

# FINDING YOURSELF

IN YOUR RELATIONSHIP



A 30-day guide to  
loving your identity

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WHERE TO GO FROM HERE

## INTRODUCTION

Hi and welcome!

**The first thing I want you to know is: You are not alone.**

You are not alone in constantly worrying about your partner and feeling like you've lost yourself in your relationship.

I've been in that place for the majority of my life. I went from one long-term relationship to another, falling in love not only with my boyfriends but also with the idea that their love would give me what I so desperately wanted: *To feel good, happy, and secure as myself.*

While I didn't hate myself, and I was actually quite independent and chipper on the outside, I felt like I *needed* my boyfriend's love in order to feel okay on the inside.

It turned me into a "crazy" girlfriend, a doormat, a partner-pleaser, a shadow of myself.

And by the time I realized I needed to find and uphold my own identity, I felt so deeply lost that it was overwhelming to even know where or how to start.

The self-help and relationship books weren't addressing the basics of *how* to start having my own identity after spending my whole adult life trying to be good enough for others and never having been validated in the importance of owning a distinct sense-of-self.

**This is why I wrote this guide.**

These are the daily bits of wisdom I wish I'd had when I felt like I was the only one struggling with this problem and no one else understood. (There are so many of us!) You can read it one day at a time, or read it all at once. It's completely up to you.

You are right on track and doing the best thing for yourself.

Learning to nourish and *own* your identity is the prerequisite to self-love, inner-peace, fortitude, fulfillment, and the relationship –and life– you most want.

There's nothing wrong with you, and it's never too late to do this.

Let's start now.

## DAY ONE

### What you're really meant to do

If you were meant to rely on your relationship for all your love and happiness, you'd feel good right now.

You'd feel good while worrying about what your partner is thinking and feeling.

You'd feel good while craving their approval and reassurance.

You'd feel good while always trying to keep the peace.

You'd feel good while pretending to happily go along with anything they want.

It would feel fulfilling to rely on your partner... if that's what you were really meant to do.

But if relying on them feels like anxiousness, like insecurity, like suffering...it's because **you're actually meant to have your own identity.**

Your own identity: A vibrant sense-of-self that isn't reliant on what your partner – or what anyone else – is doing, feeling, or preferring.

Think about how much attention, effort, and energy you're expending on trying to convince yourself that you're happy – when deep inside you're yearning for more.

**What if you are actually meant to put all that energy towards becoming the version of yourself that *you'd* feel good being?**

And your partner's love will be the beautiful topping on that already delicious cake?

When you are the creator of your own cake, you don't spend time fretting over whether or not your partner will take the cake away and leave you with an empty plate of crumbs.

If your partner is busy, or traveling, or preoccupied by their own challenges... you'll get on just fine. You'll feel at home in your own routine, in being your own person.

You'll have your own separate goals, emotions, interests, and *life* in full swing.

You'll be a whole distinct separate person...who also happens to be in a loving relationship.

**If that sounds so much better, then that's what you're actually meant to be doing.**

Today, know that you are meant to define and maintain your own identity. It is healthy, it is necessary, and it is more loving to your partner... but most of all to yourself.

## DAY TWO

### The allure of having your own identity

"I love that my partner is exactly like me and brings nothing new or different to the table."

-Said no (healthy) partner ever

When you first met your partner, you were both living two separate lives.

You had no idea when their bedtime was, what was inside their fridge, if they showered in the morning or at night, or what their biggest childhood memories were.

They introduced you to new people, took you to new restaurants, talked about things you'd never heard of before, played you new songs, showed you a new way of life.

And you did the same for them. Everything was new and different and alluring.

But now your world has shrunk down to the size of the relationship – your partner's routine, preferences, interests, moods, habits, people... life.

This is a reminder that there's a bigger, wider world out there than just what's going on with your partner. Your relationship is just *one aspect* of who you truly are.

**You are so much more than someone's significant other.**

There is so much more to you than what someone else wants and prefers in their own life.

It's a socially constructed lie that you must become exactly what you think your partner wants, in order to be your best self in your

relationship.

In fact, you *become your most attractive and confident self* when you are happy within your own identity.

You become so much less anxious, emotionally reliant, self-conscious.

And you actually become the most interesting, stable, enjoyable version of yourself. You become more alluring to those you're compatible with, but you also find it alluring to *be* yourself. Which is a really fun time.

Today, know that you have your own alluring identity within you. It's always been there.

You just need to find it beneath the surface and allow it to shine through.

## DAY THREE

### **Your partner is not your responsibility**

Wanting the best for your partner is different from making yourself *responsible* for them.

You may *want* your partner to have a good time while on vacation, but you're ultimately not responsible for making sure that everything goes perfectly for them.

You may *want* your partner to not feel stressed-out about work, but it's ultimately not your responsibility to swoop in and save them from all the pressures of an adult life.

You may *want* your partner to make healthy changes for themselves, but it's ultimately not your responsibility to improve their wellbeing at the expense of your own.

You may *want* your partner to think, feel and behave in a way that you'd prefer, but it's ultimately not your responsibility to know what's best for them.

**When you make yourself responsible for your partner, you start feeling desperate. You stop connecting with them and (with the best of intentions) start trying to control them.**

Instead of simply wanting – preferring – that your partner be a certain way, you start feeling like you *need* your partner to be a certain way, so you can feel better.

