

30 DAY CHALLENGE: MINDSET RESET SERIES

Take charge of your mind. Take charge of your life.

Journal 1

Date: / /

Mood:

Daily Affirmation

I'm flexible and open to new ideas.
I'm full of unlimited possibilities.
I can learn anything.
I'm a problem solver.
Consistency and Hard Work Win.



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:

I'm thankful for:

1

2


3

Go ahead- Dream a little

What does your life look like now that you've accomplished your goal or stepped into your new reality?

To Do List

Priorities for Today

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

Get it all out - on paper

So. Many. Thoughts & Ideas.

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Narrow it down

Feeling stuck or overwhelmed? Write it out.

I'm totally overwhelmed by these things right now:

Out of all these concerns, this is what actually affects me moving forward with the next steps in attaining my goal: