

5 Mini Habits to Rewire Negative Self-Talk

Quiet your inner critic and rebuild your mindset with quick wins that actually stick.



Presented by reebesthelp.com

WHY THIS MATTERS

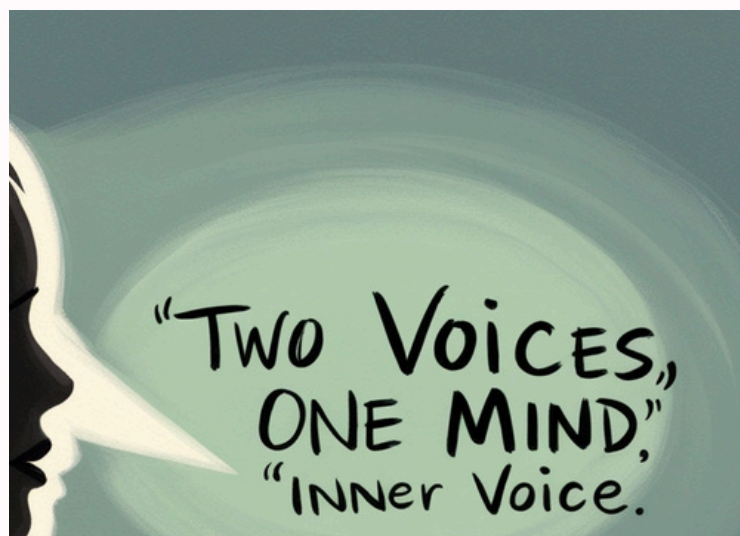
Negative self-talk keeps you stuck.

Mini habits shift you forward — one empowering thought at a time.

You don't need big breakthroughs to start changing your mindset.

You need consistency, simplicity, and a few repeating patterns that actually support your self-worth.

This guide gives you 5 powerful mini habits to begin reshaping your internal dialogue — no toxic positivity required.



THE 5 REWIRING MINI HABITS

1. NAME THE CRITIC

Catch yourself in the act. Label it: "That's my critic voice."
Awareness is the first shift.

2. FLIP IT ONCE

When you hear a negative thought, flip just one part of it.
Example:

"I always mess up" → "I've struggled, but I've also learned."

3. SAY ONE KIND THING

Out loud, in the mirror, or in your mind.
Just one. Every day.

4. THE 3-BREATH RESET

When your mind spirals, pause.
Inhale deeply, count 3 breaths, and restart the moment.

5. GRATITUDE PING

Send one quick thank-you text or write down one thing you're
grateful for.
Redirects your focus to growth.

WEEKLY HABIT TRACKER

DAY	NAME THE CRITIC	FLIP IT ONCE	KIND WORD	3-BREATH RESET	GRATITUDE PING
<i>Monday</i>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<i>Tuesday</i>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<i>Wednesday</i>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<i>Thursday</i>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<i>Friday</i>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<i>Saturday</i>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<i>Sunday</i>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

BUILD YOUR INNER VOICE

You don't erase negative self-talk — you **overpower it with truth and action.**

Mini habits aren't just "**tips**" — they're reps for your **mindset.**



REPEAT THEM OFTEN.



CELEBRATE SMALL WINS.



AND TRUST THE SHIFT YOU'RE
BUILDING.



WANT MORE TOOLS?

🎁 Keep building momentum with your free Confidence Mini Habits Guide, Morning Power Prompts, and more at

reebesthelp.com/start

