



# wheel coaching

INSIGHT • TRANSFORMATION • RESULTS

## REVERSE & REPLACE

Changing how we think is fundamental to eliminating self doubt, and helping us move forward with positivity and confidence.

Use this tool to adjust your thinking at any time to break through doubts and fears and replace negative thoughts with empowering ones. Thinking shows up as ‘words in our heads’ – which trigger emotions and behaviours.

1. List any negative thoughts, language, (words/phrases) or limiting beliefs that show up (often there’s a little voice or a feeling in your stomach reacting to having to do this - but it is good to acknowledge these!)
2. Look at each point on your list and reverse or replace each with a statement that includes either *the opposite* or a *new positive thought* that you want to have instead
3. Read and repeat the new statements to yourself as often as you can and use them immediately when you have negative thoughts or feelings
4. Repeating and using these statements takes practice but helps rewire our neural pathways so that we input new, long-term, positive habits to support our mental and emotional wellbeing.

LIMITING BELIEF / NEGATIVE THOUGHT	→	REVERSE & REPLACE STATEMENT
<i>I'm not good enough</i>	→	<i>I am good enough and I deserve this. I am a confident person with skills and strengths.</i>
<i>I don't know how to do this</i>	→	<i>I am willing to learn how to do this. How can I do this/get this done?</i>
<i>I feel guilty</i>	→	<i>I am responsible</i>
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“Don’t reinvent the wheel, just realign it.” ~ Anthony J. D’Angelo

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