



REWRITING YOUR STORY

1. Recognize Them

- 1.1. Identify thoughts hindering your personality and success.
- 1.2. Document them and explain why they pop up in your mind

2. Explore Origins of Limiting Beliefs

- 2.1. Who has said things that may have created these limited beliefs (identify them)
- 2.2. Distance yourself from negative people who may be fueling those negative limiting beliefs
- 2.3. Forgive them in your mind. But don't keep their negative thoughts alive.

3. Visualize Your Best Life

- 3.1. Envision a detailed picture of your desired life
- 3.2. Be realistic and focus on concrete details
- 3.3. Write down your vision on a piece of paper or in a notebook

4. Adopt a Proactive Mindset

- 4.1. Plan and take consistent action
- 4.2. Embrace setbacks as learning experiences
- 4.3. Seek advice from mentors and others if you're stuck on something. Always keep moving

5. Imagine Your Future Story

- 5.1. Envision the narrative of your best life
- 5.2. Reverse engineer and describe struggles and achievements
- 5.3. Write it down as if it were real. This will create a tool of inspiration

6. Readjust Your Narrative

- 6.1. Compare initial narrative to reality

6.2. Acknowledge positive changes and growth

6.3. Focus on telling the positive more and avoid the negative

7. Simplify Your Approach

7.1. Focus on one area at a time

7.2. Avoid overwhelming yourself with multiple changes

7.3. After one area of your life is improved, focus on another major area

8. Accept the Journey

8.1. Recognize improvement is a long-term journey

8.2. Maintain a positive attitude throughout the process

8.3. Be open to share your journey with others if they are willing to listen

9. Embrace Momentum

9.1. Build energy from initial improvements

9.2. Use momentum to drive continuous positive change

9.3. Keep going with the improvements until you are satisfied with your life

10. Choose Your Starting Point

10.1. Decide which aspect of your life to improve first

10.2. Progress in one area fuels motivation for others

10.3. Remember that everyone has started at zero. Those who take shortcuts won't handle challenges better than you do

11. Build a Support Group

11.1. Surround yourself with believers

11.2. Create a list of people you trust and include them in your group

11.3. Seek support during challenges and celebrations

12. Reject Overnight Success Myths

12.1. Understand that success takes time

12.2. Acknowledge the effort behind every achievement

12.3. Continue to work hard at achieving your goals

13. Take Action and Reflect

13.1. Act on set goals

13.2. Document setbacks, lessons, and improvements

13.3. Look back on what you have accomplished up to this point

14. Iterative Approach

14.1. Focus on progress, not perfection

14.2. Adjust and improve based on results and experiences

14.3. Review any measurable data (if available) and make strategic decisions going forward regarding your goals

15. Set SMART Goals

15.1. Understand SMART: Specific, Measurable, Achievable, Relevant, Time-bound

15.2. Prioritize one area for improvement at a time

15.3. Plan your bigger goal and break them down into smaller ones

16. Repeat Positive Affirmations

16.1. Embed alternative statements in your mindset

16.2. Counteract limiting beliefs with repeated positive thoughts

16.3. Perform these in the AM or PM, whichever is more convenient

17. Create Alternative Statements

17.1. List up to 5 limiting beliefs

17.2. Note origins and reframe with positive alternatives

17.3. Be mindful of any limiting beliefs and thoughts that may pop up

18. Challenge and Reframe

18.1. Seek mentorship or assistance from someone who can help you with what you're struggling with.

18.2. Transform limiting beliefs into positive affirmations

18.3. Write down 3 to 5 different affirmations or statements alternative to your limiting beliefs