

Re-Wired Self-Image *Cheat Sheet*

Awareness of your thoughts is the key to shifting them.
Start redirecting your brain & focus every single day on:

The Intent

What do you want to 'Reverse Engineer'?
Confidence, Self-Worth, Self-Trust, Self-Appreciation?

The Content

1. Thank You Past
2. Thank You Present
3. Thank You Future
4. Wins from the Past
5. Wins from the Present
6. Wins for my Future



If your brain is resistant to the idea of journaling,
then start with "mental journaling". The big thing
is that you get the brain change. So whatever you
do, just pick ONE start with, and get in the reps!