



MINDSET RESET

journal

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Introduction

Your mindset is the lens through which you experience the world, and it plays a pivotal role in your success.

In this workbook, we will focus on resetting your mindset to help you overcome limiting beliefs and embrace a growth-oriented approach to life.

By doing so, you open yourself up to new possibilities, opportunities, and ways of thinking that will align you with your highest potential.

The activities in this workbook will help you identify negative thought patterns, replace them with empowering beliefs, and strengthen your ability to face challenges with resilience.

A positive, growth-focused mindset will not only help you achieve your goals, but it will also empower you to embrace life's challenges with courage and grace.

It is about letting go of any thoughts or beliefs that no longer serve you and adopting a mindset that will help you move forward with confidence.

MINDSET RESET

Your mindset shapes how you experience the world. A positive, growth-oriented mindset empowers you to face challenges, learn from setbacks, and seize opportunities.

A mindset reset is essential for preparing yourself for success in 2025. This workbook will guide you through identifying limiting beliefs and shifting your thinking to create space for growth and possibility.

Your mindset is your lens for viewing the world. When you approach life with a fixed mindset, you may feel limited by your circumstances and past experiences. However, when you embrace a growth mindset, you believe that every challenge is an opportunity to learn and grow.

This shift in thinking is crucial for stepping into your power and achieving your goals. Resetting your mindset helps you to release any mental blocks that may hold you back from realising your full potential.

Why this activity matters:

A growth-oriented mindset not only helps you overcome obstacles, but it also opens you up to new possibilities. It empowers you to think big, act boldly, and make decisions from a place of confidence and self-belief.

ACTIVITY 1: LIMITING BELIEFS INVENTORY

Limiting beliefs are false or self-limiting thoughts that hold you back.

These beliefs often stem from past experiences, societal conditioning, or fear. Recognising these beliefs is the first step towards releasing them. Once you identify them, you can begin to reframe them and replace them with beliefs that serve your highest good.

Why this activity matters:

Limiting beliefs can quietly sabotage your progress, even when you don't realise it. By bringing them into conscious awareness, you create space for transformation. When you stop believing the lies that have held you back, you open up to infinite possibilities.

Questions to help identify your limiting beliefs:

- What beliefs have kept me from achieving my goals?
- How have these beliefs limited me in the past year?
- What fears or doubts show up when I think about my future?

Reflection Prompt:

Take some time to journal about these beliefs. What emotions surface as you write them down? How do these beliefs affect your confidence and actions?

ACTIVITY 2: REFRAMING EXERCISE

Once you've identified your limiting beliefs, the next step is to reframe them.

Reframing is about transforming negative or self-doubt-based thoughts into empowering and growth-oriented ones. This practice is powerful because it helps you shift your perspective and align with a mindset that supports your success.

Why this activity matters:

Reframing allows you to take control of your narrative. Instead of being at the mercy of your fears or doubts, you consciously choose to think in a way that aligns with your desired reality. By choosing empowering beliefs, you position yourself to achieve greatness.

Example:

- Limiting Belief: "I'm not good enough to succeed."
- Reframed Belief: "I am worthy of success and capable of achieving my goals."

Write your reframed beliefs down:

- Limiting Belief: _____
- Reframed Belief: _____
- Limiting Belief: _____
- Reframed Belief: _____

ACTIVITY 3: DAILY AFFIRMATIONS & GRATITUDE PRACTICE

Affirmations and gratitude are powerful tools for resetting your mindset.

By focusing on positive affirmations each day, you begin to reprogram your subconscious mind. Gratitude helps you focus on what you have, rather than what you lack, which increases your vibration and attracts more abundance into your life.

Why this activity matters:

Daily affirmations reinforce your new empowering beliefs, helping you internalise them over time. Gratitude shifts your energy from scarcity to abundance, which aligns you with the positive experiences you wish to manifest.

Affirmation Prompts:

- What is one affirmation I will repeat every day? (e.g., “I am capable of achieving everything I set my mind to.”)
- What am I grateful for today? (e.g., “I am grateful for my health and my supportive relationships.”)
- What is one thing I am proud of this week? (e.g., “I am proud of the progress I’ve made towards my goals.”)

Actionable Step: Start each morning with a 5-minute gratitude practice and affirm your positive beliefs. Write them down and say them out loud to set the tone for the day ahead.

Fantastic work in resetting your mindset!

You've identified limiting beliefs, reframed them with empowering thoughts, and committed to daily practices that will support a positive mindset.

Remember, your mindset is a muscle that needs consistent care and attention. The more you practice positive thinking, affirmations, and gratitude, the stronger your growth mindset will become.

As you move forward, use the tools from this workbook whenever you feel doubt or resistance. When challenges arise, remind yourself of the empowering beliefs you've established. You have the power to overcome anything that comes your way with the right mindset.

By embracing a growth mindset, you've set yourself up for success in 2025 and beyond. Keep nurturing your mind, and watch as new opportunities and success unfold before you.



With gratitude and warmth,

Gillian x

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