

SUNDAY 3 · THE JOURNEY WITHIN

THE PERSON YOU HAVE BECOME

with Immanuelson Sam

WHO HAVE YOU BECOME?

Don't just live. Become.



CORE MESSAGE

**Before you can intentionally become someone
new,
you must honestly understand who you have
become.**

Welcome back.

Last week, we asked a very important question:

WHO ARE YOU BECOMING?

We talked about how our habits, choices, relationships, environment and responses are constantly shaping us.

And we gave ourselves one challenge: **CHANGE ONE THING.**

BEFORE WE MOVE ON, THINK

What did you notice about yourself this past week?

What did you change?

What did you discover?

Because becoming begins with awareness.

But tonight, we're going deeper.

LAST WEEK WE ASKED

Who are you becoming?

TONIGHT WE'RE ASKING

WHO HAVE YOU BECOME?

You didn't become this person overnight.

Look at yourself today.

Personality

Confidence

Fears

Habits

Expectations

Relationships

Reactions

Beliefs

Ambitions

Insecurities

Strengths

Weaknesses

None of these appeared overnight.

You became this person gradually — through thousands of small moments.

Intentional

Accidental

Chosen

Imposed on you

Remembered

Forgotten

Some parts of who you are were chosen by you. Other parts were handed to you.

The things that shaped you

01



Family

What we were taught —
and not taught. The
words spoken over us.

02



Environment

Our communities,
schools, workplaces,
neighborhoods, culture.

03



Experiences

Success. Failure.
Rejection. Loss. Praise.
Disappointment.

04



People

Parents, friends,
teachers, mentors —
those who believed in
us, and some who didn't.

05



Our Own Choices

Repeated decisions
become patterns.
Patterns become
identity.

INHERITED BELIEFS

Think about some of the things you believe about yourself.

"I'm not good enough."

"People like me don't succeed."

"I'm not confident."

"I'm not a leader."

"I can't speak in front of people."

"I always fail."

WHO TOLD YOU?

IS IT TRUE?

Some beliefs are conclusions we reached from experiences. We interpreted it, built a belief around it — and forgot it was only an interpretation. We started treating it as truth.

Experience is not identity.

Something happened to you. That is an experience. It is not necessarily your identity.

You failed.



~~*"I am a failure."*~~

You were rejected.



~~*"I am unwanted."*~~

You made a mistake.



~~*"I am incapable."*~~

Someone didn't believe in you.



~~*"I have nothing valuable to offer."*~~

You experienced something. But you are not every experience you've had.

*What happened to you may have shaped you. **But it does not have to define you.***

The stories we tell ourselves

"I'm just naturally lazy."

"I'm not disciplined."

"I've always been this way."

"That's just my personality."

"I can't change."

"It's too late for me."

"That's how my family is."

"That's how people like me are."

Be careful.

Sometimes a repeated explanation becomes an **excuse**. And sometimes an excuse becomes an **identity**.

The story you repeatedly tell yourself can become the life you repeatedly live.

What story about myself have I accepted without questioning?

Your environment has a voice.

You don't become in isolation. Your environment is constantly communicating with you.

YOUR ENVIRONMENT CAN INFLUENCE

- What you believe is possible.
- What you consider normal.
- What you tolerate.
- What you pursue.
- What you fear.
- What you expect from yourself.

If everyone around you accepts mediocrity, excellence can feel strange.

If everyone around you avoids responsibility, accountability can feel uncomfortable.

If everyone around you is constantly negative, optimism can feel unrealistic.

This doesn't mean you blame your environment. **It means you become aware of it.**

You cannot intentionally become while refusing to examine what is influencing you.

WHAT HAVE I NORMALIZED?

Procrastination

Constant lateness

Negative self-talk

Poor communication

Avoiding hard conversations

Giving up quickly

Living without direction

Making excuses

Staying near people who pull you
back

Being afraid to try

Something can be normal around you without needing to remain normal for you.

YOU ARE ALLOWED TO

Unlearn.

-  The belief that you are incapable.
-  The need to please everyone.
-  The fear of failure.
-  Unhealthy patterns.
-  The idea that your past determines your future.

Becoming requires letting go.