Thus your identity becomes dependent on what's going on with them.

Trying to manage their life and feelings *doesn't* ensure their happiness and love for you.

It only ensures more pressure, worry, preoccupation, and emotional dependence on your part.

Your partner is going to be bored and cranky at times during the vacation. They are going to have stress, unhealthy habits, and not make the changes you prefer. (They're human).

You can put forth a positive and supportive attitude, and lovingly be a good influence without taking responsibility for and *needing* your partner to be a certain way.

Today, practice seeing that your only responsibility is to decide who *you* want to be. For them... but most of all for yourself.

## DAY FOUR

### Being fake VS Being who you'd prefer to be

It may feel like there are only two options:

1. Be exactly what you are...
2. ...or try to be something you are not.

But there is a third option: To be who you'd prefer to be.

"But how is that different from trying to be something you're not?", you may wonder.

The difference is that when you're trying to be something you're not – you're putting on an act, a fake show, for the sake of controlling how others think and feel about you.

**When you're being who you'd prefer to be, you are doing things differently for *your own* sake. For *your* inner peace, wellbeing, self-enjoyment, growth.**

Thus, it's coming from a genuine place.

So when aspire to be a version of yourself that you'd prefer to be, please don't put it in the same category as trying to be something you're not.

That'd be like saying, " You shouldn't aspire to be a better cook, because that's trying to be something you're not."

No! If you have a desire within your soul to improve your cooking, that *is more genuine* than settling for subpar cooking skills that aren't making you happy.

Humans are meant to grow, improve, expand, and change who they are.

That is how we've gotten so far. And that is how you'll go so much further in your own life.

By always having a north star of knowing who you genuinely aspire to be.

Today, let yourself imagine an inspired new version of yourself and use it as your guide.

## DAY FIVE

### A higher quality of love

When you imagine having your own identity in your relationship, do you worry that your partner will be receiving less of your love?

Do you picture them sitting alone, feeling neglected and unloved while you're out there happily doing things on your own?

This may make you feel sad, selfish, and afraid before you even attempt to bring forth your own identity and see what actually happens.

But what if: You having your own life and identity allows there to be *more* love available in the relationship?

Not more love as *quantity*... as in always adjusting yourself for them, fretting over them, passively spending time around them, feeling needy for them....

**But more in *quality*: A higher-quality love of presence, inner-peace, and wellbeing.**

You may not have the exact same schedule as your partner, but because you're getting better sleep and waking up at a time that feels good to you – you are in such a better mood when you do finally see them.

You may not always accompany your partner to every hangout they attend, but because you're enjoying quality time to yourself and working on meaningful projects – you feel more appreciative and social when you do decide to go with them.

You may spend more time with friends and family, or do things on your own, but because you're getting your fill of what makes you

feel alive and nourished – you are feeling more refreshed and romantic when you come home to your partner.

You become less easily affected by things they do. You become less self-conscious and jealous. You have so much less resentment and emptiness inside of you.

**And because there's so much *less* dissatisfaction, desperation, and turmoil within you, you give *more* high-quality love with the time you do have with your partner.**

Today, choose to see the value of high-quality love over quantity of love.

## DAY SIX

### The Good Partner Hat

Having a healthy identity is about wearing different hats as you go throughout your day and your life.

Different sides of yourself will come forth when you put on and take off your Good Worker Hat, your Good Family Member Hat, and your Good Buddy Hat.

And you also have your Good Partner Hat.

This hat – like all other hats – is supposed to be put on when needed, *and then taken off when the job is done.*

However, you might have gotten so used to wearing it all the time that you didn't even realize it was a *hat*. You thought it was your identity.

You've been wearing that hat to bed and waking up with it still on your head. You've been wearing it while half-heartedly tending to your own hobbies. You've been wearing it while trying to think about your own goals and plans for the year.

**When you leave any hat on for too long, you'll eventually forget you're wearing it – and feeling distracted and anxious becomes your new norm.**

You need time and space to take all the hats off and experience the world without the pressures of being good for somebody else.

You may feel naked and awkward for a bit – like you're dropping the ball or doing something wrong – but that's normal after feeling the constant mental pressure for so many years.

Be curious: Who are you when you're not catering to your partner... or anyone else?

What is it like to just do chores, go to a new class, exercise, have leisure time... for the sake of you doing it just for *you*?

Today, put on your Good Partner Hat when needed, and then remember to take it off so you can give your identity some fresh air breathe and room to roam free.

## DAY SEVEN

### Your own identity

Having your own identity is all about *creating* your own identity.

This is the best part about being an adult: You get to decide who you really are.

Do you want have an identity that is defined by your past and constructed by the opinions and pressures of other people?

Or do you want to search inside yourself and your soul and tell yourself who *you* really want to be?

When you decide to create your own identity, you don't deny what you've experienced. You don't lie to yourself or pretend to be something you aren't.

Instead, you look at everything that is, and say: "Yes, that all happened. Yes, this is who I've become due to my circumstances. But now, who do *I* want to be, going forward?"

Creating a new identity is like creating a new hairstyle. It's still your hair, but you're choosing to create something different with it – something more to *your* liking.

**Because what is a more authentic and true identity than the one that comes from your own self-expression and desire for wellbeing?**

You get to choose how you want to conduct yourself in life. How you want to think about yourself. How you want to feel. How you want to structure your time. Where you want to put your energy. What kind of person you really want to be.

