

"MY REFEREE IDENTITY" WORKSHEET

Guided Exercise: Define Your Identity as an Excellent Referee

- **CORE PRINCIPLE:** Lasting habits do NOT come from what you want to achieve, but from **WHO you want to become**. Change your identity, and your behaviours will follow naturally.

1 · MY CURRENT IDENTITY

a) How I define myself today (3 adjectives):

1. _____
2. _____
3. _____

b) Do my current habits reflect this identity?

2 · MY DESIRED IDENTITY

a) What kind of referee I want to become (detailed description):

b) The 3 main qualities of this referee:

Quality #1: _____

Quality #2: _____

Quality #3: _____

3 · MY DAILY EVIDENCE (identity votes)

For each quality above, identify 2 concrete habits that "vote" for this new

identity:

Quality #1:

- Daily habit #1: _____
- Daily habit #2: _____

Quality #2:

- Daily habit #1: _____
- Daily habit #2: _____

Quality #3:

- Daily habit #1: _____
- Daily habit #2: _____

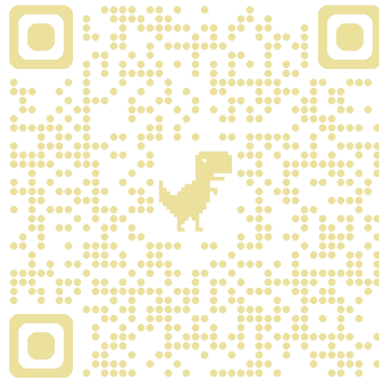


4 · · MY IDENTITY STATEMENT

Complete this sentence (repeat it daily):

"I am the kind of referee who _____

• **REMINDER:** Every habit you practise is a vote for the kind of referee you are becoming. Enough votes, and you ARE that person.



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