Mantra:*

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> **You are the architect of the identity that gets to show up.**
>
> **– Todd Herman**

4. Choose the Field of Play

When and where will this second I step in next?

5. Reflect After Use

- *What worked well?*
- *What would you try again?*
- *What felt unfamiliar but useful?*

This version of you is already inside. You're just giving it room to lead when the moment calls for it.

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The Alter Ego isn't about faking anything.

It's about drawing out the qualities you already possess but often hold back.

– TODD HERMAN