

7-Day Mindset Rewiring Calendar

7-DAY MINDSET REWIRING CALENDAR

Your daily micro-shift schedule

Each day, perform one small but deliberate mental intervention based on the Micro-Shift Protocol(TM).

DAY 1: INTERRUPT

Notice and write down one recurring negative thought. Pause it mid-stream.

Example: "I never follow through." -> Pause -> "I'm noticing this old belief."

DAY 2: NEUTRALISE

Replace the thought with a neutral alternative.

Example: "Sometimes I hesitate, but I'm learning to act."

DAY 3: IDENTIFY

Create a new identity statement based on growth.

Example: "I am someone who moves, even when uncertain."

DAY 4: OBSERVE

Track one moment of mental resistance today.

What triggered it? What belief showed up?

DAY 5: SHIFT

Run the full Micro-Shift Protocol in a real moment of doubt or fear.

DAY 6: REINFORCE

Repeat your new identity phrase 5x at 3 points during the day: morning, mid-day, and night.

DAY 7: REFLECT

What micro-shift felt most effective this week?

What will you carry into next week?

Remember: Rewiring is not a performance - it's a pattern.

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