

EXPANDING

PEACE

Soul-Aligned Manifestation Series

Identity Scan



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The Spiritual Synthesizer™ | ExpandingPeace.com

The Identity Scan

Because Identity Creates Reality

A simple 5-minute daily practice to turn insight into lived change

When something feels stuck...

We often try to “fix” the result.

But lasting change usually happens when we shift **who we’re being** in relation to what we want.

This short practice helps you notice where alignment is happening — and where a gentle shift is needed.

Step 1: Name What Feels Stuck

Bring to mind one goal, desire, or situation that feels out of reach right now.

Write it here:

Step 2: The Identity Triad

Gently check in with these three layers:

Being

Who am I being in relation to this right now?

(Example: hesitant, striving, guarded, open, grounded)

Belief

What belief or story might be shaping this situation?

(Example: “It’s hard,” “I’m behind,” “I have to prove myself”)



Body

What is my body doing as I think about this?

(Example: tight chest, shallow breath, clenched jaw, relaxed belly)

 **Step 3: Embody the Shift (60 seconds)**

Ask yourself:

Who would I need to be for this to feel natural or already unfolding?

For 60 seconds:

- Adjust your posture
- Soften your breath
- Let your body take on the *felt sense* of this version of you

No forcing. Just noticing what changes.

 **Step 4: One Small, Aligned Action**

Ask:

What is one small action this version of me would take today?

Write it here:





Daily Notes (Bring this to the Next Session)

Date: _____

What I noticed today (being / belief / body):

One small action I took (or didn't):

What I'm learning about who I'm becoming:



Gentle Reminder

This isn't about becoming someone else.

It's about remembering your true essence — and practicing living from it, more and more, in real life.



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