



## **You're Not Stuck—You're Practiced:** A Simple Guide to Start Rewiring Low Self-Worth

If you've been walking around with a constant inner critic, it doesn't mean you're broken. It just means you've been practicing a belief system that no longer serves you. This guide gives you a few simple steps to gently interrupt that story and start wiring in something new.

### **1. Notice the Story**

Start by asking: "What belief is playing out right now?" Naming the belief begins to loosen its grip.

### **2. Interrupt the Loop**

Shift your physical state—move your body, take a deep breath, tap your chest. Your body is a gateway to shifting thought patterns.

### **3. Ask What Else Might Be True**

Instead of forcing positivity, ask gently: "What else might be true?" or "What would I believe if I trusted myself?"

### **4. Rehearse with Emotion**

Imagine yourself succeeding, feeling seen or valued. Emotion helps your brain remember and rewire.

### **5. Anchor in Small Action**

Take one tiny, aligned step—send the message, speak the thought, rest instead of pushing. Every action reinforces the new belief.

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