

Day 2: Building A Better Belief

Science-based belief restructuring & designing new narratives.



Neuroplasticity is the science behind creating new thoughts. Your brain is malleable like plastic - it can be reshaped! Each time you practice a new thought, you are physically changing the neural pathways in your brain.



• REFRAMING

The process of rewiring your core beliefs through reframing allows you to change your neural pathways by creating new ones.



• AFFIRMATIONS

One tool that you can use to reframe your core beliefs is affirmations. Through practice & repetition, affirmations use neuroplasticity to change your thought processes.



There are a few rules to writing a successful affirmation. By following these 4 rules, you can write your own personal & powerful affirmations.

1 "I" STATEMENTS

Use first-person statements, make it personal!

2 PRESENT TENSE

Use present tense statements, tell your brain this is happening now!

3 POSITIVE LANGUAGE

Use positive language, let your brain know that you want good things!

4 BELIEVABILITY

Create believable statements, keeping it realistic helps your brain accept the change!



Write 3 Affirmations to flip your Core Belief that you identified in the last session.

