

My Identity is My Foundation

Know what you believe · Declare who you are · Build from the inside out

CAPACITY OS™ · FUELED SYSTEM · IDENTITY & DECLARATION

MY FOUNDATIONAL BELIEFS

My Top 3 Strengths

My Top 3 Passions

3 True
Things About Me

MY CAPACITY OS™ IDENTITY DECLARATION

I AM CLEAR. FUELED. FOCUSED.

Three systems. One mission. The full 360° of who you are becoming.

CLEAR

*I know who I am and
where I am going.*

In this season this means:

FUELED

*I invest in all 4 zones.
I run full, not empty.*

In this season this means:

FOCUSED

*My time goes where
my priorities are.*

In this season this means:

MY 4-ZONE I AM / I WILL DECLARATIONS

PHYSICAL ZONE — BODY

I AM _____

I AM _____

I WILL _____

I WILL _____

EMOTIONAL ZONE — MIND

I AM _____

I AM _____

I WILL _____

I WILL _____

RELATIONAL ZONE — CONNECTION

I AM _____

I AM _____

I WILL _____

I WILL _____

SPIRITUAL ZONE — SPIRIT

I AM _____

I AM _____

I WILL _____

I WILL _____

"Your identity is your operating system. What you declare consistently becomes what you live automatically."

Capacity OS™ · CLEAR™ System

Install Your Morning Mirror Routine

Choose your declarations · Speak them daily · Watch what 21 days builds

CAPACITY OS™ · FUELED SYSTEM · DAILY MINDSET PRACTICE

THE MORNING MIRROR RITUAL

1. Stand in front of a mirror. Make eye contact. Take one slow breath.
2. Speak your declarations slowly and with intention — not rushed, not mumbled.
3. Close with your personal I AM · CLEAR. FUELED. FOCUSED. declaration.
4. Notice resistance — that is where the rewire is happening. Stay with it.
5. End with: "I am enough. I am fueled. I am ready." — then step into your day.

This Week's Fuel — My 7-Day Mirror Commitment

Choose 3–5 declarations to speak every morning

My 3–5 declarations I am committing to speak daily this week:

<p>1 _____</p> <p>3 _____</p> <p>5 _____</p>	<p>2 _____</p> <p>4 _____</p>
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My closing declaration: I AM _____

Mirror time: _____ Accountability partner: _____

MY DAILY MINDSET FUEL — MORNING & EVENING

■ Morning Fuel — Intention

My thoughts & feelings this morning:

Today I am grateful for across all 4 zones:

My 1–3 intentions for today:

I will make room for joy today by:

■ Evening Fuel — Reflection

How I fueled my 4 zones today:

A thought I am releasing before I sleep:

Today I appreciate myself for:

My loving thought to close the day:

"Your destiny hinges on your next best decision."

Layla McGlone · Capacity OS™