

# ***Mindset Journal***



# Daily Check In

Date .....

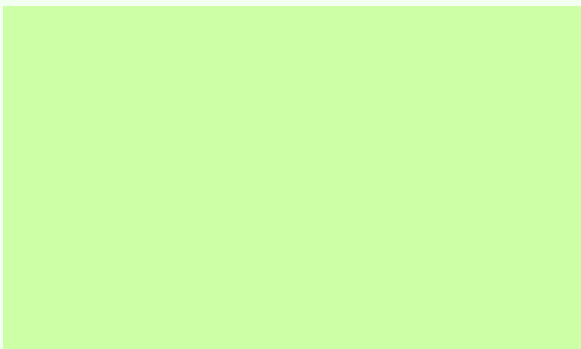
How do I feel today?



I am grateful for...

1. \_\_\_\_\_  
\_\_\_\_\_
2. \_\_\_\_\_  
\_\_\_\_\_
3. \_\_\_\_\_  
\_\_\_\_\_

**Affirmations**



“ Inspirational Quote ”

**3 Things I Notice Today**

1. \_\_\_\_\_  
\_\_\_\_\_
2. \_\_\_\_\_  
\_\_\_\_\_
3. \_\_\_\_\_  
\_\_\_\_\_

**To-Do List**

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_



# Daily Gratitude

**Monday**

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**Friday**

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**Tuesday**

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**Saturday**

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**Wednesday**

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**Sunday**

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**Thursday**

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Notes



## Activities to Reset My Mindset Checklist

- Meditation
- Take a bath
- Take a walk
- Exercise
- Dance
- Volunteer time
- Read a book
- Play with a pet
- Write in your
- Journal
- Color
- Take 3 deep
- Breaths
- Take a break
- Clean
- Ground yourself
- Watch a movie or video
- Write a letter
- Call a friend
- Sing
- Play a game
- Draw or doodle
- Take a nap
- Do a chore
- Stretch
- Do a hobby you love
- Drink water
- Learn something new
- Use a fidget toy
- Use aromatherapy

# Vision Board



*Love & Relationships*

*Wealth & Abundance*

*Family & Community*

*Fame & Reputation*

*Knowledge & Wisdom*

*Career & Life Purpose*

*Creativity*

*Health & Wellbeing*

*Travel & Vacation*

# Thought Inventory

*Change your negative thoughts to positive ones.*



## Triggering Event



- No one liked my social post.

## Negative Thought



- Example: They don't like me.

## Positive Thought



- Example: I think I need to comment on other people's posts so that they will see my posts and check on my posts too.





# Mindset

*Negative Thoughts*

*Example: I can't do this.*

*New Mindset*

*Example: I am learning how to do this.*

*How does this mindset make me feel?*

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*How do I feel with this new mindset?*

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*What I Need to Let Go Of*

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*What I Am Moving Towards*

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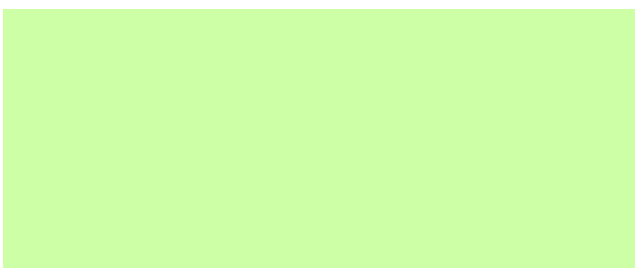
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*What Goals I Am Setting*



*What are 3 steps I can take to keep this mindset?*

1. 

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2. 

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3. 

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