You get to envision a new way of being a good partner, of being in a loving relationship. You get to create a new way of life by choosing to custom-create your own identity.

Once your identity becomes more of *you*, you will move through life differently. Everything will feel different, be different.

Taking control of who you are is so much more fulfilling, relieving, and sustainable than trying to take control of how your partner is feeling and acting.

Today, feel the freedom of getting to create your own identity.

## DAY EIGHT

### Little wins are big deals

Maybe you'll order food delivery just for yourself.

Maybe you'll wear something you've always wanted to wear.

Maybe you won't drop what you're doing as soon as your partner comes home.

Maybe you'll do something that brings you – and only you – joy and amusement.

Maybe you'll spontaneously go on a nearby adventure.

Maybe you'll notice the space between where your partner ends and you begin.

Maybe you'll do something for your own identity... and then immediately think, "Who cares? It's such a teeny tiny thing. It doesn't really matter."

**But it absolutely does matter. It is a huge, big deal.**

Because in that moment you are getting to experience an alternate way of being – a different version of being yourself.

And you'll realize that *it's okay*. It's actually allowed. It's fine... even if it felt weird, conflicting, pointless or not as fulfilling if your partner were there.

The important thing is that you are making little shifts in your life. You are seeing yourself in new ways.

You are slowly starting to change, even if you don't feel very different in this exact moment.

Everything adds up. You didn't lose your identity in one huge mass, it left in tiny doses little by little.

And with little doses day by day, you'll start collecting yourself back.

Today, do tiny things that acknowledge that you have your own identity – and see it as the big exciting deal that it genuinely is.

## DAY NINE

### The most important part

You may worry that you have to do a ton of different things in order to start having your own identity.

You may feel overwhelmed thinking about all the changes, the soul-searching, the time spent away from your partner, the new hobbies, the upheaving of *everything*.

And in many cases, doing things differently is a very important part of establishing yourself as your own person.

But it's not the *most* important part.

The most important part isn't visible from the outside. It isn't a bunch of external changes, new friends, and filling up your calendar with pursuits and interests.

**The biggest, most important change happens in your mind – how you think about and see yourself.**

It's about *thinking* differently.

That is why these daily reminders are so important: They encourage you to start thinking and seeing yourself in a healthier and more expansive way.

Having your own identity is a new state of mind.

It takes one shift in mental perspective to get the ball rolling. One slightly new way of thinking to significantly affect the way you feel and act.

Otherwise, you are trying to *force* yourself to feel and behave differently – which leads to overwhelm and even more pining for

your partner's love and approval.

To have your identity is to think outside the box of your relationship.

It's about moving away from living inside your partner's mind and eyes, and discovering what's going on in your own.

Today, allow yourself to have a mental shift; a new perspective.

## DAY TEN

### Who are you improving for?

When you're working on self-improvement, who are you improving for?

You may immediately think, "Well...it's for me! I actually *do* want to improve these things about myself. I actually do want to grow and be better."

If this is the truth, wonderful!

But just in case it's not the whole truth, let's take a closer look.

### **If you took your partner out of the picture, would you still be working towards improving these same exact things?**

Would any of these self-improvement pursuits suddenly no longer be something you care very much about improving?

Would you still be trying to read that boring 700 page book you've been slogging through, if there was no one who'd be impressed by it?

Would you stop agonizing so much about looking a certain way, if you thought your partner had no preference about it?

Would you still be hellbent on "fixing" your personality, if there was no partner to have any qualms or opinions towards it?

Would you find yourself wanting to work on something completely different instead?

The thing is, it's totally *okay* to improve for your partner's sake! It only becomes a problem when you're doing everything just to get a particular reaction from them, and ignoring your true desires.

You may have subconsciously been believing that the point of self-improvement is to be better for someone else's benefit.

Today, think about what your self-improvement could *also* look like if it was only to please you. What would you be doing? Wanting? Prioritizing?

## DAY ELEVEN

### Who you really are

Beneath the layers of your past experiences, other people's opinions, societal pressures, and social influences...

...there is a joyous, curious, expressive individual.

Before your sense-of-self was molded by others, there were natural inner sparks of interest, play, fun, passion, and uniqueness.

There was, and still *is*, a whole vibrant identity alive inside of you right now.

At first you might feel unable to tap into that inner-identity.

Perhaps you've been taught at a young age to stop tuning into and trusting yourself, and to instead listen to and follow what others want of you.

Maybe you feel as though you were never given a chance to actually discover what it is to actually be yourself.

You may think that to "Just be yourself!" is to simply settle for the person you've always known yourself to be.

**But how can this be your true self, if this is the result of other people's influences and opinions and pressures?**

How can this be who you really are, if you *yourself* have never defined and created who it is that you really want to be?

And just to clarify: This isn't about faking anything and pretending to be something you're not. This is about tapping into your identity and realizing that you have genuine desires and preferences for yourself – for who you want to be become in this life.

*This* vision of who you actually want to be, is so much closer to who you really are. Because it's coming from *you*.

Today, know that you have a whole amazing, intriguing identity already inside of you.

## DAY TWELVE

### Attracting yourself

You've heard it over and over again: Self-love is important.

Yet in a society that taught you from birth to please, conform, compare, and perform in order to be worthy of love, it's no surprise that the idea of loving yourself feels weird.

