



Daily Reinforcement: REPs

Time: 5 minutes

Becoming better and more efficient working through the REP winning strategy requires practice.

Similar to a mock trial, this reinforcement gives you practice cycles working through the steps and works to build your confidence in the process.

Step 1

Select one of your SWAGGER-limiting beliefs to work with from your list. Now imagine that this SWAGGER-limiting belief has just arrived unannounced.

Step 2

Work through the **REP** winning strategy steps as follows and record your responses:

Recognize

- What feelings or physical reactions are present?
- What trigger caused this belief to show up?
- What thoughts and statements start to run through your head?

Evaluate

- What evidence exists to support or refute the claims of this belief?
- What does the worst-case scenario look like?
- Is this belief currently serving you and what you're working to accomplish?

Pivot

- Thank the belief for coming and then say, "Goodbye."
- What's a more constructive thought you can use to replace a destructive one?

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