

THE FOUR LEVELS OF IDENTITY WORK™

A simple, human-centered way to understand your growth journey.

LEVEL 1 — ORIENTATION & AWARENESS

“Let’s understand where you are and what life is asking of you.”

This level brings clarity. You name your season, understand your current story, notice patterns, and build awareness without rushing into fixes.

LEVEL 2 — IDENTITY DISENTANGLING (LETTING GO)

“Let’s gently release what no longer fits who you are becoming.”

This level focuses on letting go of old roles, expectations, fears, attachments, and storylines that belong to past seasons.

LEVEL 3 — IDENTITY RECONSTRUCTION

“Now let’s rebuild and strengthen what feels true, aligned, and life-giving.”

You add new habits, boundaries, internal narratives, strengths, and next steps that support your future self.

LEVEL 4 — IDENTITY EMBODIMENT (LIVING FORWARD)

“This is where your new identity becomes natural and integrated.”

Your new patterns become instinctive, your actions align with your identity, and you move forward with clarity and consistency.

THE JOURNEY IN FOUR MOVEMENTS:

1. See it. (Awareness)
2. Release it. (Disentangling)
3. Rebuild it. (Reconstruction)
4. Live it. (Embodiment)

You don’t walk this alone. This journey is supported, guided, and grounded — one level at a time.