

CHARACTER SELECT

A GAME TO
REPROGRAM
YOUR IDENTITY



01

PICK A BEL IEF

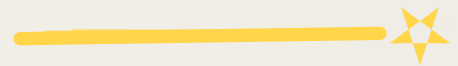
02

BUILD A CHAR ACTER

03

PLAY

HOW TO PLAY



A three-day game for loosening a belief that's been running you. Here's the shape of it.

HOW IT WORKS

Pick a limiting belief you'd like to transform and build a character that opposes it. Go from insecure to Miss Secure. After defining what they can, cannot, and must do, you'll spend some time living as this new identity. For example, Miss Secure can brag about accomplishments, can't overexplain, and must accept every compliment with just "thank you."

WHY IT WORKS

A playful framework around reprogramming subconscious patterns takes the pressure off results. You get to play as an identity you secretly wished you were and, because it's a game, there's an end. At the end, you take what you want into your real life. Your subconscious mind needs proof - so let's give it some of the playful kind.

THE MOVE, IN A NUTSHELL

INSECURE	→	MISS SECURE
TOO BUSY TO REST	→	OFF THE CLOCK
PLAYING IT SAFE	→	THE DAREDEVIL

THE BELIEF

Pick a belief you want to shake up - or get rid of. It should be hard to write down, or even look at, at first. Use the space below to get a few beliefs out, then circle the one you'll play against.

BLANK SPACE TO BRAINSTORM

THE CHARACTER

Now come up with an identity that wouldn't hold the belief you just chose. It should work well as a film title: easy and fun to say. Draft a few, then lock in the one.

YOUR CHARACTER



DRAFT SOME TITLES BELOW

1

2

3

4

5

CONSTRAINTS

Simple things your character can, cannot, and must do. These are the mechanics of play; keep them short enough to catch yourself in the moment.

PLAYING AS

CAN

Three things your character CAN do each day you play. These should be in line with their identity.

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CANNOT

Three things your character CANNOT do. Choose things you do in normal life that are at odds with this character.

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MUST

One thing your character MUST do - something core to the identity you've come up with.

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GAME PLAY



01 SET UP

Decide the number of days you'll play the day before - three is recommended, one is okay too. Decide the start and end of your play day (after your first coffee, before your night shower?). Invite a friend to play too and hold each other to your cans, cannots, and musts.

02 PREDICT

Each morning before you start, write one line: what is the belief sure will go wrong today? Don't edit it. Tonight you'll read it against what actually happened - that gap is the whole game.

03 PLAY

Play as your character all day. Hit all of your cans, avoid all of your cannots, and make sure you do your must.

04 REFLECT

Optional but powerful: journal with the reflection prompts on the next page. This is what reinforces breaking the subconscious patterns you hold about your real identity.

HOT TIP

Find or make an image that feels like your character and set it as your phone background, a reminder all day to stay in character.

REFLECTION



This is where the game does its real work. Once the play days are done, read your morning predictions next to what actually happened - and be accurate rather than kind.

01 BEFORE I PLAYED, THE BELIEF TOLD ME

Pull your morning predictions together: what was it sure would go wrong?

02 WHAT ACTUALLY HAPPENED AS _____

Fill in your character's name, then tell the truth of how the days actually went.

03 WHAT DID NOT HAPPEN THAT YOU WERE SURE WOULD?

The most important line here. Name the thing the belief was certain about, that never came.

04 WHICH CANNOT WAS HARDEST TO HOLD?

That one points at your real belief, often not the one you started with. Which CAN was easiest?

05 WHAT WILL YOU KEEP - AND WHAT WILL YOU LEAVE BEHIND?

Take what served you into real life. Leave what was only ever the costume.
