



How to start rewiring your  
brain...

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# 3 SIMPLE STEPS TO REWIRE YOUR BRAIN

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## PERCEPTION

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It's easy to think about other people being "better" than us. Maybe your competition, co-workers, social media influencers, etc. This is a limiting belief, and it is also your **PERCEPTION**. By changing your perception, you shift your thoughts until you can perceive things differently, therefore changing your belief, which in turn will change the outcome.



## ACT AS IF

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I want you to close your eyes for a moment, and imagine what it feels like to be the #1 athlete in your division, the best employee in your office, etc. How does it feel? How happy and excited does that make you? Allow yourself to feel all of the emotions as if you were truly there, and soak it alllll up. Your brain doesn't know the difference between perception and reality (ever woke up with all of the covers on the floor after a nightmare?) Trick your brain into thinking you are the absolute best, and that's what you'll become!



## AFFIRM

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Part of brain rewiring is changing your beliefs, and a great way to do this is by affirming the new beliefs you want to have. Start repeating affirmations to yourself about the life you want to create. My favorite is “I am a badass”