

Chapter 5 : “ Rewriting Your Script”

Create a New Narrative and Pivot Your Life in a Positive Direction



Step 1: Identify the Old Script

Start by taking some quiet time to reflect. Grab your journal, notebook, or open a blank document. Think about an old belief or mindset that has been limiting you. This could be in any area of your life relationships, career, or personal growth. What is that one belief that keeps popping up when things go wrong? Maybe it’s, “I’m not good enough to succeed,” or “I have to work harder than everyone else to be worthy.” Write it down. Do not hold back; be as specific as possible.



Step 2: Acknowledge Where It Came From

Now, dig a little deeper. Where did this belief originate? Did it stem from something in your childhood, a particular relationship, or maybe from a failure in your career? Understanding the origin of this belief is key to letting it go. Write down any memories or experiences that come to mind. Acknowledge the story behind this belief and how it has influenced your life up until now.



Step 3: Rewrite the Script

This is where you take control. Now that you’ve identified the belief and where it came from, it’s time to rewrite it. Replace that old, limiting belief with a new, empowering statement. For example, if your old belief was, “I have to work harder than everyone else to kill it,” rewrite it to something like, “My value comes from being the only me in this world, with my unique talents, mindset, and kick-ass determination to succeed.” Write this new belief down with conviction. Let it be something that excites and empowers you.



Step 4: Visualize Your New Reality

Visualization is one of the most powerful tools for creating change. Sit in a quiet space, close your eyes, and start visualizing your life as if this new belief were already fully integrated. Picture yourself walking through your day with this new mindset. How do you carry yourself? How do you feel? What new opportunities are opening up for you? Imagine every detail as vividly as possible. Most importantly, connect with the *emotion* behind this new belief—confidence, freedom, power. Let those emotions sink in as you breathe deeply.



Step 5: Emotional Rewiring

Beliefs are not just thoughts; they are tied to emotions. To truly shift, you need to rewire the emotional response linked to your old belief. Every time you feel that old belief creeping back in, consciously replace it with your new one, and *feel* the new emotions. For example, if you catch yourself thinking, “I’m not good enough,” immediately say out loud or in your head, “I am capable and worthy,” and feel the confidence and empowerment that comes with it. Practice this as often as needed to recondition your emotional responses.



Step 6: Create a Physical Anchor

Choose a physical reminder to help you embody this new belief every day. This could be as simple as wearing a bracelet, placing your hand on your heart, or tapping your wrist. Every time you see or perform this action, remind yourself of the new belief you are embracing. This physical anchor helps keep you grounded in your new reality, especially when doubt starts to creep in.



Step 7: Take One Empowered Action

Nothing solidifies a new belief like taking action. Choose one small, empowered action that aligns with your new script. This could be as simple as setting a boundary with someone who drains your energy, saying no to a project that doesn’t align with your values, or taking the first step toward a goal you’ve been putting off. This action, no matter how small, reinforces that you are living in alignment with your new belief.



Step 8: Practice Gratitude

Gratitude is an incredible tool for shifting your energy and keeping you focused on what’s working. Each day, write down at least three things you’re grateful for that reflect your new mindset. This could be moments when you stood your ground, opportunities that opened up, or simply how empowered you feel. By focusing on what’s working, you invite more of that positive energy into your life.



Step 9: Reflect and Recalibrate

As you continue to embody this new belief, it’s important to reflect on your progress. Take time at the end of each week to ask yourself how this new mindset is impacting your life. Are you noticing changes in how you approach challenges or in your relationships? What new opportunities have shown up since you made the shift? Write down these reflections so you can track your growth and adjust where necessary. This also helps you pivot and refine your beliefs as you continue growing.



Step 10: Repeat the Process

Belief-shifting is an ongoing journey. Each time you notice an old belief creeping back or a new challenge surfacing, go through these steps again. Over time, you’ll find that it gets easier and faster to pivot your mindset and embody resilience in all areas of your life. Remember, the goal is not perfection but progress. The more you practice, the more aligned and empowered you’ll feel.