

Rewire Your Subconscious Mind in 4 Steps

Using the Power of Neuroplasticity

1. Awareness

- You can't change what you're not aware of.
- Bring hidden beliefs into the conscious mind.
- Tools: Journaling, Shadow Work, Inner Child Work, Meditation

2. Active Rewiring

- Interrupt the old pattern and install a new one.
- Reinforce with frequent practice and emotional energy.
- Tools: Visualization, Affirmations, Mantras

3. Interrupt Old Patterns

- Your brain will try to return to old defaults.
- Notice without judgment, then shift consciously.
- Tools: Cognitive Reframing, Visualization, Affirmations, Mantras

4. Repetition

- Repetition strengthens neural pathways.
- Daily practice makes the new path familiar and automatic.
- Tools: Visualization, Affirmations, Mantras, Mental Rehearsal