

Returning to Who You Are™

A 7-Week Identity Journey · Adults (18+) · Course Syllabus

Course Overview

Returning to Who You Are™ is a guided journey of reflection, self-discovery, and personal growth.

Through live teaching, guided journaling, meaningful discussion, and practical weekly practices, participants explore the beliefs, experiences, and stories that have shaped their identity while reconnecting with the person they were created to be.

Rather than focusing on becoming someone new, this experience invites participants to remember who they truly are and begin living with greater authenticity, confidence, and purpose.

Format

- 7 weekly virtual sessions, 60 minutes each
- Delivered live, in a small-group format, via video
- Each session follows the same five-part rhythm: Opening & Centering, Live Teaching, Guided Journaling, Group Discussion, Weekly Practice

The Seven Practices

- Knowingness
- Stillness
- Love
- Faith
- Non-Attachment
- Devotion
- Receiving

Outcome

Participants reconnect with their authentic selves, strengthen emotional resilience, and build a foundation for intentional living by exploring the seven stages of The I AM Unshaken Identity Path™.

A Note on This Space

This is a personal growth and self-reflection experience, facilitated by Elizabeth Ainsworth, Architect of The Unshaken Life Method™. It is not a substitute for therapy or mental health treatment. Participants working through significant grief, trauma, or mental health concerns are encouraged to pursue those alongside a licensed professional, and facilitators should be prepared to gently point participants toward appropriate support if something beyond the scope of this group surfaces during a session.

Weekly Session Plans

WEEK 1 — Knowingness — Remembering Who You Are

Theme

Over years of roles, responsibilities, and other people's expectations, it's easy to lose track of who you were before all of that — and who you still are underneath it.

Opening & Centering (5 min)

A brief grounding practice and a welcome to the group; introduce the seven-week arc ahead.

Live Teaching (15 min)

Explore how identity quietly gets buried under titles, roles, and the expectations of others — parent, employee, spouse, caretaker — until the original sense of self feels distant or hard to locate.

Guided Journaling (15 min)

- Before any of your current roles and responsibilities, who were you? What did you love, notice, or care about?
- What is one thing that has always been true about you, underneath every role you've held?

Group Discussion (15 min)

Invite participants to share one insight from their journaling, not the full entry — emphasis on reflection, not performance.

Weekly Practice

Each day this week, name one thing that is true about you that has nothing to do with your role, title, or responsibilities.

WEEK 2 — Stillness — Awareness Before Reaction

Theme

Much of adult life runs on autopilot reaction — to stress, conflict, old wounds, and old patterns. Stillness is the practice of noticing before responding.

Opening & Centering (5 min)

Grounding practice, plus a brief recap: what did participants notice this week from Week 1's practice?

Live Teaching (15 min)

Explore how reactivity often isn't about the present moment at all — it's an old pattern being triggered. Introduce stillness as the space between a trigger and a response, where choice becomes possible again.

Guided Journaling (15 min)

- Think of a recent moment you reacted quickly. What might have been underneath that reaction?
- What helps you find stillness, even briefly, in a difficult moment?

Group Discussion (15 min)

Discuss patterns participants noticed in their own reactivity, and what stillness practices already work for them.

Weekly Practice

Practice one full breath before responding to anything that feels emotionally charged this week.

WEEK 3 — Love — Coming Home to Yourself

Theme

Many adults have spent years being far kinder to everyone else than to themselves. Love, in this practice, means turning that same compassion inward.

Opening & Centering (5 min)

Grounding practice, plus a recap of the week's stillness practice.

Live Teaching (15 min)

Explore where harsh self-talk often comes from — years of conditioning, comparison, or perfectionism — and what it would mean to extend the same grace to yourself that you'd offer someone you love.

Guided Journaling (15 min)

- What is the harshest thing you regularly say to yourself? Where do you think that voice first came from?
- What would you say instead, if you were speaking to yourself the way you'd speak to someone you love?

Group Discussion (15 min)

Discuss the origins of self-critical patterns and how participants might begin softening them.

Weekly Practice

Each time you notice a harsh self-judgment this week, pause and offer one kinder, equally true alternative.