Especially since self-love in popular culture is showcased as taking bubble baths, meditating on the beach, showing off your body, and repeating happy affirmations...which can all be beautiful healing things for some people – but not everyone.

And it doesn't make sense to achieve self-love from doing *more* things that don't feel true to who you really are.

Because that turns you off. You don't feel attracted to yourself when you're giving yourself even more rules, more pressures, more soul-numbing tasks.

You look at yourself from afar and think, "This person isn't doing interesting things that I think are cool. This person is too busy worrying about what other people might think. This person is doing things that make them feel unhappy. I'm not into that."

And *that* is the only reason why you struggle to love yourself: Because you're not attracted to yourself when you're too worried about being good enough for someone else.

**What version of you would *you* be attracted to? What version of yourself would *you* be proud of, excited for, inspired by?**

(Make sure you're not envisioning who you think you "should" be, according to what others would find attractive and acceptable. Think about what version of yourself that YOU would want to be... if it had nothing to do with anyone else's preferences).

Would you want to be someone who communicates more directly? Who has an area of the house that is all your own? Who is pursuing things that light you up inside? Who is living according to your values? Who is taking care of yourself in the way you've always wanted?

These things are the map towards self-attraction and self-love.

Today, start doing tiny things that make you feel more attracted to *you*.

## DAY THIRTEEN

### What you have control over

You don't have control over what happens in your partner's life – who they'll meet, what they'll do, how they'll change.

You don't have control over how they feel, what decisions they make, the way they think, and what they want.

You don't have control over their past, their current struggles, their family, their habits, their future.

No matter how caring, giving, understanding, loving, patient, and devoted you are – at the end of the day you still won't have any control over what ultimately goes on with your partner.

Even if you were to do *everything* right. Even if you were able to change every part of yourself to suit their preferences – it wouldn't guarantee anything.

If you are hellbent on trying to guarantee and control things, it actually creates the opposite effect of the healthy and happy relationship you're trying to achieve.

**However, if you focus on what you *do* have control over – your thoughts, your priorities, your life, your growth, your identity – it relieves so much of the madness.**

You have control over how you care for yourself, listen to yourself, express yourself.

You have control over the choices you make, the attitude you keep, the values you uphold.

Many times it may not feel like you have much control over yourself, but the more you build your relationship with your own identity the

easier it becomes.

The more you embrace what you have full control over, the more love you'll be giving to yourself.

The more self-love you have, the less you'll need to control someone else's love.

Today, know that you have control over who you become and how you feel towards yourself – no matter what.

## DAY FOURTEEN

### What you need from your partner

You need love and connection as a human being. There is nothing wrong with craving that.

There is nothing wrong with missing your partner, or yearning for affection, or wanting to give and receive your love language.

There is nothing wrong with feeling vulnerable and uncertain and wanting your partner to reassure and uplift you.

There is nothing wrong with wanting them to do certain things for you, or you wanting to do certain things for them.

There is nothing wrong with preferring the same schedule, the same friends, the same interests and lifestyle.

There's nothing wrong with relying on your partner for emotional support as you go through the struggles of life.

There is nothing wrong with wanting and needing love, belonging, and validation.

Your partner is there to be *your partner*. To lovingly go through life together.

### **What your partner isn't here to for, is to become a rulebook on how you should live and who you should be.**

You don't need them to tell you what your preferred fashion style should be, what you should believe about the world, or what you should like and dislike.

You don't need them to tell you how to be your most attractive self, what goals and desires you should have, or what's right and wrong

for your own fulfillment.

Because they are your partner. They are not *you*.

They are there to love and support you in being your best self in *your life* – not to dictate and define you and your life.

Today, let your partner love and support you in being *you*.

## DAY FIFTEEN

### Freedom and creativity

If you highly value freedom and creativity, you cannot restrict the freedom of your own identity and expect yourself to be happy.

By trying to be “normal” and “as expected” by somebody else’s standards, you are essentially putting yourself into a cookie-cutter cage – then wondering why you secretly feel resentful and unhappy.

If you believe in thinking outside the box, you have to remember to *think outside the box of your own identity as you know it.*

If you believe in creativity and self-expression, remember that your identity is supposed to be custom made in the image of your own desires and inspirations.

**Over the years you have become very serious and rigid about who you are. It’s now time to remember what it’s like to relax, play, explore, and have fun.**

In order to get back to who you really are, you have to let go of all the serious rules you’ve built up in your brain.

You have to stop focusing on all the things you are afraid of being (ie: selfish, mean, ridiculous, weird, angry, etc)...

...and start focusing on all the things you *do* want to be.

And in order to do this, you must see yourself as both the artist and artform. .

Think of all the possibilities, all the ways in which you could love your own identity while still being a caring, aware, good partner.

Think of how you could bring an attitude of wonder, curiosity, and experimentation as you get out of your comfort zone and play around with new things in your life.

What if your identity doesn't have to feel like another restriction, another chore, or yet another thing to analyze?

Today, see having your own identity as the ultimate act of freedom and creativity.

## DAY SIXTEEN

### You're a person too

You are probably very attuned to knowing what other people want and need.

You may lay awake in bed trying to figure out the solution to someone else's problems, or be fretting over how someone might have misunderstood something you said earlier.

You don't ever want to be seen as a burden, a problem, or selfish — because you want to be a force of good in the world.

