



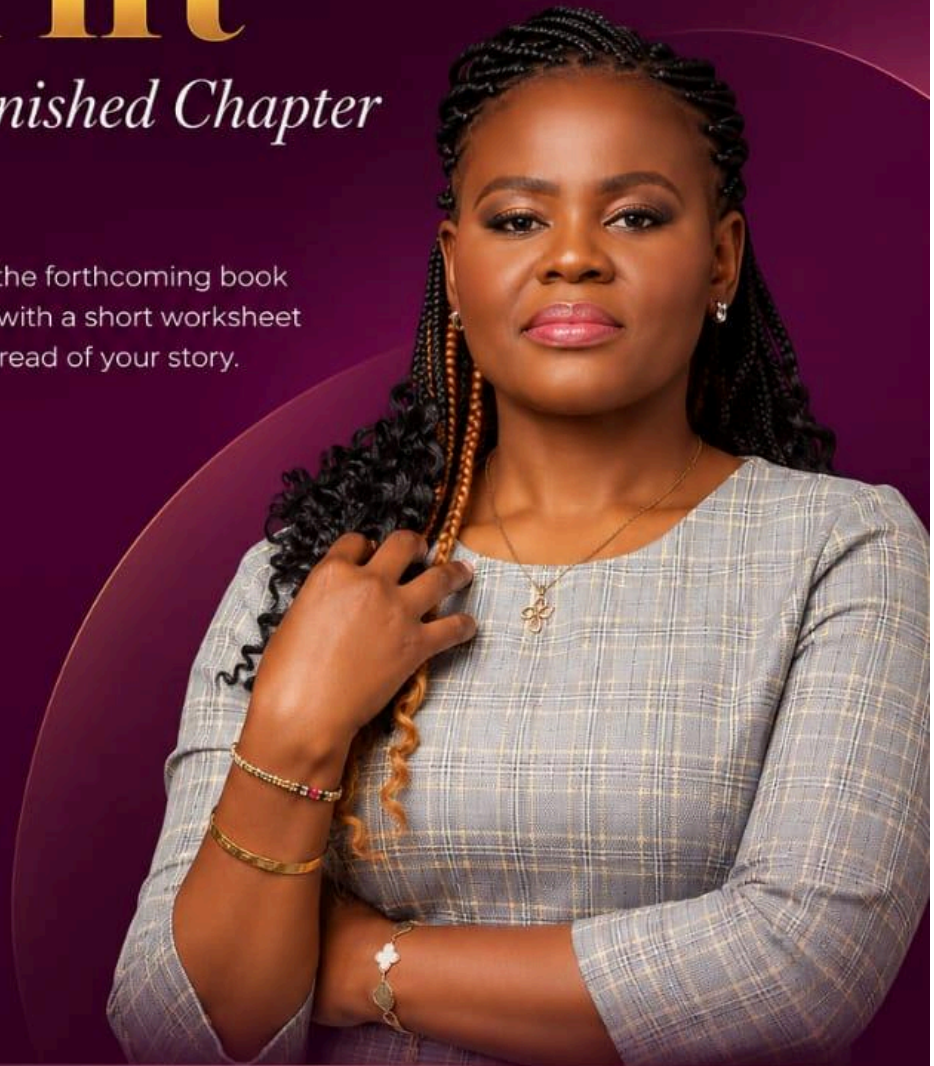
A REBUILDING JOURNEY™ FIELD GUIDE

FOR YOUR STORY

Identity Drift

The Unfinished Chapter

An excerpt from the forthcoming book by Dorcus Juliet, with a short worksheet for naming the thread of your story.



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Transformational Coach & Identity Strategist · Founder, TPDC Thrive

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A NOTE BEFORE YOU BEGIN

Dear friend,

If this reached you through your Identity Reading, your lowest score was **Story**. . If it reached you through the Rebuilding Journey™ map, you are in the **Discover stage**. **Asking** “who am I now”. Neither means your story is small. It usually means the chapters of your life have not yet been read together. Where you have been and where you are going can feel like two different books.

I know that feeling well enough to have written a whole book about it. *Identity Drift: Take Yourself Back* is about the slow, quiet way we drift from ourselves, and the road back. The pages that follow are an excerpt from it, shared before the book is out.

After the excerpt there is a short worksheet. It will not ask you to have your story figured out. It asks you to name your chapters, find the thread that runs through them, and give the chapter you are living now a title.

Your story is not finished. That is the good news.

With belief in your becoming,

Dorcus Juliet

Transformational Coach & Identity Strategist · Founder, TPDC Thrive

HOW TO USE THIS GUIDE

Before you begin

15 minutes to read · 30 quiet minutes for the worksheet

How to work through it

- Read the excerpt slowly. Underline the lines that sound like you.
- Then give yourself 30 quiet minutes for the worksheet. A pen works better than a phone.
- Keep the page where you named your thread. You will want it again.
- In 90 days, retake the Identity Clarity Audit™ and compare your Story score.

