

## Practice: Rewrite the Internal Script

Most people are not aware of how often they repeat the same internal sentences every day.

Quiet thoughts.

Automatic reactions.

Small interpretations that slowly become identity.

And over time, those internal scripts begin shaping behavior, confidence, and decision-making far more than we realize.

This exercise is designed to help you become aware of the patterns you may have normalized — and consciously begin replacing them with thoughts that support growth instead of limitation.

Not through forced positivity.

But through intentional awareness.

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## Rewrite the Internal Script

### Step 1 Notice the Pattern

For the next few days, pay attention to the thoughts that appear most often during moments of:

- self-doubt
- comparison
- visibility
- interviews
- networking
- leadership situations
- new opportunities

Write down the exact sentences as they appear internally.

Situation	My Automatic Thought
Example: Applying for a role	“I’m probably not qualified enough.”


## Step 2 Challenge the Thought

Now ask yourself:

- Is this objectively true?
- Would I say this to someone I respect?
- Is this a fact or a fear?
- Is this thought helping me grow or keeping me small?

Write your reflection:

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## Step 3 Rewrite the Script

Replace the original thought with a more grounded, supportive, and empowering version.

Not perfect.

Not unrealistic.

Just more aligned with growth.

### Old Script

### New Script

“I’m behind.”

“My path has been different, not less valuable.”

“I need to prove myself first.”

“I already bring experience that matters.”

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## Step 4 Repetition Creates Belief

Choose one rewritten sentence that feels especially important right now.

Write it below:

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Now repeat it intentionally:

- before interviews
- before difficult conversations
- before networking
- before moments where self-doubt appears

Because the brain strengthens the patterns it hears most often.

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## Final Reflection

Small thoughts become repeated beliefs.  
Repeated beliefs become behavior.  
And behavior shapes the direction of our lives.

Sometimes the biggest shift begins with changing the sentence you repeat to yourself every day.

