

Reset

to reprogramme your mind

Your brain has been operating for years on automatic pathways you did not choose.

Those pathways are made of inherited beliefs, past experiences, and fear of failure.

To find your passion, you need to reset your inner dialogue.

When you repeat new affirmations, the brain creates new connections.

You teach it another possibility.

You open another route.

It is not magic.

It is neural plasticity.

This is not about repeating without feeling.

It is about feeling a sentence until your body begins to believe it.

Breathe.

Say these phrases slowly, feeling each word as if it had always been yours.

AFFIRMATIONS TO REPROGRAMME YOURSELF TOWARDS YOUR PASSION

- I am ready to listen to what lights me up.
- My passion already exists within me.
- What comes easily to me has value.
- I allow myself to choose what expands me.
- My talents do not need external permission.
- My body knows what my mind still doubts.
- I am enough for what I wish to create.
- What I am passionate about has a real place in my life.
- I trust my sensations.
- I give myself permission to return to myself.

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MICRO-ACTIONS TO ACTIVATE YOUR PASSION

1. Today, dedicate 15 minutes to doing something you enjoy without justifying it.
(it does not matter what: writing, walking, drawing, researching a topic)
2. One conversation a week about something that lights you up.
(with anyone: a friend, a professional, or yourself through a voice note)
3. Observe your energy. At the end of the day, ask yourself:
what expanded me + what contracted me
4. For 7 days, eliminate one activity you do “out of duty” but that gives you nothing in return.
5. Before sleeping, write one line:
tomorrow I will move one centimetre closer to what I love.

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