And so with the best of intentions, you may have become a people-pleaser.

**But please don't forget that *you* are also a person who is waiting to be pleased by you.**

You have wants and needs and preferences and whims, and problems to be solved.

And deep down you wish that you'd people-please yourself — that you'd lay awake caring about what you most want, paying close attention to how you are *really* feeling inside.

You want to feel seen and validated by *you*.

Imagine if you treated your own voice with the same gravitas and urgency as you did other people's voices?

If you were as concerned, compassionate, and empathetic about your own feelings as you were when someone else expressed theirs?

If you saw that the real way of not being a burden, a problem, or being selfish is by listening to and caring for your own soul's

desires?

Pandering to your own needs may not feel anywhere as exciting and gallant as when you're doing it for someone else, but remember that only by doing so will you reap the real benefits.

Today, treat yourself with the same regard as you would while pleasing someone else – you are a person too.

## DAY SEVENTEEN

### Perfectionism

You may not relate to having any perfectionism tendencies because your handwriting is sloppy, or you don't fuss over things being orderly, or because you are a pretty chill person in general.

But have you in fact been holding yourself to an impossible perfectionist standard in your relationship?

**Instead of creating your own ideal self to strive for, do you imagine your partner's perfect-partner...and you tell yourself that that's who you should be?**

How has this perfect-partner ideal been forcing you to hide and deny who you really are?

Maybe you've been hiding certain emotions so that your partner never has to see any of your "bad" feelings.

Maybe when you shop for clothes for yourself, you sort through things thinking, "Yes, my partner would like this... no my partner would not like that".

Maybe you study your partner's face and words to try to detect exactly how they feel, so you can adjust yourself accordingly.

Are you constantly looking for all the ways in which you aren't measuring up, and fixating on proving to your partner that you're perfect for them?

You may have assumed that you're just trying to be a good partner, but look at how much pressure you are putting on yourself to mold and shape yourself *just for one person*.

The reason why it hurts to live this way is because you're striving for an ideal self that is purely constructed for someone else's comfort and preference, instead of your own.

You must start to envision an ideal-self *for yourself*.

What version of you feels perfect for *you*? (Hint: It'll feel better and lighter to be this way).

Today, notice where you're trying to be "perfect" for partner. Just building awareness is powerful enough to start to shift things.

## DAY EIGHTEEN

### Expanding your world

This is a reminder that there is a whole world out there beyond your partner.

When you get caught up in daily routines and comfort zones within your relationship, it can feel as though *this is everything* – your entire world.

When you think that this tiny microcosm is the real world, you close yourself off to all the different possibilities and struggle to imagine anything better beyond the on-goings of your partner's life.

But there is so much more out there for you to expand into, and discover, and *be*.

If you get a chance today, go somewhere high up with nice view (you can also use Google Maps!) so that you have a profound visual of how much more there is to life.

**When you have a new perspective on how much *more* is out there than just what's going on in your partner's world, you can get some relief and re-focusing.**

You'll see that there are other opinions and viewpoints beyond what your partner thinks.

There are other feelings and experiences beyond being with them.

There are other people and pastimes and places beyond their favorite circles.

And there is so much more for *you* beyond the familiar routine, concerns, and duties that have become habitual throughout the years.

You don't necessarily have to out there and do everything completely different.

It's powerful enough to simply let your mind and inner vision wander and roam beyond the confines of what it's known everyday for so long.

When you do this, you will start seeing new possibilities of who you are. You see more of your own vision, your own voice, your own inspired direction.

Today, get a good view of the big picture and start expanding your world.

## DAY NINETEEN

### **This is hardcore stuff**

It is often implied that having your own identity should be easy.

“Just be yourself!”, “Just don’t care what anyone thinks!”, “Just put yourself first!”.

And it may *seem* as though knowing how to be yourself should feel like the most natural and obvious thing in the world – because, you are *you*.

But so many people have lost themselves in their career, their pasts, their friend groups, their family, their children, their social media, their striving for success.

So many people struggle to find and re-find themselves at different stages of their lives.

So many people who think they have their own identity are actually products of their upbringing, their situations, and society.

This is why so many people are secretly still unhappy with themselves inside, despite their outer success.

Very rarely do people do the difficult work of *looking deeply* at themselves, deciding who they are really meant to be, and defining their true identity from the inside-out.

And *you* are doing this remarkable work.

This isn’t to discourage you. This is to validate and uplift you in your efforts.

**It *is* challenging to strive for a peaceful and healthy love after all the years of knowing the high of pursuing an**

## **emotionally dependent love.**

It *is* scary to let go of the fantasy of finding the relationship that alleviates all your insecurities and shortcomings, and to take proper care of those things yourself.

It *is* challenging to go against the grain of the effects of your upbringing and past.

Today, know that the work you are doing is bold, admirable, and impressive. It's not supposed to always feel easy – and that's what makes it so special and rewarding.

## DAY TWENTY

### **You can't read your partner's mind**

Have you ever been in a good mood and then looked at your partner or heard something they said — and suddenly started assuming the worst?

Even though they didn't literally say something along the lines of, "I'm no longer happy with you and I don't want to be in this relationship," — your mind spiraled down a rabbit-hole and ended up at that exact conclusion?

And then you were suddenly miserable, even though your partner happened to be thinking about something that had nothing to do with you.

