



Workbook

GETTING UNSTUCK: IDENTITY RESET

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01 Introduction

Get ready to explore exercises that help you reflect on who you truly are beneath the expectations, roles, and labels. Through guided self-reflection, identity-anchored goals, and practices that nurture emotional and spiritual well-being, you will begin reconnecting with the core of who God created you to be.

By the end of this workbook, you will have greater clarity about your authentic identity and a personalized path forward for living from a place of confidence, purpose, and wholeness.

02 Welcome Page

Welcome to this empowering journey! This workbook was intentionally created to help you reconnect with your true identity and step into a more grounded, fulfilling, and meaningful life.

As you commit to this process, you will uncover layers of who you are, who you have been shaped to be, and who you are becoming.

Your willingness to show up for yourself is the key to unlocking deeper self-discovery, renewed confidence, and lasting transformation.

Coach Marla



03

Soul-Searching

Welcome to the Soul-Searching section. This is your invitation to uncover the layers of identity you have carried, intentionally or unintentionally.

This is a space to slow down, look inward, and begin noticing the labels, expectations, and roles that have shaped how you see yourself.



What Labels Have You Been Living Under?

Reflect on the roles, expectations, or labels others have placed on you.

Which ones feel heavy or untrue?

Which ones no longer fit who you are becoming?

Labels I've carried:

-
-
-

Labels I want to release:

-
-
-

NOTES: _____



— 04 Identity Check-in —

When life moves fast, it's easy to slip into roles, expectations, and labels that don't reflect who you truly are. An Identity Check-In helps you pause and reconnect with your authentic self. It reveals where you've been living on "auto-pilot," where false labels may be shaping your choices, and where your true values and God-given identity are calling you forward.

This check-in invites you to examine how you see yourself today – your strengths, your internal dialogue, your habits, and the narratives that guide your decisions. It is about becoming aware of what feels aligned, what feels heavy, and what needs to be released so you can live with clarity and confidence.

Old Habits vs. New Identity

Where are your actions still aligned with an old version of yourself?

Old habit or pattern:

What this habit was trying to protect:

-
-

New habit that aligns with my true identity:

-
-

Repeat as needed:

- *Old habit → New habit*
- *Old habit → New habit*

NOTES: _____



05 Healthy Boundaries

Healthy boundaries are the limits we set to honor our emotional, spiritual, and mental well-being. They help us communicate what is acceptable, protect our peace, and create relationships built on mutual respect.

When you establish clear boundaries, you teach others how to treat you, and you give yourself permission to show up authentically without guilt or fear. Boundaries are not walls; they are wisdom. They guide you in saying “yes” with purpose and “no” with confidence.



06

Evolve

Giving yourself permission to evolve means releasing the pressure to stay who you once were and embracing the freedom to grow into who you are becoming. It is recognizing that change is not failure. It is evidence of maturity, healing, and God's ongoing work in your life.

As you evolve, your desires, boundaries, and priorities may shift, and that is healthy. When you allow yourself to grow without guilt, you open the door to clarity, confidence, and a more authentic expression of your God-given identity.

Reflection Prayer

Father, thank You for opening my eyes to the places where I've felt stuck and for gently guiding me toward freedom.



Today, I release every label, fear, and mindset that has held me back. Help me to walk boldly in the identity You have spoken over me: chosen, loved, and purposed.

Give me the courage to let go of old patterns and the strength to embrace the woman I am becoming. Align my thoughts with Your truth and steady my steps as I move forward with clarity and confidence.

Lord, remind me daily that I am not bound by my past. I am guided by Your grace, empowered by Your Spirit, and anchored in Your love.

As I grow, heal, and evolve, help me to walk fully in who You created me to be.

In Jesus's Name,
Amen.



07 Conclusion

As you close this workbook, remember that getting unstuck is not a single moment. It is a journey of awareness, courage, and consistent action. You have taken important steps by challenging old labels, confronting unhealthy boundaries, and choosing to see yourself through God's truth instead of past experiences.

Your identity is not defined by what happened to you, what others said about you, or even who you used to be. Your identity is rooted in Christ—strong, capable, loved, and purposely designed.

As you move forward, keep giving yourself permission to grow. Keep choosing clarity over confusion, purpose over fear, and truth over old patterns. You are not stuck; you are evolving. And every step you take is leading you closer to the woman God created you to be. Continue the work. Continue the healing. Continue becoming.

You are on your way.

Visit my website: [MarlaWallCoaching](https://www.marlawallcoaching.com)
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