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#FindTheMissingPieceWithin

Rebuild Your Identity In 2026:  
7-day Reset Guide

# REBUILD YOUR IDENTITY IN 2026



**A 7-Day Reset Guide for  
Women Who've  
Outgrown Their Old Self**





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## Welcome!

If you're reading this, something inside you already knows:

You're not who you used to be and you're not sure who you're becoming.

This guide is not here to fix you. You are not broken.

It's here to help you pause, listen, and rebuild your identity from the inside out in a way that feels safe, grounded, and honest.

Over the next 7 days, we will work gently with your inner world, your lived experiences and your evolving sense of self.

No pressure. No reinvention. No pretending.

Just coming home to yourself.



**Sinthu Thakur**  
**Founder, Sintrinsic Coaching**





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## How to Use This Guide

- Set aside 10–15 minutes a day
- Read slowly. There is no need to complete everything
- If emotions come up, that's information not failure
- Return to the exercises whenever you need

This is not a challenge. It's a reset.





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# DAY 1: THE IDENTITY AUDIT

## Who have I been surviving as?

Before we rebuild anything, we need to understand what you've been living inside.

Many women don't lose themselves suddenly. They lose themselves gradually, through roles, expectations and survival.

Today is about awareness, not judgement.





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## Reflection

Answer honestly. There are no right answers.

1. The roles I currently occupy (circle all that apply):

- Professional / Leader
- Mother / Caregiver
- Partner
- Daughter / Family role
- Helper / Fixer
- Achiever
- Other: \_\_\_\_\_

2. Which of these roles feel heavy rather than fulfilling?

3. Where in my life am I performing rather than being?

4. Finish this sentence: *“Lately, I’ve been living as someone who...”*

**You are not your roles.  
You are the one carrying them.**





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# DAY 2: RESETTING YOUR BODY–BRAIN CONNECTION

## Why becoming her again can feel unsafe

Identity change isn't resisted by your mindset.

It's resisted by your body–brain connection.

Your brain is wired for familiarity even if what's familiar is exhausting.

That's why change can feel threatening, overwhelming, or paralyzing.

Today is about creating safety first.





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## Gentle Reset (5–10 minutes)

- Sit somewhere comfortable
- Place one hand on your chest, one on your stomach
- Inhale slowly through your nose for 4 counts
- Exhale through your mouth for 6 counts
- Repeat for 2–3 minutes

Now ask yourself:

*“What feels unsafe about becoming a different version of me?”*

Write without censoring.





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## Reflection

When I imagine changing, my body feels (tick as appropriate):

- Tight
- Heavy
- Numb
- Anxious
- Curious

The change I secretly want but feel afraid of is... and why...? (Write without censoring).



**Safety precedes change.  
You don't need to force yourself  
forward.**





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# DAY 3: NAMING THE LOSS

## Grieving who you used to be

Identity shifts often come with unspoken grief.

You may grieve:

- Your former confidence
- Your career momentum
- Your freedom
- Your body
- Your clarity



Grief doesn't mean you want to go back.  
It means something mattered.





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## Reflection

Finish these sentences:

1. The version of me I miss the most is...
2. What she gave me was...
3. What I've never allowed myself to mourn is...

Take a breath. Grief softens when it's named.



**You are allowed to miss who you were without staying there.**





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# DAY 4: THE WOMAN BENEATH THE ROLES

## Separating identity from usefulness

Many women confuse being valuable with being useful.

If productivity, caregiving, or achievement disappeared who would you be?

Today, we begin separating who you are from what you do.





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## Reflection

Finish these sentences:

1. Without my roles, I am still someone who...
2. The parts of me that exist without permission are...
3. When no one needs anything from me, I feel...

## Values Reconnection

Circle the values that feel alive now (not who you used to be):

Purpose

Joy

Self-Compassion

Authenticity

Growth

Courage

Connection

Resilience

**Your worth is inherent.  
It does not need to be earned.**





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# DAY 5: REDEFINING SUCCESS

## Rewriting the rules you didn't choose

Many definitions of success were inherited, absorbed, or imposed.

They may no longer fit the woman you are becoming.





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## Reflection

Finish these sentences:

1. Success used to mean...
2. Success currently feels like...
3. In 2026, success on my terms would look like...

## Identity Anchors

Choose three words to guide your identity in 2026:

1.

2.

3.

These are not goals....  
They are ways of being.



**You are allowed to redefine the game.**





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# DAY 6: THE MICRO-SHIFT

## Signalling safety through small action

Big identity shifts don't happen through intensity. They happen through consistency.

Today, choose one small behaviour that aligns with who you're becoming.

Examples:

- Rest without guilt
- Speak honestly once
- Create space for silence
- Say no where you usually over-give





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## Reflection

The identity I'm moving toward is...

One small action I can repeat daily is...



**Your nervous system learns through repetition, not pressure.**





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# DAY 7: BECOMING HER AGAIN

## Integration, not transformation

You did it and welcome back!

BUT

This is not the end...

It's the beginning of a more honest relationship with yourself.





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## Future Self Letter

Write a short letter from December 2026.

*“Dear me, you didn’t lose yourself. You found her by...”*

Let her speak freely.

## Closing Reflection

- What feels clearer now...
- What feels softer...
- What I want to protect moving forward...

**You don’t need to become someone new.  
You are remembering who you already  
are beneath everything.**



# About Sinthu Thakur

I'm Sinthu Thakur, a clinical scientist in neurophysiology, coach and founder of Sintrinsic Coaching.

Like many women I work with, my life has been marked by invisible transitions: building a career rooted in science, navigating leadership and responsibility and becoming a mother twice, while slowly realising that the version of me I was surviving as no longer fit.

From the outside, things looked fine. Inside, I felt disconnected, stretched thin and quietly questioning who I was becoming.

My mission is simple: to help women rebuild identity without burning their lives down and to remember who they are beneath roles and expectations.

If this guide resonated, it's because something in you is ready for deeper support.





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# What Comes Next

If this guide resonated, it's because something in you is ready.

Sinthu Thakur is a clinical scientist and founder of Sintrinsic Coaching. She supports high-functioning women navigating identity shifts to rebuild a sense of self that feels steady, grounded, and true without burning their lives down.

Becoming Her Again is a deeper, supported journey blending identity work, lived experience, and the body-brain connection.

**Join the waitlist**  
**Book a clarity call**



You are not late.  
You are right on time.

