



Module 4: Who Are You?



PART 1: Discovering your identity

This module of Project New You focuses on YOU and who YOU are, exploring the concept of identity, helping you get in touch with your inner self.



PART 2: Do you put everyone and everything else first?

Answer this question to get started

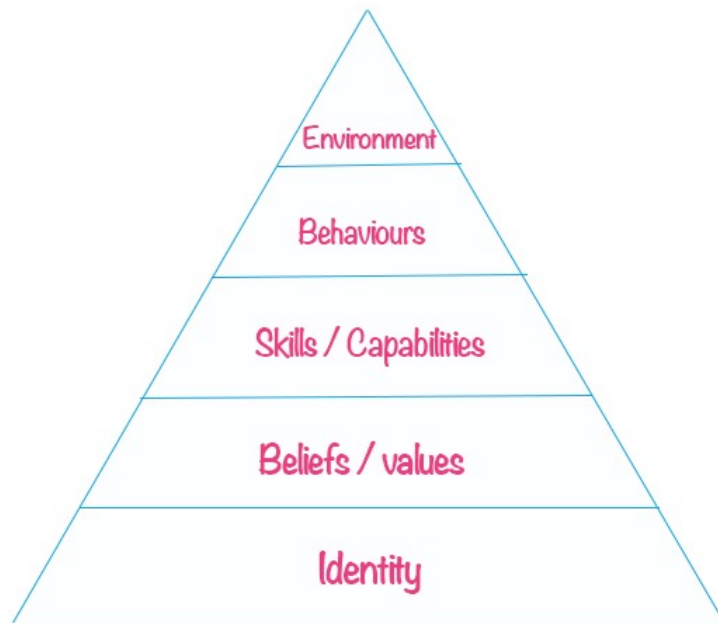
Question: How would you describe yourself without the usual labels. Consider not what you do but what really matters to you.



PART 3: Top 3 tips

Learn these 3 valuable tips on how to discover and engage with your sense of identity.

Tip No 1: Look at the following pyramid and answer the questions which follow.



Question 1: Environment: Where do you spend most of your time?

Question 2: Behaviour: What do you spend most of your time doing?

Question 3: Skills/capabilities: What skills do you possess?

Question 4: Beliefs/values: Why are you doing the things that you do in your life?

Question 5: Identity: Who are you when you're doing these things?

Tip No 2: Now, again, answer these questions, but focus on weight loss and your relationship with food in your answers.

Question 1: Environment: Where do you eat?

Question 2: Behaviour: What is it that you do in that environment?

Question 3: Skills/capabilities: What have you got good at doing?

Question 4: Beliefs/values: Why are you doing these things?

Question 5: Identity: Who are you when you are overeating?

Tip No 3: Close your eyes and follow Ali's guidance to get clear on your identity.



PART 4: Resetting technique

Close your eyes and follow Ali's words as he guides you through this essential resetting technique.

Next up, Module 5: Stress & Your Lifestyle

