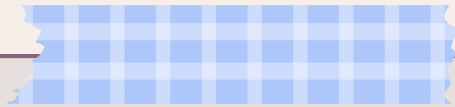


ORIGINATE NOW



DITCH THE LABELS: JOURNAL PROMPTS

Companion Mini Guide for the **ORIGINATE NOW** podcast, Episode 4

Ditch the Labels:

How to Create & Redefine Who You Are Beyond Your Job Title



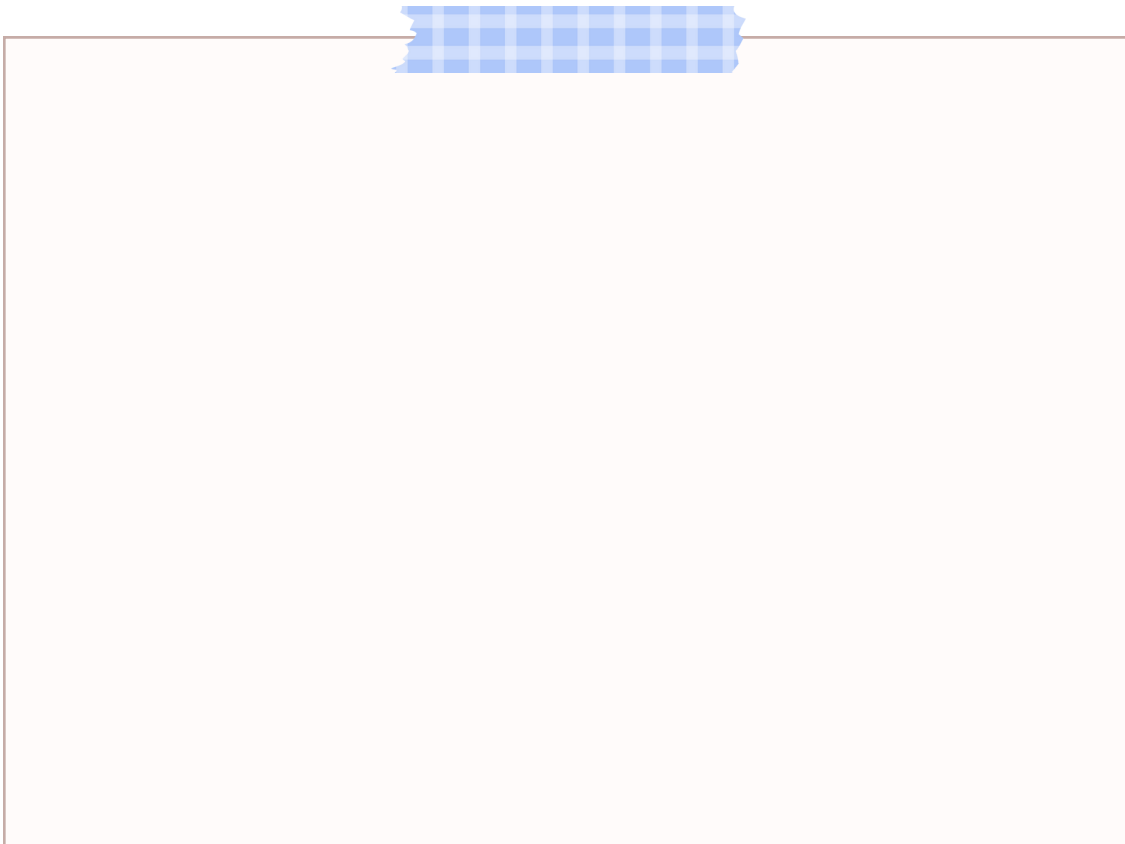
DITCH THE LABELS: JOURNAL PROMPTS

Companion Mini Guide for the Originate Now podcast, Episode 4

Ditch the Labels: How to Create & Redefine Who You Are Beyond Your Job Title

- **WHAT PARTS OF YOU EXIST OUTSIDE OF YOUR JOB TITLE, CAREER, OR CREATIVE WORK?**

List 3-5 qualities, passions, values, or parts of your personality that will remain, even if your role changes tomorrow.