**Remember, you can never know exactly what your partner is actually thinking and feeling — no matter how long you've been together or how intimately you know each other.**

Why? Because no matter how compatible and close you two are, you still have completely different brains full of infinitely varying thoughts and concerns and interpretations.

Just because you think alike in many situations doesn't mean you always have the same thoughts and feelings towards everything.

**You do not have the power to read their mind and know their feelings.**

This is important because you don't want to get twisted up in knots assuming you know something you don't actually know.

Also, you don't want to live your life according to what's going on in someone's mind, because that is how you lose your identity.

You want to care more about focusing on what you have power over – the way you're choosing to think and feel about yourself.

And to stop assuming you know exactly what's going on inside your partner's head.

Let them be their own person, with their own infinite amount of ways of thinking and feeling.

And today, let yourself be your own person with your own mind.

## DAY TWENTY-ONE

### Being picky and particular

If you were to buy a water bottle for your partner, how would you shop for it?

You'd probably take a lot of consideration into what they'd prefer: Do they like glass over plastic? Do they want a big one to hold more water, or one that is lightweight? What is their favorite color? Do they like the straw feature or prefer a wide opening?

You'd care about the quality of the product – if it's leak proof enough, insulated enough, durable enough; if it is a brand they'd feel good about.

Maybe you'd even leave empty-handed and go to another store if the selection wasn't good enough.

You'd show your love by being thoughtful towards all the little details, attempting to make the best possible choice based on their preferences.

**You'd be *picky*. You'd be *particular*.**

Because you care.

But would you shop in the same way for yourself?

Would you take a lot of time, consideration, pickiness, and being particular... towards choosing something that only you would use?

Would you be thoughtful about all the little important details that would give you a nicer, higher-quality experience?

How about when you do chores for yourself, or buy food for yourself, or make time in your schedule, or care for your health?

Do you do it with attention to detail, with thoughtfulness, and intention?

Do you take pride in treating yourself just as highly as you would anyone else you love?

Today, remember that being “picky” and “particular” towards yourself is part of self-love and having your own identity.

## DAY TWENTY-TWO

### Detoxing

The practice of being more of yourself is a detoxification process.

You are detoxing from relying on someone else's opinion, influences, and emotions to tell you how you should think and feel.

You are letting go of believing that somebody else knows better than you.

You are acknowledging that your feelings are not actually connected to their feelings.

You are finally looking within yourself to find who you're supposed to be.

You are differentiating between what you *thought* you wanted, versus what you actually do want.

You're venturing out of the clutches of the familiar cage of pleasing, and into the vast freedom of listening to who you really are.

**And you are probably feeling a lot of conflicting emotions right now.**

It may feel risky and scary to pay attention to your own whims.

You may have doubts and wishy-washiness about trusting what you really want and knowing how you really feel.

You may feel *under*whelmed, finding that listening to yourself isn't as "exciting" (anxious) and "fulfilling" (temporarily relieving) as seeking validation from your partner.

But this is all part of the detoxing process.

Your body, mind, and soul are coming down off of the unnatural and unhealthy high of constantly performing for peanuts, and readjusting to remembering what it's like to feel self-focused and aligned within.

Today, know that this is all part of the process and you *will* feel like yourself again – in an even more amazing way than before.

## DAY TWENTY-THREE

### **You can't do both**

You cannot learn how to create your own happiness, while also still trying to do everything to make your partner perfectly happy with you.

You cannot cultivate genuine self-esteem and security, while also trying to control who your partner looks at or talks to.

You cannot know your own fashion style, your own self-expression, your own purposeful path in life – while also wanting to make sure that your partner approves of everything.

You cannot have a healthy, confident identity of your own...while also trying to prevent someone else's discomfort or disapproval.

### **You can't put yourself first while still trying to put your partner first.**

This doesn't mean that you *only* put yourself first from here on out.

It just means that you — by default — think of yourself and your own happiness and wellbeing first.

And then you consider what's going on for your partner, or others.

And *then* you make a choice.

Putting yourself first is a thoughtful and responsible process because you never lose touch with yourself, even while being aware of others.

You never make decisions from fear and knee-jerk anxious responses. Instead, you reduce the fear and anxiety by prioritizing taking control over what you have full control over.

You aren't confused about what really want, because you know that what you *really* want is to take responsibility for your own love, your own happiness, and your own validation.

And from that place, you love and care for others.

Today, stop trying to equally prioritize both. Choose the one you really want, and put the other second.

## DAY TWENTY-FOUR

### A healthy relationship

In a healthy relationship, your partner will not lose interest in you if you stop trying to appease them in every way.

In a healthy relationship, they aren't attracted to you solely because you do everything the way they want.

In a healthy relationship, your partner doesn't want you to anxiously adjust yourself and please them and have no opinions or nuances of your own.

In a healthy relationship, your partner is willing to give you room to change, grow, and improve your life.

In a healthy relationship, your partner does *not* want a groveling servant, an obedient dutiful robot, a perfectly compatible copy of themselves. (Boring.)

**A healthy relationship is built upon two people who are seeking their most fulfilling identities — and then loving and supporting each other through these endeavors.**

A healthy partner will want you to make the changes that you need in order to feel more happy and whole within yourself.

A healthy partner will be willing to adjust to you in the name of improving your wellbeing.

A healthy partner will love you for *so much more* than you just always being around, always doing the same thing, always being predictable and agreeable.

