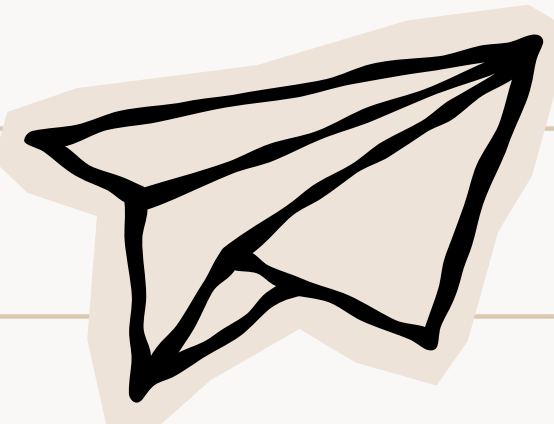


Day 3: The Aha Moment

Turning a new thought into a lifelong habit.

SCRIPTING YOUR ROUTINE



HABIT STACKING

Every great story needs a consistent setting. Don't wait for inspiration to remember your new narrative. Stack your new habit - your affirmation - with an existing routine. This turns your new story into your brain's automatic internal monologue!

• AN EXERCISE IN HABIT STACKING

Pick a habit to practice your affirmation while doing. (Like drinking your first cup of coffee/water for the day.) Then repeat your affirmation while performing this habit.

YOUR GROUNDING STORY



ANCHORING

We don't just think about a story - we feel it! Your body needs to know that your new story is safe. Physical actions help to ground the belief into your nervous system. Bridging the gap between saying & doing.

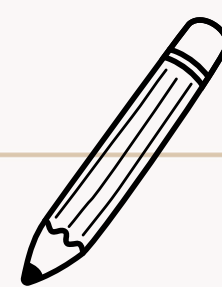
• THE NERVOUS SYSTEM EDIT

Choose a physical touch to perform while stating your affirmation - a hand on your heart, taking a deep breath, raising your arms in the air in a cheer. This action becomes physical proof that your new narrative is your true, present story.

HOMEWORK

- Choose 2 daily "triggers" to stack your affirmations onto.
- Practice your physical touch point 3 times daily for 2 weeks.

CONTINUE THE JOURNEY...



Don't let the moment stop & your pen drop here! Let's continue to write your new narrative together. Join me for the next offering of my course!

REWRITING YOUR STORY - 6-WEEK COURSE



CODE: WORKSHOP (50% OFF!)

Thank you

