



# SUCCESSIPEDIA

## Reframing Work Out

Week 7.

### Create your Custom Reframe Workout:



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e.g. - "Something Happened", Physical "360", "Deep Breathing", "Opening Declarations."



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e.g. - "Feel Good Dial", "Subconscious Rewiring Method"



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e.g. - Celebrate/Declare Successful Reframe -"I am proud of...",  
Gratitude-"Thank You, Thank You, Thank You!"