



A COMPLIMENTARY IDENTITY TOOL

The Pearl Dive

Thirty minutes, a pen, and nobody watching.



A quiet process of subtraction, for finding the one thing
under everything you have carried.

Tracey Abbott

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BEFORE YOU PRINT

How to *use this*.

Print it in color if you can, step away from screens, and let pen meet paper. Or use a journal you already love. Either way, do it by hand.

The truth lives offline. It rarely shows up on a keyboard, and it never shows up when someone is watching. Nobody is watching here. That is the whole point.

Set aside about thirty minutes. Do not rush it, and do not edit yourself. The first honest answer is almost always the right one.

You have spent years *adding*. This does the opposite.

You have collected roles, titles, and achievements. You have adapted to boardrooms, cultures, and expectations. Somewhere in all that adapting, you lost track of who you actually are.

Most people try to become themselves by adding. More skills, more credentials, more strategy.

This is a process of intentional subtraction. It strips away the titles, the expectations, and even your own self-protection, until what is left is the thing you have been carrying the whole time.

A pearl begins with an irritation. A transformation begins with the courage to dive. The treasures worth finding are never on the surface.

When you find it, you stop *performing* and start embodying.

Beneath the roles you have worn, the cultures you have navigated, and the crises you have survived is something only you can bring. A particular combination of gifts, perspectives, and truths that is irreplaceable.

Most people are quietly afraid to name it. They think being too specific, too themselves, will make them small.

It is the opposite. The most alive leaders are the most precise about who they are. This is the work of finding that precision, and it is yours alone to do.

Six passes, one *pearl*.

I Strip away the roles that were only ever armor.

II Trace the places that met your destiny and stretched you.

III Name the people who were your mirrors, mentors, and adversaries.

IV Return to the moments that carved truth into you.

V Claim the gifts you cannot not give.

VI Write the one sentence that holds your essence.

BEFORE YOU BEGIN

A little *courage*, mostly.

TIME

About thirty focused minutes.

MATERIALS

A pen, paper, and a little courage.

PRACTICE

Do not edit. Let the depth show you what matters.

AFTER EACH SECTION, ASK

What did this teach me, and how does it show up in how I lead and live today?

No performing. Just the truth.

I Roles You Have Worn

What masks have you collected?

List the roles and titles you have accumulated, at work, at home, in the world. The official ones and the unofficial ones. The fixer. The visionary. The skeptic.

ROLES AND TITLES I HAVE HELD

REFLECT

- Which roles felt like armor, necessary protection but not really you?
- Which felt true, an expression of who you actually are?
- Which one are you most afraid to set down, and why?

WHAT THIS TAUGHT ME

II Places That Shaped You

Where did geography meet destiny?

Write the cities, cultures, and spaces that stretched you past who you thought you were.

PLACES THAT CHANGED ME

REFLECT

- Where did you lose yourself, and where did you find yourself again?
- Which place revealed a part of you that surprised everyone, including you?
- What did being far from home teach you about what is essential versus what is only cultural?

WHAT THIS TAUGHT ME

III People Who Changed You

Who were your mirrors, mentors, and adversaries?

Name the people who shaped how you understand yourself, through belief, challenge, or conflict.

MENTORS AND ALLIES

MIRRORS, WHO SAW THE REAL YOU

ADVERSARIES AND CHALLENGERS

REFLECT

- Who saw the real you before you did?
- Who misunderstood you in a way that forced you to get clear?
- What did your adversaries teach you about your own strength?

IV Moments That Burned

When did pressure reveal your pearl?

Return to the ruptures, the reckonings, the risks. The moments that carved truth into you.

A CRISIS OR FAILURE — AND WHAT IT REVEALED

A RISK TAKEN — AND WHAT IT REVEALED

A LOSS OR GRIEF — AND WHAT IT REVEALED

REFLECT

- What truth did these moments carve into you?
- What strength did you find that you did not know was there?
- How did breaking open make you more whole?

V Gifts You Cannot Not Give

What comes through you effortlessly?

Identify what flows through you naturally. The things you do without trying, that energize you rather than drain you.

WHAT PEOPLE THANK ME FOR, AGAIN AND AGAIN

WHAT I DO THAT FEELS EFFORTLESS

WHAT ENERGIZES ME TO GIVE

REFLECT

- What do you do that others find hard but feels natural to you?
- When do people say, I could never do what you do?
- What gift are you almost shy about, because it comes so easily?

VI Essence That Endures

What thread has never wavered?

Look back across all of it. The one thing that was there the whole time is your pearl.

ACROSS ALL MY EXPERIENCES, THE QUALITY THAT HAS NEVER CHANGED

NO MATTER WHAT ROLE I AM IN, I ALWAYS

THE TRUTH ABOUT ME THAT TRANSCENDS CIRCUMSTANCES

Your Pearl Statement

One sentence that holds your irreplaceable essence. Begin with, I am someone who.

This is just the *beginning*.

You have found something worth protecting. If you want to go deeper, the next step is simple, and it is not a booking. It is a conversation.

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- We look at your pearl together and where it wants to lead.
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- We name where who you are and how you are living have drifted apart.
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- We talk honestly about whether the work I do is right for you. Sometimes the answer is no, and I will tell you so.

START WITH A CONVERSATION

Write to me at hello@lovecandothat.com. It goes nowhere but to me, and I answer everything personally.

ABOUT YOUR GUIDE

Tracey *Abbott.*

I am a licensed psilocybin facilitator, a rescue diver, and, as my best friend puts it, a pearl diver into other people. It is true above the surface and below it.

I spent nearly thirty years advising leaders before I ever trained for this. A career across five continents, in boardrooms and private equity and the roles that mattered even more. Caregiver. Daughter. Sister. Friend.

That is not why I can help you. It is why I can sit across from you and already know what this is costing you.

I split my time between the Hudson Valley woods and the island of Roatán, on the second largest reef in the world. The medicine stays where it is licensed. The rest of the work travels.

Love can do that.