A healthy partner will find it alluring, exciting, interesting, and sexy for you to become more alive inside, more varied, more engaged with your own individuality.

And as a healthy partner, *you* will find it attractive and fun when you both are pursuing your individual best selves – and then coming together to share a life together.

Today, know that it's healthy to love being with your partner without feeling as though you desperately *need* your partner. And that it's healthy for your partner to feel the same way towards you.

## DAY TWENTY-FIVE

### Redefining what's romantic

What's more romantic than feeling super loved and adored by your partner?

A: Feeling super loved and adored by your partner while also enjoying having your own life and identity, and not feeling pressured to maintain a high level of approval at all times.

What's sexier than feeling super desired by your partner?

A: Feeling super desired by your partner while also feeling love towards yourself as a person, knowing that someone else's desire doesn't make or break how you get to feel about yourself.

What's more fulfilling than having a partner that makes you feel secure?

A: Having a partner that makes you feel secure while also doing all the things in your own life that make you feel secure with who you are.

**A lot of romance songs, movies, and shows imply that it's *most* romantic-sexy-fulfilling to be the object of someone else's affection.**

This gives the impression that it is *only* through someone else's love, desire, and validation...that *then* are we allowed to feel amazing about ourselves.

But reality is: Honeymoon phases wane. Daily life comes with complications, conflict, and challenges. There'll always be somebody out there who is "better" than you in some way.

Your partner is not always going to be able to give you exactly what you want.

Reality is, the more you romanticize getting all your love from your partner – the more disappointed and troubled (aka: not very romantic) you'll end up feeling in the long run.

But reality *also* is that you can romanticize owning a life and identity that genuinely creates your own-esteem, love, fulfillment and attractiveness.

By doing this work you are on the path towards feeling more romance, more desire, more security and fulfillment...and it's all within your own hands.

Today, romanticize having an amazing relationship with yourself.

## DAY TWENTY-SIX

### More energy, less effort

When you first face all this identity work, you may feel discouraged by thinking that you'll have to expend *more* effort and energy.

You'll have to be more aware of yourself, stand up for yourself, express yourself, face discomfort, think differently, take risks.

And when you think of doing these things *on top* of everything else you've already been doing... it might feel disheartening and overwhelming.

But remember: It's not about burdening yourself with even more duties – it's actually about relieving yourself of unnecessary burdens.

By having your own separate identity, you will start to see how much efforting and exhaustion you've been putting forth in your relationship is *optional*.

**You'll free up more of your time, you'll put your efforts towards things that will benefit your future self, and your *emotions* will be much less affected.**

Think of all the time and energy you've been spending on emotional turmoil.

How much it distracts and detracts from your everyday life. How it eats away at hours of the time that you could be spending doing something more productive and peaceful.

Emotional turmoil is *exhausting*.

And you don't just feel the turmoil – you fret about it. You scramble to do things to try to avoid feeling it, to cover it up, to fix everything.

And it never works. It only takes more effort and takes away from your time and energy. It is a vicious cycle.

Once you start to break this cycle, your emotions will be freed up. Once your emotions are freed up, you'll have so much more time and energy for the things that matter.

Today, take your energy and effort away from something that isn't serving you, and use it towards something that does.

## DAY TWENTY-SEVEN

### Choosing yourself

How do you choose yourself?

By reminding yourself *everyday* that you've already spent a long time trying to control how your partner feels about you – and how much it backfired.

Remembering how you didn't like who you became when you were trying to do that. How it didn't feel attractive, stable, or fulfilling to be living that way.

By recommitting to all the reasons behind *why* you are choosing this enticing new path.

And knowing that even though you may feel inspired and dedicated towards choosing yourself today, tomorrow you'll have to make an effort to re-choose yourself again.

And again. And again.

**On some days, you'll have to consciously re-choose yourself again every hour.** And that's perfectly normal.

Because even though you may *want* to choose yourself, you are still going to forget. You are going to worry all week about something your partner said, and you'll realize you've completely fallen back into the patterns of revolving around them.

IT. IS. OKAY!

It is normal to have ups and downs, to have a good streak then immediately slip back into old habits. It's simply part of grappling with being human while loving another human.

All you do in that moment is say, "Oh yeah, I forgot. It's cool. I'm going to remember to choose myself again right now."

And you gently refocus and remind yourself how important it is for you to care for your own identity, your own happiness, your own experience in life.

Your identity will slip out of your hands again and again. Just retrieve it and dust it off.

Today, remember to choose yourself. Over and over again.

## DAY TWENTY-EIGHT

### Do you like your reason?

One of the most fun and fulling parts of being in a relationship is bringing joy, love, support, and connection to the life of another human.

Wanting to please your partner and go out of your way for them is healthy and wonderful... *when done with intention and awareness.*

This means you get to *choose* when you want to make an effort and please your partner, rather than just having a knee-jerk mindless reaction.

So how do you please your partner with intention and awareness?

**By being honest with yourself about *why* you want to please them.**

Why are you choosing to inconvenience yourself in order to let your partner use the car?

- Is it because you're wanting them to love and appreciate how selfless you are?

- Or is it because it makes sense to you in this situation?

Why are you surprising them with a special breakfast before work, on a random Tuesday?

- Is it because you're worried that they have a new cute coworker?

- Or is it because it brings you joy to do so?

Why are you accompanying them to an event that you're not actually excited about?