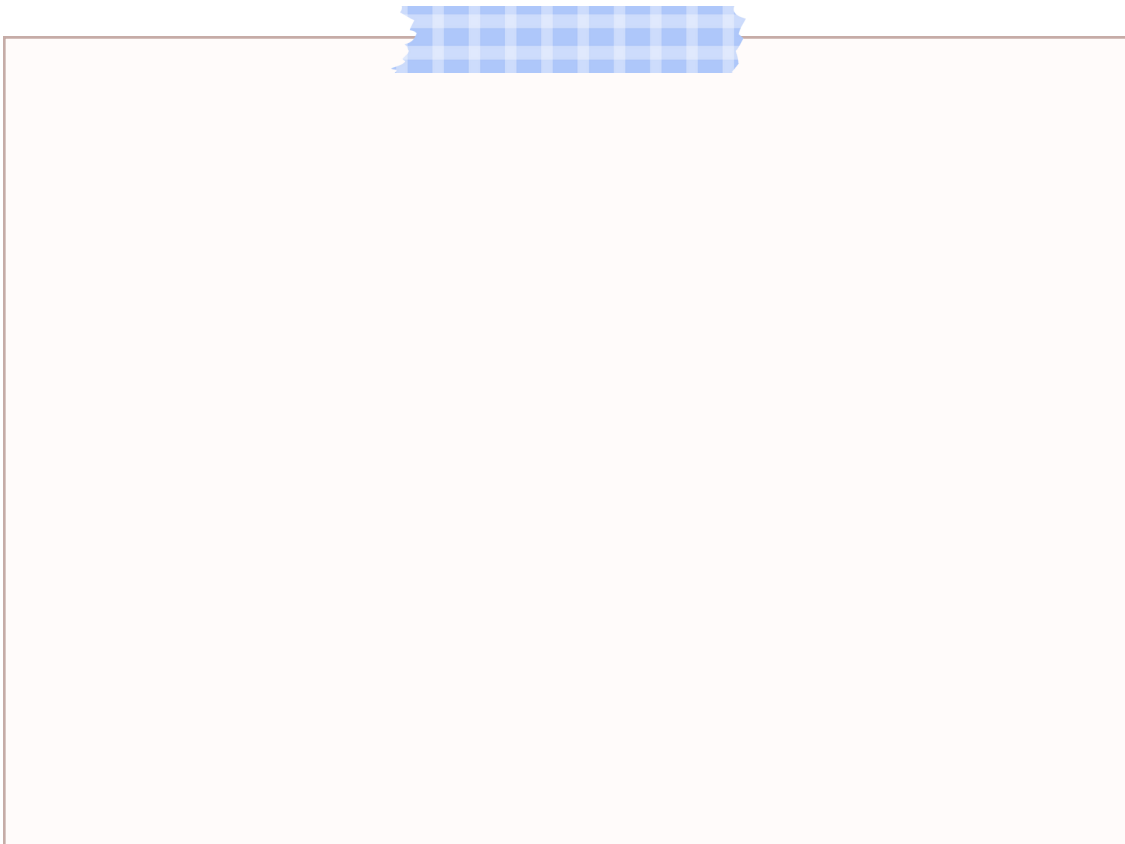
DITCH THE LABELS: JOURNAL PROMPTS

Companion Mini Guide for the Originate Now podcast, Episode 4

Ditch the Labels: How to Create & Redefine Who You Are Beyond Your Job Title

- **WHAT DO YOU WANT TO BE KNOWN FOR, BEYOND YOUR BIO?**

Imagine you had no portfolio, no resumé, no social media. What do you hope people would remember or feel about you?



DITCH THE LABELS: JOURNAL PROMPTS

Companion Mini Guide for the Originate Now podcast, Episode 4

Ditch the Labels: How to Create & Redefine Who You Are Beyond Your Job Title

- **WHAT MAKES YOU FEEL MOST LIKE YOU – EVEN WHEN NO ONE'S WATCHING?**

Describe a moment, practice, or space where you feel completely aligned, expressive, or joyful without needing external validation.



