

FUCK OLD SELF

Tired of regret, feeling like you're never enough, or that something's missing in you to chase your dreams? I've been there – stuck, haunted by what-ifs. Regret stings; it's the **life you'll lose without action**.

This guide is practical, no-nonsense and for anyone **actually ready to change**. I started doing it from July 1, 2024 and by day 13, I already started to feel some changes within – more focus, less doubt. Let's do this, step by step.

YOUR BRAIN: TWO PARTS, ONE YOU

1. CONSCIOUS MIND

The thinking part. It **handles decisions** and daily tasks – like picking your outfit or planning your day. It's logical but tires quickly, fading by evening.

2. SUBCONSCIOUS MIND

The deeper part, **always on**. It runs habits, emotions, and automatic reactions – like breathing or snapping when stressed. It's like a hard drive, storing past patterns to guide you, especially when you're tired. It acts without thinking.

Why does this matter? Your subconscious drives most of your big decisions, especially when you're not focused. To become better, reprogram it with affirmations or "mind scripts."

THE MORNING EDGE: YOUR BRAIN'S OPEN WINDOW

Your brain is most receptive in the **first hour after waking**. Your subconscious is wide open, soaking up whatever you feed it while your conscious mind is still warming up. This is your chance to plant ideas that stick.

Feed it uplifting stuff – affirmations or mind scripts (short, powerful phrases) that reflect **who you want to be**, audio of a new language, or inspiring movie quotes. Skip negative input like social media or news; it drags you back to the old you.

It's not magic – it's your brain's wiring at work.

HOW TO MAKE IT STICK

Right after waking, grab headphones and play your affirmations or mind scripts while you're still waking up or doing your morning routine – brushing teeth, making coffee, getting dressed. Don't repeat phrases like a robot. Let the audio run as you move.

Listen while groggy or busy; your conscious mind won't focus on every word, letting your subconscious absorb it without resistance.

Choose affirmations or mind scripts matching your goals, under 20 minutes long. **Stick with the same one for 21 days**. Record yourself or find audio tracks online. Use headphones every morning for that first hour to shape how you think and act.

Quick Recap: Wake up, avoid negativity, feed your brain positive input like mind scripts. It's your brain's prime time – use it **to build the new you**.

EVENINGS: LOCK IT IN

Evenings are almost as powerful – about 70% as effective as mornings. Your conscious mind is worn out, so your **subconscious takes over**. That's why you might overeat, get emotional, or fall into old habits tied to stress or survival.

Reinforce your morning work. Play affirmations or mind scripts through headphones while winding down – maybe getting ready for bed or relaxing. **It strengthens the morning input**. When life gets tough – sick, exhausted, or stressed – a tuned subconscious keeps you steady, like an ally, not an enemy.

WHAT IS NEXT?

Rewiring your brain takes time, in stages: **21 days** to form a habit, **90 days** to build a lifestyle, **a year to transform your identity**.

21 Days: Stick with morning and evening affirmations or mind scripts for 21 days; they'll feel automatic. Mark a calendar to stay focused.

90 Days: After three months, it's a lifestyle. Your new thinking shapes daily choices and how you handle challenges.

One Year: After a year, you're someone new. Your identity shifts to the main character, living with confidence and purpose.

RESISTANCE IS NORMAL

Every few days, especially early on, you'll want to quit. Your brain will say, "This is pointless" or "I'm too busy." **That's normal.** It resists change, seeing new things as risky. Long ago, familiar patterns kept us alive. Now, they keep us stuck.

Changing means letting go of the old you, and your brain will panic, **fearing the "new you."** I've felt that resistance – mornings when I wanted to skip it and stay comfortable. Pushing through makes the difference. Discomfort means you're breaking free and it's completely normal.

WHY THIS CHANGES EVERYTHING

This works by tapping your brain's wiring. **Feeding your subconscious** affirmations or mind scripts during key moments – mornings and evenings – reshapes how you think, feel, and act. When life gets hard, your subconscious guides you with clarity and strength, not old patterns.

Start tomorrow morning. Grab headphones, play your affirmations or mind scripts, and commit – 21 days, 90 days, a year. The old you won't stand a chance.

SUPERCHARGE YOUR RESULTS

You've only seen one of my **effortless hacks** for transforming your life!

Want me to guide you and tell what affirmations **would benefit you most?** Grab a chance to speak with me 1 on 1. Have any questions? Message me and let's make it happen together!

How it works, send me a payment confirmation screenshot, then we'll schedule a video call and **the rest is on me**, simple as that!