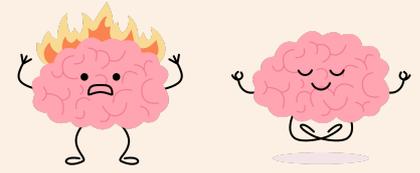


# Your Brains Drama Department



Limiting Beliefs & Negativity Bias.  
Stop them, shame them, tame them.

Limiting beliefs are identity based stories we repeat so often they start to feel like facts. They usually begin with protection, not truth...

I'm not good enough...

I always mess things up...

I'm no good at that..

I can't do that...

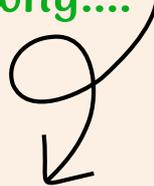
Limiting beliefs shrink your world, they make your identity smaller than your potential.

# Why Your Brain is a Drama Gremlin

Do you ever feel like your brains default setting is doom mode?

Your brain is wired for survival, not happiness. Negativity bias is your ancient danger detection system scanning for threats.

That's why....



One bad comment outweighs ten compliments



One awkward moment ruins your day



One short reply feels like rejection

Your brain isn't dramatic, it's just outdated software trying to keep you alive. It thinks everything is a sabre tooth tiger!



# Mindset ties Everything Together

## Fixed Mindset

I am bad at this  
=  
Identity,  
permanence & self  
protection

Us

## Growth Mindset

I can better with  
effort & momentum  
=  
Process, learning &  
possibility

## The 3 Reboot Tools

### 1. Catch The Story

What story is my brain telling me right now?

The event is neutral, the story is emotional and usually fear based.  
Creating space between the two gives you choice.

### 2. Fact Vs Fear

Fact = Observable

Fear = Imagines

Your brain fills in the blanks with fear because it hates uncertainty.  
Separating the two reduces emotional overload

### 3. The 1% Shift

What's one tiny action future me would thank me for?

A 1% shift creates momentum without triggering overwhelm.

Put one item away...

Set a 2 minute timer...

Stretch for 30 seconds...

Tiny completion calms your nervous system and builds confidence.

# Mini Reboot Practice

Your brain calms down when you give it clarity, truth, and one tiny doable step.

This practice interrupts the doom-spiral and replaces it with momentum.

## 1. Catch the Story.

Notice what your dramatic brain gremlin is narrating and capture it here...

## 2. Sort into Fact or Fear

Strip it back to what actually happened vs what your brain added...

## 3. Choose 1% Shift

Pick the smallest possible action that moves you forward without overwhelm...

Every time you do this your gremlin gets 1% less dramatic!