This guide is for you if

- Your past and your present feel like they belong to two different people.
- You can list what happened to you, but not what it meant.
- You have outgrown an old version of yourself and have not yet met the new one.
- Someone asks "So, what is your story?" and you give them your job title.



This guide is a coaching tool for reflection and growth. It is not therapy, and it does not replace care from a counsellor, psychologist or doctor. If painful memories come up as you work, pause and speak to a qualified professional. Support contacts are on the last pages.

AN EXCERPT FROM IDENTITY DRIFT: TAKE YOURSELF BACK

PLACEHOLDER · NOT FOR SHARING

There is a season of my life I can only describe as applause on the outside and choking on the inside. By every visible measure, I had made it. People praised me the way you praise a woman who has arrived. *Look at you. Look at what you have built. You have made it.*

And in the real sense, I was choking. Because I knew what nobody clapping could see. The woman inside the woman everyone could see had quietly gone missing, and I was the last one to notice, because I was too busy standing in for her.

Nobody trades herself away in one big transaction. You drift, the way a boat drifts, one small current at a time, while everyone on the shore is waving at how well you are sailing. Each trade is so reasonable in the moment you would defend it to anyone. And the running total is never announced. You only discover the balance the day you reach for yourself and find the account almost empty, the day you look up and cannot find yourself in the ledger.

That is the cruelest part. The losses have no names. Especially to you.

But here is what I have learned, slowly, the hard way: you are not required to become someone new. You are only being invited to come back. And coming back starts with a question I am not going to let you skip past:

Where did I go?

Sit with it. The chapters you have already lived are not a different book from the one you are living now. They are the same book. You just haven't read them side by side yet — which is exactly what the pages that follow will help you do.



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Want the whole book? Turn the page.



THE BOOK · COMING IN 2027

Identity Drift

Take Yourself Back

DORCUS JULIET

This excerpt is one small part of the whole. The book follows the full road: how we drift from ourselves, what the drift costs, and how to take yourself back. If these pages spoke to you, join the readers list and be among the first to know when it is out.

YOU WILL HEAR FIRST ABOUT

- ◆ The launch date
- ◆ Where to get your copy
- ◆ Launch-week details



WhatsApp the word BOOK to +254 734 878148

Or email info@dorcusjuliet.com with "Identity Drift" in the subject line. Please include your name and country.

Your details are used only to tell you about Identity Drift and related resources from Dorcas Juliet. Reply STOP at any time and you will be removed.

THE WORD

Still being written

Your eyes saw my unformed body; all the days ordained for me were written in your book before one of them came to be.

PSALM 139:16 (NIV)

Some chapters of your life you did not choose. People who left. Seasons that undid your plans. Losses you did not see coming. Scripture says none of them took God by surprise. Every one of your days was already known to him.

And the same God who saw the whole book is still writing it.

He who began a good work in you will carry it on to completion.

PHILIPPIANS 1:6 (NIV)

If faith is not part of your story, read this page as an invitation to look at your life as a whole book, not a pile of loose pages. The work that follows is the same.



THE WIRING

Why naming your story matters

Psychologists who study identity have found that we do not only have a story. In a real sense, we are the story we tell about ourselves.

Who	What they found
A life story	Psychologist Dan McAdams describes identity as a life story we keep writing: an evolving account that links our past, present and future, and gives life a sense of unity and purpose.
Redemption	In McAdams's research, people who told their hardest chapters as stories in which something good eventually came out of the bad tended to report greater wellbeing.
Agency	Jonathan Adler followed people through therapy and found that themes of agency, seeing yourself as the one who acts in your story, grew before people reported feeling better.
Writing it down	James Pennebaker found that people who wrote about difficult experiences for 15 to 20 minutes on a few days in a row tended to make fewer visits to the doctor in the months that followed.

The worksheet that follows uses all four. You will map your chapters, look for what good came out of the hard ones, name yourself as the one who acts, and write it down.

Research describes patterns and associations, not guarantees. You remain the expert on your own life.

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THE TOOL

Name the Thread

Four short exercises. Do them in order, in one sitting if you can. There are no right answers, only honest ones.

TRY THIS

1 • Your Chapter Map

Divide your life so far into chapters. Most people find between four and seven. Give each chapter a title, the way a book would. Then write one word for how it felt, and one thing it taught you.

