

Rewriting the Script

Self Sabotage ~ Week 3: 8-18-25

1. ***Simple Mindset Shifts That Disarm the Inner Critic*** – You can't control every thought, but you can choose which ones you give your energy to. A small perspective shift can open a big door.
2. ***Building Supportive Self-Talk (Without Toxic Positivity)*** – Speak to yourself like you would to someone you love — with honesty, compassion, and encouragement.
3. ***Small Daily Rituals That Build Trust with Yourself*** – Consistency builds confidence; even a 2-minute ritual can be a promise you keep to yourself.
4. ***The Power of Micro-Wins to Create Momentum*** – Small actions compound into big change; progress isn't about perfection, it's about showing up.