

# MINDSET SHIFT

*action sheets*

*for  
Introverts*



THE RED NOTEBOOK

## Daily Affirmation

I'm perfectly, wonderfully imperfect.  
The way I see the world is a gift.  
I'm full of unlimited possibilities.



Right now I'm thankful for:

Blank space for writing a response to the gratitude prompt.



Thought Amendments:

I'm struggling with this thought:

This thought was triggered by:

I'm going to change the outcome of the story I just told myself like this:

**A Quiet Life  
Stimulates  
The Creative  
Mind.**


Albert Einstein

*Ways I'll recharge today*

1

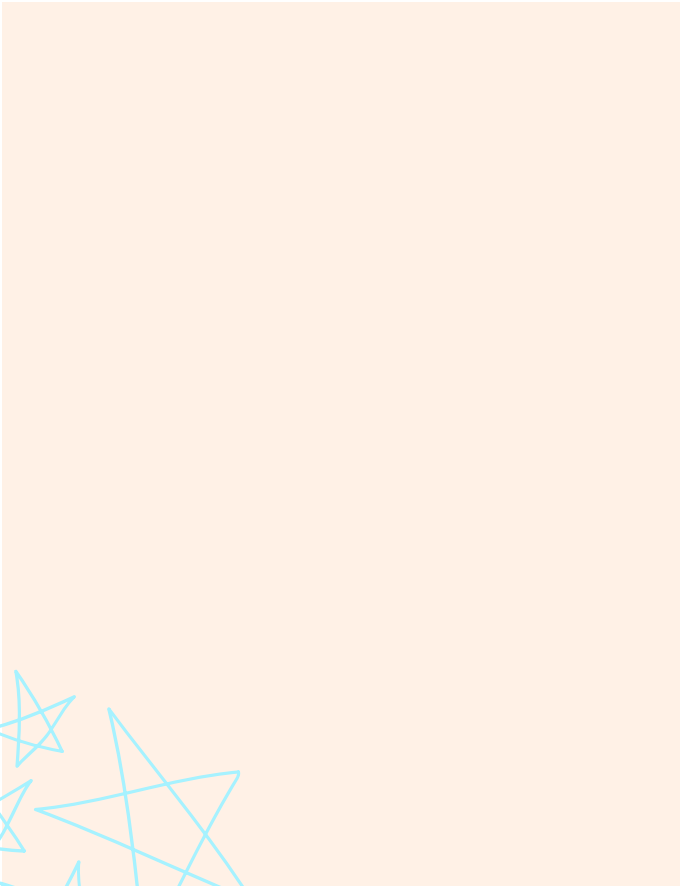
2

3

*My day would be a 'win' if I  
do this one thing:* 

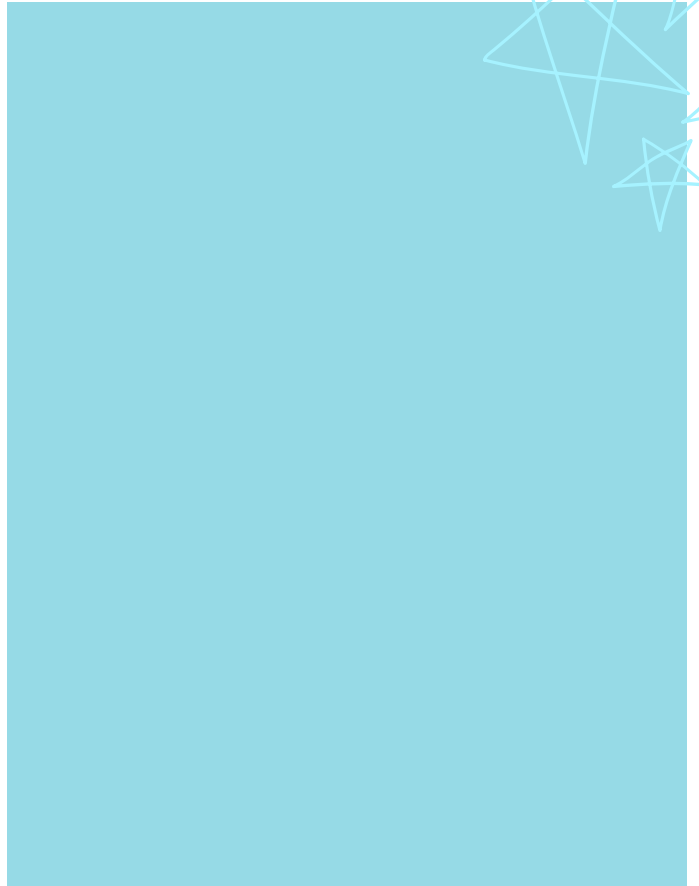
Three horizontal lines for writing a response to the 'win' prompt.

I feel happy about:



A large, empty rectangular area with a light orange background, intended for writing about things that make the user feel happy. It is decorated with several light blue, hand-drawn star shapes in the bottom-left corner.

My concerns are:



A large, empty rectangular area with a light blue background, intended for writing about the user's concerns. It is decorated with several light blue, hand-drawn star shapes in the top-right corner.

*Creative Free Space- No one's looking!*



A large, empty rectangular area with a white background and a thick red border, intended for creative free space. It is completely blank and occupies the bottom half of the page.

*Get it all out - on paper*

So. Many. Thoughts.

A large, empty rectangular box with a thick red border, occupying most of the page. It is intended for the user to write their thoughts.

*Get it all out - on paper*

So. Many. Thoughts.

A large, empty rectangular box with a thick red border, occupying most of the page. It is intended for the user to write down their thoughts.