Chapter title	Years	One word	What it taught me
<i>Example: The Firstborn Years</i>	<i>1998–2008</i>	<i>Responsible</i>	<i>I can carry a lot. I was never meant to carry it alone.</i>

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TRY THIS

2 • The Turning Point

Every chapter begins somewhere. Name the moment your current chapter began, with a date if you can. Then name what your hardest season taught you.

MY CURRENT CHAPTER BEGAN WHEN (ADD THE DATE, OR AS CLOSE AS YOU CAN GET)

ONE THING MY HARDEST SEASON TAUGHT ME THAT I STILL USE TODAY



TRY THIS

3 • Find the Thread

Look across your Chapter Map. What shows up in every chapter: a strength you reach for in hard seasons, a question you keep asking, the kind of person you keep helping? That is your thread.

IN EVERY CHAPTER, I WAS THE ONE WHO

THE QUESTION MY LIFE KEEPS ASKING ME

THE THREAD RUNNING THROUGH MY STORY IS

TRY THIS

4 • Title the Unfinished Chapter

Name the chapter you are living now. Not the one you fear it is. The one you are choosing to write.

THIS CHAPTER IS CALLED

IT IS NOT FINISHED. I WANT IT TO BE ABOUT

ONE THING I WILL DO THIS WEEK THAT BELONGS IN THIS CHAPTER

A HARD TRUTH

An unfinished chapter is not a failed one. It is a chapter still being written, and you are holding the pen.



THE MAP

Where this guide sits

This guide belongs to The Rebuilding Journey™, my map of return after a defining life transition: four stages, Heal, Discover, Define and Rise. The map does not grade where you are standing. It names it. Each stage has its own free guide, and each guide also answers one pillar of the Identity Clarity Audit™.

Season	It sounds like	Your free guide	Audit pillar
1 Heal	"Something is wrong and I cannot name it."	R.O.O.T.S.™ Release, Orient, Own, Tether, Step. Separate the beliefs you inherited from the ones you choose.	Foundation
2 Discover	"I keep noticing things about myself I had forgotten."	Identity Drift: The Unfinished Chapter (this guide) An excerpt from the forthcoming book, with a worksheet for naming the thread of your story.	Story
3 Define	"I know what is true about me; now I have to live it."	The H.A.L.T.™ Check-In Halt, Audit, Let Go, Trajectory. Release what was never yours and choose one direction for 90 days.	Drive
4 Rise	"The life I built has started producing on its own."	The 4D Model™ Discover, Develop, Define, Deploy. From a purpose you sense to a step you can take.	Alignment

See the whole map and locate yourself on it: dorcusjuliet.com/rebuilding-journey

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YOUR NEXT STEP

When you want someone beside you

This worksheet helps you name your thread. A Deep Dive™ helps you follow it.

In ninety minutes, one to one, we look at your Identity Reading and your Chapter Map, and we name the thread together. You leave with your Clarity Mirror, a written reflection of what we uncovered, and one agreed Power Move for the chapter you are living now.

90 minutes One to one with Dorcus, online

Your Clarity Mirror A written reflection of what we uncover, yours to keep

One Power Move A single agreed action for your next season

KES 2,500 · USD 20 One session



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Scan the code, or send NAME on WhatsApp. Bring this guide with you.

PASS IT ON

Who came to mind as you read this?

Someone you love may be carrying more than they show. Send them the Identity Clarity Audit™. It takes seven minutes, it is free, and their Identity Reading is private to them.



dorcusjuliet.com/theidentityclarityaudit

You may share this guide whole and free of charge, with credit to Dorcus Juliet. Please do not sell it or change it.



If you need more support

Coaching is for growth. If you are in crisis, if you feel unsafe, or if you are thinking about harming yourself, please reach out to someone now. You do not have to carry this alone.

Where	Contact
Emergency in Kenya	999 or 112
Kenya Red Cross, free mental health helpline	1199
Befrienders Kenya (call, SMS or WhatsApp)	+254 722 178 177
Outside Kenya	findahelpline.com lists free helplines by country



ABOUT THE AUTHOR

Dorcus Juliet is a Transformational Coach and Identity Strategist based in Nairobi, Kenya. She helps capable men and women rebuild their identity, heal deeply and grow with clarity.

She is the founder of TPDC Thrive, a community movement for personal development founded in December 2024, and the creator of The Rebuilding Journey™ and the Becoming More Experience™. She holds a BDS Training of Trainers certification and is ranked among the top 1–2% of LinkedIn creators in Kenya by Favikon.

She is a co-author of *When to Walk Away: The Power of Knowing When to Let Go* (ZionPearl, 2026) and the author of the forthcoming *Identity Drift: Take Yourself Back*.

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The excerpt is pre-publication text from Identity Drift: Take Yourself Back by Dorcus Juliet. Final wording may change.

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Research describes patterns and associations, not guarantees. You remain the expert on your own life.