

divine identity

presented by:

*Rev. Danielle
Randall*

If you took a snapshot of a typical day in your life what would you see?
(Write an objective description of what you do on a typical day.)

What roles do you play on a daily basis?

For example: Woman, Wife, Mother, Employee/Occupation, Business owner, Friend, Sister, Daughter, Grandmother, Athlete etc.

List roles:

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How much focused time in a day do you spend in each role?

For Example: Woman 5%, Wife 10%, Mother 10%, Business owner 15%, Employee 50%, Friend 5%, Athlete 5%

List roles and give each one a value:

How do you feel in these roles?

For example:

Mother: Important, tired, frustrated, joyful, loving

Wife: Confused, frustrated, overly giving, loving, well cared for, adored

Business Owner: Stressed, overwhelmed, excited, brave, successful

Friend: Bored, burdened, inspired, playful

Athlete: Selfish, strong, healthy, obsessed

List roles and describe your feelings:

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What you do expect of yourself in each role? What is the demand each role makes on your life?

Complete the following statements for each of your roles.

As a mother I am expected to...

As a wife I am expected to...

As a friend I am expected to...

What are the roles you want to be playing that there hasn't been enough room for?

These are the roles you think about but don't have time for or desires that you don't even know are there because well, who has time to dream when you're already so busy and doing so much.

Maybe you've been dreaming of writing a book, changing careers, or starting a business. Or make more money by working with fewer clients. Maybe you want to lose weight, become an athlete or study yoga. Perhaps you feel called to start a garden or create a community event for a cause you feel close to. Maybe you're ready to have more wealth or joy than you've ever experienced in your life. Maybe you want more space in your life for self-care and fun. Or create more deeply connected friendships. Or to just stop worrying, reduce anxiety and be more peaceful. The possibilities are truly endless.

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List the roles here:

A business owner. (What type of work would you be doing in your business?) A published author, (What are you writing about?) A yogi, A mother, A wealthy woman, A peaceful woman, A joyful woman, A fun woman, A life coach, A student (What are you studying?), A teacher, A physically fit woman, An influencer, A wife, A reiki master.

I dream of becoming...

So now you're asking: Where will this fit in?

I know how challenging it can be to juggle all the roles and lose myself in the identities each role demands of me.

I am a Woman, a Minister, a Wife, a Mom, a Business Owner, A Best Selling Author and Writer, An Athlete, A Sister, A Daughter and Friend. Over the past 15 years I have noticed how these roles affect one another in both positive and adverse ways.

Overwhelm, sacrifice, restricted time management, frustration, drive, and pushing hard all lead to fatigue, burnout, loss of identity and disappointment even while I was accomplishing so much.

My overall level of satisfaction was low. I could do all the things but never fully felt the joy, peace, love and support each moment could have afforded me.

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And then there is: How will you do it all?

This is the question that will keep you from ever becoming anything other than what you already are. There is simply no room for more. You already feel overwhelmed. Even when the more you desire is AMAZING, your mind simply can not figure out HOW it will accomplish the things required to bring your desire into your life. And it won't happen. What's likely to happen is the roles we currently give our attention to actually become more demanding and prove to us there is simply no way. Dreams get set aside and reality takes over. We often surrender to the life we have rather than create the life we've always dreamed of.

Many times we find that while most of our life seems to be the way we want it there is one aspect or role that has become totally all consuming. Anytime we get close to creating more space for ourselves the one role we identify most with gets even more overwhelming and validates our need to keep creating life from that role.

Fear of missing out, not being enough, not being important or needed will keep us spinning all of the plates we identified above as roles until the end of time.

But here's the thing. It's not hopeless. You don't have to give up everything in order to create more of what you want to

Have space to dream a bigger dream.

Live a wealthier lifestyle.

Have more FUN!

And experience more JOY.

In fact it's much easier than you think.

If you were to take into account all the roles you are already playing and changed the place you have been operating from you would see that there is so much more for you than you ever believed possible.

Divine Identity is the program that will change the way you live your life.

JOIN ME!!!