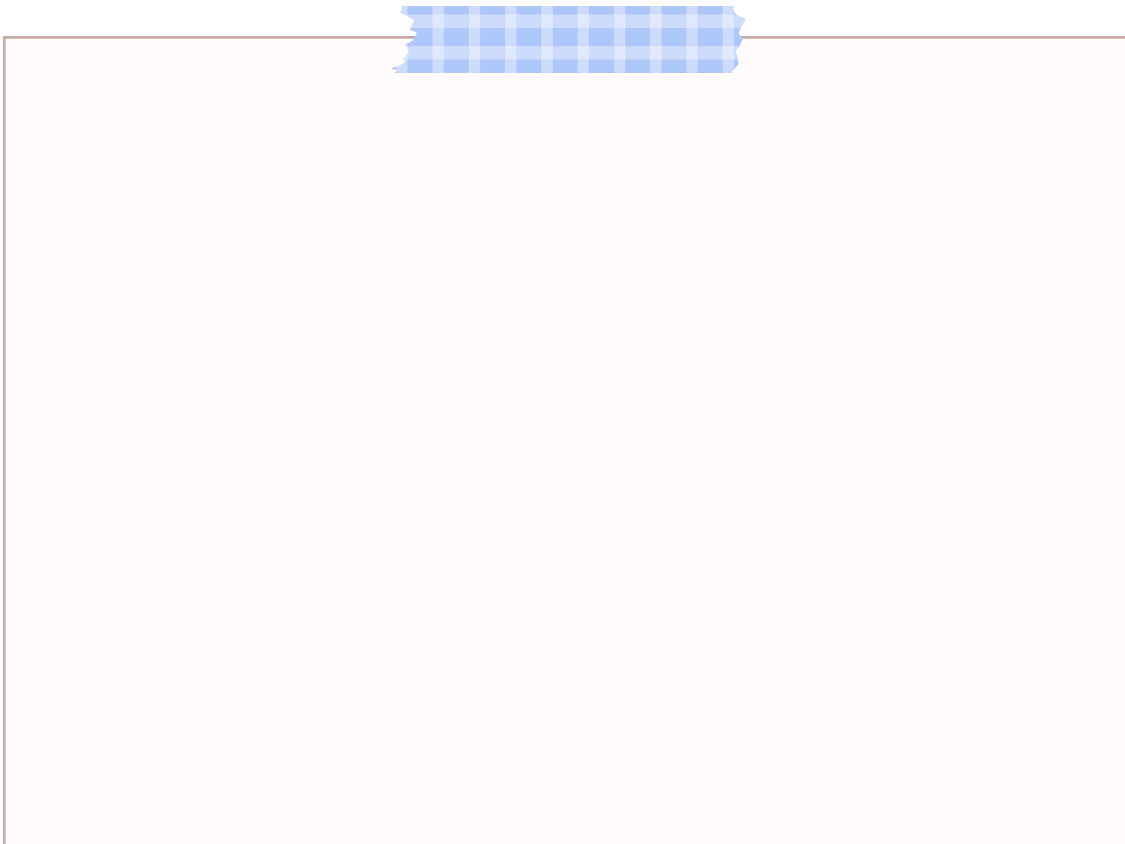
DITCH THE LABELS: JOURNAL PROMPTS

Companion Mini Guide for the Originate Now podcast, Episode 4

Ditch the Labels: How to Create & Redefine Who You Are Beyond Your Job Title

- **WHEN HAVE YOU CONFUSED YOUR WORTH WITH YOUR WORK?**

Reflect on a time when losing a title, job, or opportunity felt like a personal loss.
What did that reveal about your label attachment?