- Is it because you think you have no other choice?
- Or is it because you actually prefer that you make the extra effort?

**Then, ask yourself if you *like* your reason.** How does it make you *feel*?

Does this reason feel good and aligned with who you really wish to be? Or are you feeling anxious while needing a positive reaction from your partner?

From there you can make an intentional decision.

Today be aware of your reason for wanting to please, and ask if you like your reason.

## DAY TWENTY-NINE

### Having fun is important

What made you feel alive and engrossed and inspired while growing up?

Hint: It very well might be things that you are currently writing off as “silly”, “stupid”, “childish”, or “fantasyland” right now.

Was it listening to music in your room for hours on end, as you imagined a different life... a different world?

Did you pretend to be your favorite star athlete every time you met up with your friends on the weekends, excited to see yourself do something you once felt was impossible?

Were you creating imaginary clubs with your stuffed animals, pretending to interview celebrities in your livingroom, or continually reenacting pieces of historical dramas?

What were your starry-eyed dreams? Your “unrealistic” fantasies? The things you naturally found fun and exciting?

Think about how good it felt to daydream, play in, or pursue these things. Think about how freeing, exciting, and enchanting it felt to allow yourself to simply follow what *felt amazing to your soul*.

When you’ve lost touch with your identity, you’ve stopped focusing on things that feel genuinely good to who you really are.

**Yet in order to be your own person and *enjoy being yourself... you have to be having fun.***

You have to remember what it feels like to follow the whims of your mind. To be tickled by curiosity and being open towards what you innately feel inexplicably drawn to.

These things might not make sense to anyone else. They might not upgrade anyone's opinion of you. And they might not make anyone feel joy and connection except for *you*.

But that's the whole point of enjoying your own identity – it's about allowing yourself to revel in things that are only for yourself.

Today, know that having fun is a serious, important thing.

## DAY THIRTY

### Where they end and you begin

There's something "small" that your partner says or does that instantly affects you.

When they do this, no matter how hard you've tried to prepare yourself ahead of time, you find yourself having an immediate emotional reaction. It feels uncontrollable.

It feels as though your emotions and actions are attached to your partner's emotions and actions, and you are helplessly being swept along by this big tidal wave.

You may suspect you're overreacting — but you can't help it! And now you're also mad at yourself for how worked up you're getting. It's chaos.

This happens *so fast*, so let me play it in slow motion so we can see what's going on.

Here we go: Your partner says or does this thing.

**Now, let's pause this and study it like a scene in a movie.**

There's your partner there, and there's you over here. You're not physically stuck together.

You do not actually share the same emotions. You are two separate humans.

Notice that there is *space* between where they end...and you begin.

You are your own individual entity. They cannot force their emotions and reactions onto you.

When you start being aware of this *space* in real life, you will begin to notice a delay in feeling an emotional response, even if just for a nanosecond.

If you can delay it for a second or two, you will see that you have some space – some control – over where your emotions are coming from, and how quickly they happen.

You will notice that your emotions and reactions kick in *only when you let your thoughts kick in*. But the point isn't to stop thinking and feeling. The point is to start seeing the space between you...and them.

Today, look for this space and feel the peace of knowing you that are your own entity.

## **DAY THIRTY-ONE**

### **You're still growing up...forever**

You may have reached your full size physically, but to be human is to continue to grow as a person.

You are *supposed to* change and grow each year.

Just because you reached a certain age doesn't mean that you're a finished product. It doesn't mean that this is who you're stuck as for the rest of your life.

You didn't have power over what happened while you were growing up. But as an adult you get to decide over and over again who you're becoming, regardless.

#### **This is a wonderfully freeing realization.**

It keeps your mind open to all the possibilities. It keeps you excited for the future, curious and inspired towards who you're growing up into.

Your career, family roles, marital status, current place in life... they are parts of who you are, but they don't make you who you are.

You don't become happy with yourself by checking off a list of accomplishments and making everyone else satisfied and comfortable with you.

(This is why there are so many identity crises and disillusionment in our society. People spend their whole lives doing everything "right" and then discover that they never got to experience what it's like to do what actually felt right to them.)

You become happy with yourself by continually re-creating yourself.

Instead of fearing getting older and mindlessly following the popular belief that everything is downhill from a certain age... you get to look forward to the rest of your life.

Which is a much more high-quality, productive, life-affirming attitude and energy.

You get to decide.

Today, revel in the excitement of looking forward to who you're growing up into.

## WHERE TO GO FROM HERE

You did it.

Whether you read a page everyday for a month, or made it here in one sitting – I'm so proud of you for taking the time to do this for yourself.

By now you've undoubtedly felt a major shift in the way you think about and feel towards who you are in your relationship, and it has been my pleasure to escort you.

I encourage you to come back to these pages and re-read the ones that you most need in the moment.

It is my hope that you'll find support, love, and companionship in these words through the magical chaos that is becoming who you really want to be.

Sending all my love to your identity,

Tracy

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**Now that you've gotten a taste of the wonderment of your identity, you may be wanting to bring your new sense-of-self *fully* to life.**

I can help you genuinely be more your most alluring, interesting, self-loving identity in your relationship.

Get coached weekly by me on zoom. Just you and me. Talking through your challenges, coaching you through your fears, and finally doing the things in a way that is right for *you*.

[Click here to book a free consult to get coached by me now.](#)