But don't blame your past.

YOUR PAST

May explain you.

But it does not have to control you.

RESPONSIBILITY

Becomes yours.

At some point, it must.

You may not have chosen everything that happened to you. But you can choose what you do with what happened.

“This shaped me, but it doesn't have to define me.”

That is where responsibility begins.

Explanation vs. excuse

AN EXPLANATION SAYS

"This is why I developed this pattern."

Understanding gives you insight.

AN EXCUSE SAYS

"Therefore, I don't have to change it."

Responsibility gives you movement.

The goal isn't to spend your life explaining who you became.

The goal is to decide who you will become next.

Question your defaults.



When I'm stressed

React a certain way



When I'm afraid

Avoid



When I'm criticized

Defend ourselves



When I'm uncomfortable

Retreat



When I'm uncertain

Procrastinate

Is your default response producing the person you want to become?

~~"This is just how I am."~~

"This is how I have learned to respond — and I can learn a better way."

~~"This is just who I am."~~

But consider this — you have already changed many times.

Your opinions have changed.

Your interests have changed.

Your friendships have changed.

Your priorities have changed.

Your understanding have changed.

Your confidence have changed.

You are not a finished product.

You are still becoming.

And that means change is possible.

1 AWARENESS

2 QUESTION

3 UNLEARN

4 REBUILD

Last week we introduced:

AWARENESS → DECISION → ACTION → CONSISTENCY

Tonight, we're adding another layer.

1



Awareness

See what has shaped you.

2



Question

Ask whether it still deserves
influence over you.

3



Unlearn

Release beliefs and patterns that
no longer serve you.

4



Rebuild

Choose healthier beliefs, habits
and responses.

This is not instant transformation. It is intentional transformation.

Personal Reflection



3

MINUTES OF SILENCE

- 1 What belief about myself have I never stopped to question?
- 2 What experience has influenced how I see myself today?
- 3 What have I normalized that I know I need to change?
- 4 What part of my environment is shaping me negatively?
- 5 What do I need to unlearn?

WHO AM I CHOOSING TO BECOME?



THE BECOMING QUESTION

**What part of who you are today was shaped by a belief,
environment, or experience **that you have never
stopped to question?****

We are not here to judge each other's stories. We are here to become more aware of them.



Identify ONE limiting belief or unhealthy pattern.

1

The old belief / pattern

"I am not capable of ____."

2

Where it came from

"I started believing this because ____."

3

The truth I choose instead

"I am capable of learning, growing and ____."

4

The action that proves it

"This week, I will ____."

Don't just think differently.

PRACTICE DIFFERENTLY.

Accountability

Before the next gathering, be ready to answer:



What did I realize about myself?



What belief or pattern did I identify?



What am I choosing to believe instead?



What action did I take?

SHARE IN THE COMMUNITY

“This week, I am unlearning _____ and becoming more _____. ”

“...unlearning fear and becoming more courageous.”

“...unlearning procrastination and becoming more disciplined.”

“...unlearning the need for approval and becoming more confident.”

LAST WEEK

Who are you becoming?

TONIGHT

Who have you become?

Because you cannot intentionally change your direction without understanding where you currently are.

Your beliefs shaped you.

Your experiences shaped you.

Your environment shaped you.

Your relationships shaped you.

Your choices shaped you.

Your past may have shaped you.

It does not have to finish shaping you.

You can question.

You can unlearn.

You can rebuild.

You can choose again.

You can become again.

One thought to leave with tonight:

You are not obligated to remain the person your past created.

Maybe there are things you learned that you now need to unlearn.

Maybe there are beliefs you accepted that you now need to question.

Maybe there are patterns you've normalized that you now need to confront.

Maybe there are environments you have outgrown.

But don't condemn the person you have been.

Understand them. Learn from them. Then choose what comes next.

Growth isn't pretending your past didn't happen.

Growth is deciding that your past will not have the final word.

What must I unlearn?

What must I rebuild?

Who am I choosing to become?

You are still becoming. And that means your story is still being written.

Don't just live.

BECOME.

Welcome to The Becoming.



W E L C O M E T O

THE BECOMING

with Immanuelson Sam

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