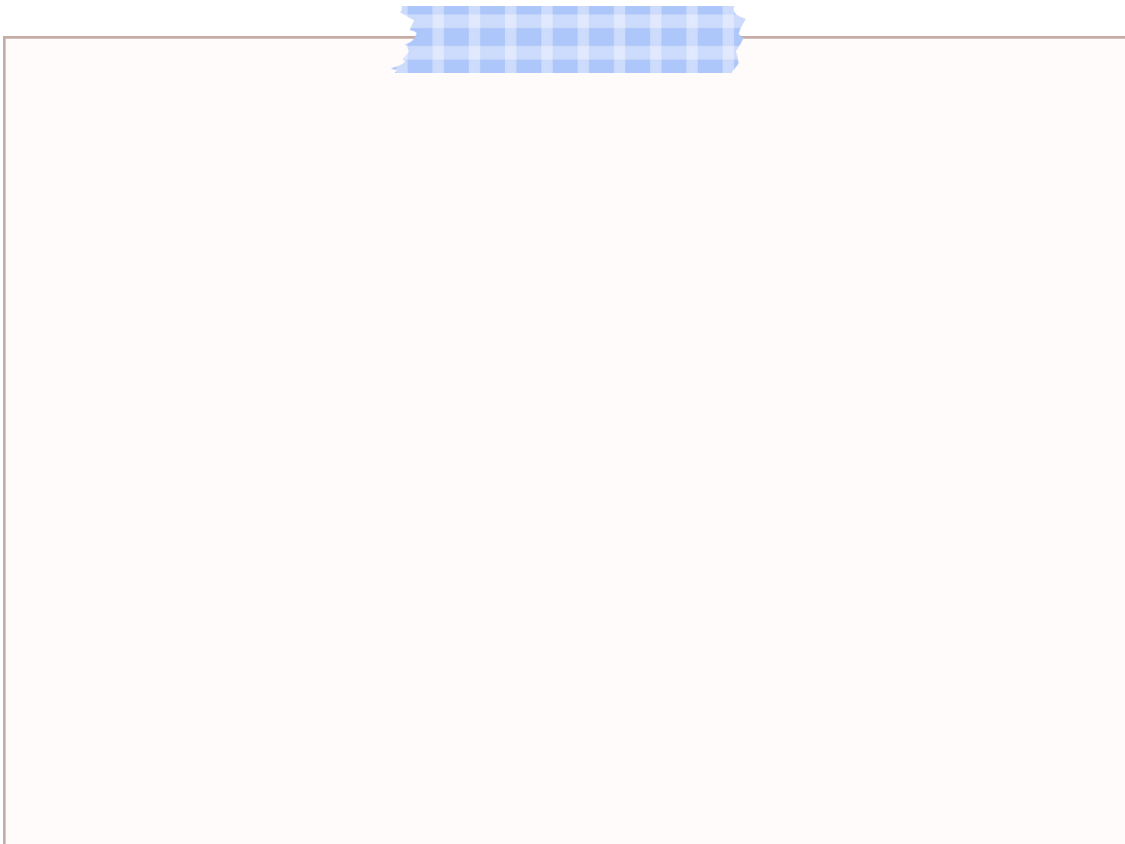
DITCH THE LABELS: JOURNAL PROMPTS

Companion Mini Guide for the Originate Now podcast, Episode 4

Ditch the Labels: How to Create & Redefine Who You Are Beyond Your Job Title

- **WHAT LABELS HAVE YOU OUTGROWN, AND WHAT IDENTITY ARE YOU STEPPING INTO NOW?**

Consider roles or descriptions that no longer fit you. Who are you now, or who are you becoming, when you release those labels?

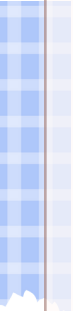


DITCH THE LABELS: JOURNAL PROMPTS

Companion Mini Guide for the Originate Now podcast, Episode 4

Ditch the Labels: How to Create & Redefine Who You Are Beyond Your Job Title

- **YOU ARE SO MUCH MORE THAN WHAT YOU DO.**



Your worth isn't tied to a title.

What matters is: who you are, what you value, and how you show up.

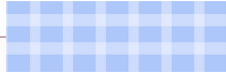
Let this be your reminder: you get to define yourself on your own terms, every day.

DITCH THE LABELS: JOURNAL PROMPTS

Companion Mini Guide for the Originate Now podcast, Episode 4

Ditch the Labels: How to Create & Redefine Who You Are Beyond Your Job Title

• RESEARCH LINKS




- **Burke, P. J., & Stets, J. E. (2009). Identity Theory:**
Contemporary social psychological theories (2nd ed., pp. 81-111).
Stanford University Press.
- **Kernis, M. H., & Goldman, B. M. (2006). A Multicomponent
Conceptualization of Authenticity: Theory and Research:** In
M. P. Zanna (Ed.), *Advances in experimental social psychology*,
Vol. 38, pp. 283-357). Elsevier Academic Press.

ORIGINATE NOW

DITCH THE LABELS: JOURNAL PROMPTS

Companion Mini Guide for the **ORIGINATE NOW** podcast, Episode 4
Ditch the Labels: How to Create & Redefine Who You Are Beyond Your Job Title



We run on coffee & kind words! If you like the show, it would mean the world to us if you leave a review and/or a five-star rating. :) Not only does this help others find the show, it helps us keep the show going!

WE APPRECIATE YOU! SEE YOU NEXT WEEK!

[APPLE PODCASTS](#)

[SPOTIFY](#)

[AMAZON MUSIC](#)

[*Disclaimer](#)