



Coral Valley Psychological Services, PLLC
Bilingual Psychological Evaluation and Psychotherapy Services
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Becoming Your Aspirational Self

It is undeniable that our life experiences shape us, and that events throughout our lifetimes teach us messages—positive, negative, and everywhere in between—that we internalize, whether we want to or not. Some of these messages can be encouraging and uplifting, inspiring us to soar through life. Others can be incredibly hurtful, and can keep us stuck in painful patterns that prevent us from growing into better versions of ourselves. Identifying these patterns can help us to cut through harmful non-truths and replace them with traits we already have and/or aspire to embody.

So, what messages have you internalized about yourself over time regarding your strengths and growth areas?

Part I: Identifying Internalized Messages

Consider the following:

Setting: From whom/where did the message come?	Positive: Messages that you consider to be positive or uplifting	Negative: Messages that you consider to be negative or discouraging	On a scale of 0-10: How much do you believe the stated messages to be true about yourself still TODAY?
<i>Eg: Your Childhood Home</i>	<i>Eg. My mother always called me “creative” and celebrated my art projects, no matter how small</i>	<i>Eg. My babysitter made fun of me when I cried in my parents’ absence, calling me a “crybaby.”</i>	<i>Eg.: Creative: 8; I use creativity in my work and play every day</i> <i>Crybaby: 7; I’m very “sensitive” and can get frazzled easily</i>
Your Childhood Home: Specify which family members, if appropriate			
Your Current Family Home: Spouse, children, others?			
School: Teachers? Peers?			



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Work: Bosses? Peers? Direct Reports?			
Childhood Friends			
Adulthood Friends			

Part II: Reflecting on the Impact of Internalized Messages

Which of the above identities/traits/characteristics outlined above have you ***happily*** internalized? Circle/highlight those in **green**. How do you embody these traits each day?

Which traits from the chart have you ***actively rejected or changed*** over time? Circle/highlight those in **red**. What have you done to reject or change those hurtful messages?

Which traits (from the chart or from spontaneous reflection) do you aspire to improve or change? What has gotten in the way of making those changes a reality?



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Part III: Becoming our Aspirational Selves (i.e., empowering ourselves to discard/keep/change internalized messages in service of our Aspirational Selves)

Becoming our Aspirational Selves is obviously easier said than done, and requires daily intentionality. Operationalizing and visualizing these better versions of ourselves can help us grow closer to who we aspire to become.

Imagine you already ARE the person you aspire to become. How would your Aspirational Self live, act, think, feel, choose, and communicate in the following domains?

- Caring for yourself:
- Working:
- Playing:
- Loving:
- Parenting:
- Socializing:

Tomorrow, do at least three things as if you were the aspirational version of yourself that you have described. Over time, watch how your aspirations become reality.