

Coach Identity Worksheet

Bonnie Wirth

Impact is born from alignment — rooted in purpose, guided by integrity and serving at the highest level.

Aligned Coach Method™

Intentions for Phase 1:

Recognizing the Limitation of the Logical Self

1. To expose and release the illusions that bind the limited coach
2. To lovingly dismantle and dissolve these distortions, so they no longer hold power.
3. To open the energetic a space for the Aligned Coach to rise — ensuring the transformation of identity becomes a seamless and inevitable process.

Illusions Diminish You —

Old identities are built on conditioning—wounds and beliefs of unworthiness we've unconsciously absorbed.

Illusions we've unknowingly accepted.

A reactive consciousness.

The voice that whispers, "You're not good enough," "You don't have what it takes to coach," "You're too inexperienced,"—as if they're facts.

But they're not truths—they're illusions. When you see through them, they collapse.

Reflect honestly.

A Conversations with the Limitation of the Logical Self

I need more training and certification to be a coach.

I'm not experienced enough to coach effectively.

I need to have all the answers before I can confidently coach.

I fear my coaching isn't enough to make a real impact.

I doubt whether I can fully support my clients' transformation.

I believe I need to fix myself before I can effectively coach.
others.

I feel overwhelmed by the responsibility of holding space for
others' growth.

My value as a coach depends on my ability to deliver results.

Accepting money as a coach feels unsafe or wrong.

I don't believe I can attract enough clients to sustain my
practice.

Reflect honestly.

Higher Truth Elevates You—

Step into your divine identity—where certainty, abundance, and authentic influence are your natural state.

Your Higher Self is the anchor of truth. When you align with it, the illusions of inadequacy fade—revealing your true coaching power.

The power, the impact, and the purpose—they have always been within you, awaiting your conscious claiming beyond the illusions of the conditioned mind.

Higher truth.

A Conversations with the Aligned One.

I am fully qualified and inspired to guide others towards their highest potential.

I am a divine presence capable of transforming lives and igniting potential in others.

I embody integrity, authenticity, and humility.

Money is a limitless, flowing energy.

True success is holistic, where abundance and joy grow hand in hand.

I witness the transformation in others, I am a holding space of divine love

I observe and nurture the unfolding of each person's highest potential.

I am inherently worthy and fully qualified to support and serve others.

My worthiness and qualifications come from within and are amplified by divine guidance.

Receiving money is a divine expression of abundance flowing freely through the universe.

Higher truth.

A Conversation with the Aligned One

Dissolving Illusions: Embodiment Practice

Become Aware— Begin by reflecting on each illusion listed. Add any illusions specific to you and your low-light self to ensure your list is fully comprehensive.

Self-Assess— Rate how true each illusion feels to you right now on a scale from 0 (not true at all) to 10 (completely true).

Challenge— For any statement that feels true or partly true, ask yourself: “Why is this not the full truth?” Allow your Higher Knowing to provide the answer.

Release— Recognize each illusion as energy, not absolute truth. Consciously release it with kindness: “Thank you. I see you. I honor you. And I release you.”

Recalibrate—Read the Higher Truth column slowly, allowing it to resonate in your body. Reassess your score of the illusion,

Anchor— Solidify the shift with a personal declaration (e.g., “My name is ___, and I am evidence and proof of this truth”) and/or a quantum action that embodies your new identity.

Note: Sometimes illusions dissolve instantly; other times, they fade gradually. Either way, your scores will shift as these illusions lose their grip. the Higher Truth will become your new normal—the standard operating system of your Aligned Coach.