WEEK 4 — Faith — Trusting the Process

Theme

Adulthood is full of uncertainty — career shifts, relationships, health, aging, the unknown road ahead. Faith, here, means trusting yourself to meet whatever comes, without needing to control the outcome.

Opening & Centering (5 min)

Grounding practice, plus a recap of the week's self-compassion practice.

Live Teaching (15 min)

Explore the difference between certainty and trust — and how much energy is often spent trying to guarantee outcomes that were never fully within anyone's control.

Guided Journaling (15 min)

- What is an area of your life right now where you're seeking certainty instead of trust?
- What would it feel like to trust yourself to handle it, whatever happens?

Group Discussion (15 min)

Share areas of uncertainty participants are currently navigating, and explore what trusting the process might look like in each.

Weekly Practice

Identify one decision or situation this week where you can choose trust over needing a guaranteed outcome.

WEEK 5 — Non-Attachment — Releasing Comparison

Theme

Comparing your life, career, relationships, or path to someone else's is one of the fastest ways to lose touch with who you are. Non-attachment means loosening that grip.

Opening & Centering (5 min)

Grounding practice, plus a recap of the week's trust practice.

Live Teaching (15 min)

Explore how comparison — to peers, to social media, to where you "should" be by now — quietly erodes self-worth, and what it means to measure your life by your own values instead.

Guided Journaling (15 min)

- Whose life or path do you find yourself comparing your own to most often?
- What would change if you measured your life only against your own values and goals?

Group Discussion (15 min)

Discuss where comparison shows up most in participants' lives, and what letting go of it might open up.

Weekly Practice

Each time a comparison thought arises this week, name it, and gently return attention to your own path.

WEEK 6 — Devotion — Consistency Without Perfection

Theme

Many adults have started and abandoned personal growth work before. Devotion isn't about willpower or perfection — it's about showing up again, especially after missing a day.

Opening & Centering (5 min)

Grounding practice, plus a recap of the week's non-attachment practice.

Live Teaching (15 min)

Explore why motivation-based consistency often fails, and what it looks like to build sustainable practices rooted in identity ("I am someone who...") rather than willpower alone.

Guided Journaling (15 min)

- What is something meaningful you've started and stopped before? What got in the way?
- What would it look like to return to that practice gently, without needing to have never missed a day?

Group Discussion (15 min)

Share patterns of starting and stopping, and discuss what sustainable, self-compassionate consistency could look like.

Weekly Practice

Choose one small practice to return to this week, with a plan for what to do on the day you don't feel like it.

WEEK 7 — Receiving — Opening to What's Next

Theme

After six weeks of remembering who you are, this final practice is about staying open to who you're still becoming — receiving growth and change rather than resisting them.

Opening & Centering (5 min)

Grounding practice, plus a look back across the full six weeks: which practice has felt most significant so far?

Live Teaching (15 min)

Explore what it means to remain open to growth and new chapters of life, rather than holding tightly to an old, fixed idea of who you are or what your life is supposed to look like.

Guided Journaling (15 min)

- What is one belief about yourself you're ready to release, because it no longer feels true?
- What are you open to receiving in this next chapter of your life?

Group Discussion (15 min)

Close the group by inviting each participant to share one thing they're taking with them from the full seven weeks.

Weekly Practice — Series Closing

Reflect weekly on this closing intention: I know who I am. I can pause before I react. I am kind to myself. I trust the process. I release comparison. I keep returning to what matters. I am open to what comes next. I AM UNSHAKEN.

Closing this final session with a certificate of completion or a simple ritual (each participant naming one word for who they're returning to).

Facilitator Notes

- The five-part structure (Opening & Centering, Live Teaching, Guided Journaling, Group Discussion, Weekly Practice) stays consistent across all seven weeks.
- Journaling time is private by default — invite sharing, never require it.
- This age group often surfaces real personal history — past relationships, career setbacks, grief, family patterns. Hold space for this without needing to resolve it in the session; the goal is reflection and connection, not fixing.
- If a participant shares something suggesting a need for professional mental health support, respond with warmth, avoid diagnosing or advising clinically, and gently encourage them to seek that support outside the group.
- Language throughout ("who you were created to be") is intentionally open enough to hold both spiritual and secular interpretations — avoid steering participants toward one specific belief system.