



# HOW TO CREATE YOUR ALTER-EGO

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When my coach first asked to do this exercise many years ago, I thought the idea was ridiculous. That was until I realized the true impact of this exercise. Creating your alter ego gives you the permission to visualize your future self and how you want to live your life. And it was upon my recent revisit of what I wrote in 2016 that I realized how much of what I wrote back then, I embody and do now.

You can read what I wrote all those years ago below, and create your own alter-ego through the prompts outlined in the second half of this document. Be sure to check out the original Full Frontal Living™ podcast episodes on Alter-Egos to learn more about the power of this exercise. The episodes are linked below.

Happy visualizing!

[EPISODE 34: How To Create Your Alter Ego And Become The Woman You've Dreamed About](#)  
[EPISODE 147: How an Alter Ego Can Change You and Your World](#)

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She's wildly confident, so much so that when she walks into the room, people are captivated by her energy and drawn to her. She has a welcoming energy but you can feel her fierce passion just by standing close to her. She's never boastful but is proud of all she's accomplished, the hurdles she's overcome and is unwavering in who she is and what she believes in.

She is unapologetic for what she wants for her life and her business and doesn't doubt for a moment that she's capable of making her dreams come true. She's both a giver and a receiver and can move between the two energies flawlessly. She's generous, kind and empathetic but has no problem being the CEO in her business and drawing a firm line in the sand when it comes to her boundaries. This doesn't make her a bitch and is part of the thread that strengthens her self-worth.

At her core she knows she's here as a powerful leader and healer and she doesn't take this responsibility lightly. She's got high levels of integrity but first and foremost stays true to herself and her values. Connection, community, family, integrity and generosity are the foundation of all she does.

She's the friend you want to have in your corner who will always be there to listen, hold space and help you see and feel what you're unwilling to so you can grow and expand. She's relaxed in this role yet never leads from a place of ego. She's a leader because she's committed to being in the trenches with the women she serves and is not afraid of sharing the most vulnerable parts of herself.

She's deeply connected to her intuition and never questions her decisions but simply moves through each one knowing that what is meant to unfold will do so perfectly. She embraces her feminine energy as her greatest strength and no longer doubts the role it must play in her life. She's able to do this while still embracing her masculine drive and ambition while no longer being afraid that it's power will seduce her into a place of becoming disconnected. She no longer fears losing herself or her way.

Her superpowers are asking for and receiving help along with sharing her stories unedited and speaking off the cuff. She never questions or doubts the words that leave her mouth and always trusts that something greater than her is speaking through her. She will say the tough things that need to be said but always from a place of love. No one ever feels judged by her but only feels supported, heard and understood. She has the power to see into the dark corners of people and bring them into the light to be healed. She evokes deep emotions in others. She has no idea how she can do this so easily and effortlessly but she no longer questions it or downplays how magical it is.

She has no fear of adventure and will hop on a plane anytime she has the chance to see the world and experience all that life has to offer. She doesn't let the rules of the world dictate how she lives. She knows that life is meant to be lived fully and that success and fulfillment will never be found behind a computer screen.

She's confident and secure in her ability to make and manage money and never worries about where her next client will come from because she's always in high demand. Her reputation is spotless and she is always spoken highly of by her peers, clients and friends. She's well respected and loved by anyone who's had the opportunity to work with her or be part of her inner circle.

She honors all the things she loves and no longer says yes to anything that doesn't fill her soul with joy. She has no problem investing in all the activities she wants to participate in like latin dancing and plays just as much as she likes to work.

She loves blank space and time and doesn't feel the need to fill it with busy or a to do list. She feels no guilt hopping in her car with the top down just to enjoy the wind in her hair, sun on her face and music in her ears. She embraces letting the process be easy but doesn't shy away from doing the work that needs to be done so she can have the freedom and income she desires.

She honors her need for quiet time and her non-negotiable self-care.

She's a beast in the gym but knows when to pull back and let go of her ego reaching for more. She's strong and she's smart about how to stay that way. She also rocks a fierce body she's proud of and doesn't dim her light in fear of making someone else feel small.

She knows how to be the boss in her business by letting go of anything that doesn't fill her with joy and she trusts her team to have her back. She's generous and treats them like her family because she's just as invested in their growth and success as she is her own.

She's wild at heart and in spirit in the bedroom and honors the importance of her sexuality and is committed to making playtime with the love of her life a priority. There's no room for work exhaustion because it extinguishes her passion and creates a disconnect.

She's part of organizations that have a bigger impact on the world like educating women in other countries so they can enjoy the power of education. It's not lost on her how much she took this for granted growing up and how valuable it was and continues to be. She wants to empower other women to step into what's possible for them and cultivate their own dreams and desires.

Above all else she believes the life she's dreamed of is possible and that every day gives her new opportunities to change the lives of others and create the vision she holds for herself. She starts each day grateful for what she's created already and excited about what will unfold.

# QUESTIONS TO BUILD YOUR ALTER-EGO

What is their name?

What do they do when they wake up?

What do they tell themselves as they get ready for their day?

**How do they feel about school & learning?**

**How do they show up in their relationships with their friends? parents? teachers? colleagues?**

**What do they like to do for fun?**

**How do they like to dress?**

How do they show people they love them?

How do they stand up for theirself?

**What things do they love to do that make them happy?**

**What do they love, value and appreciate about themselves?**

What kind of people do they surround themselves with?

What do they like to do in their spare time?

**What do they do to support them being healthy?**

**How do they feel about their body?**

**What are their goals and dreams?**

**What kind of relationships do they surround themselves with?**

**What do people think when they walk into a room?**

**How do they feel about themselves when they walk into a room?**

What are their values?