

30 DAY CHALLENGE: MINDSET RESET SERIES

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

Journal 2

Date: / /

Mood:

Daily Affirmation

I refuse to own other people's opinions of myself.
My brain is fully capable of learning new skills.
With hard work, I can do anything!



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

7 Challenges

Challenge your self limiting beliefs

Do one thing each day this week that feels a little scary. Something outside your comfort zone...something that flies in the face of self-limiting beliefs.


Create purposeful steps toward your new goal!

Write down your top challenges here:

Daily Challenge

Daily Challenge To-Do List

Write down what you're tackling today and create a to do list you'll use to make it happen.

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

Get it all out - on paper

Dealing with negative thoughts? Call them out.

*No one can make you feel inferior without your consent.
- Eleanor Roosevelt*

Dig Deeper

Are there stereotypes or general opinions of yourself/your abilities that you grew up with? What were they?

Out of all these opinions, what has become a self-limiting belief that's stopping you from doing what you want to do?

Dig Deeper

Imagine a life free of this self-limiting belief/fear. What can you do now that you're free of it?

*There is only one way to avoid criticism: do nothing, say nothing, and be nothing.
- Aristotle*