



My Daily Mindset Journal

Prompts for a better mindset.



What's on my mind Right now?

Mindset Journal

5 minute journaling

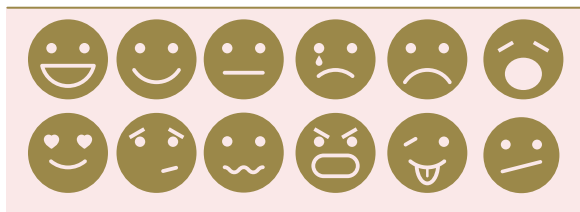
top 3 things about today

☐

☐

☐

what emotions have you felt today?



It all begins in your mind. What you give power to has power over you. If you allow it.

What Values shapes my idea of success?

How have I been holding my self back?

Mindset Journal

5 minute journaling

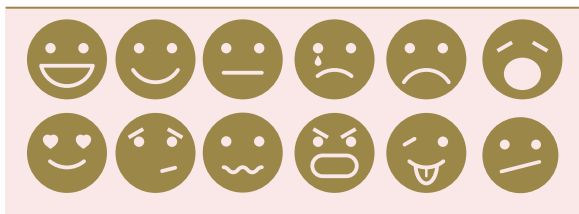
top 3 things about today

○

○

○

what emotions have you felt today?



It's not you think you are that holds you back, it's who you think you're not.

One thing I need to work on is:

What traits do i like about myself

Mindset Journal

5 minute journaling

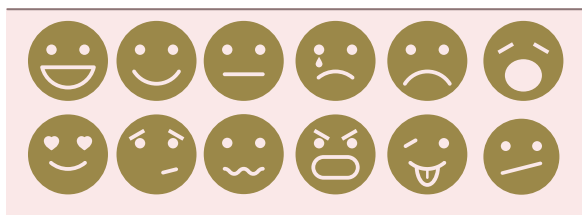
top 3 things about today

☐

☐

☐

what emotions have you felt today?



Be a master at loving yourself
and others will follow.

—Kim Guerra

How can i support myself more?

What's my vision for the next 3 years?

Mindset Journal

5 minute journaling

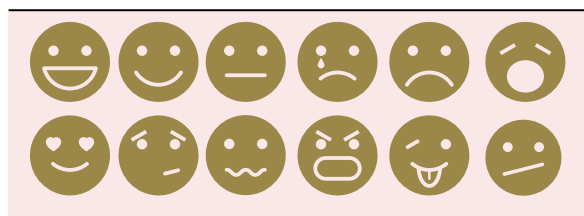
top 3 things about today

☐

☐

☐

what emotions have you felt today?



We cannot become what we want by remaining what we are.

—Mas Depree

Define success:

How do i feel abut change?

Mindset Journal

5 minute journaling

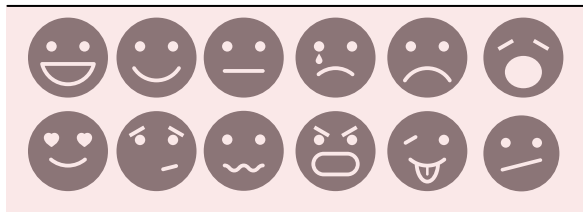
top 3 things about today

☐

☐

☐

what emotions have you felt today?



Change is the only constant in life.

—Heraclitus

What is one thing I can turn into an opportunity today?

What changes am i resisting?

Mindset Journal

5 minute journaling

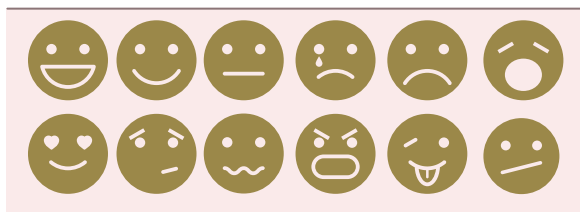
top 3 things about today

☐

☐

☐

what emotions have you felt today?



Your life doesn't get better by chance, it gets better by change.

What limits do I place on myself?

What are my strengths?

Mindset Journal

5 minute journaling

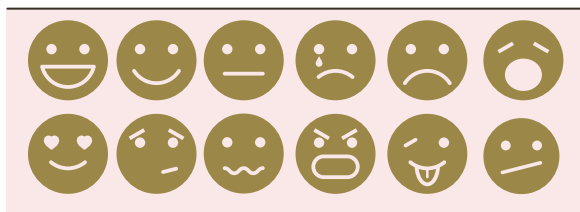
top 3 things about today

☐

☐

☐

what emotions have you felt today?



I'm thankful for my struggles because without them, I wouldn't know my strengths.

Describe one weakness:

What is my attitude about money?

Mindset Journal

5 minute journaling

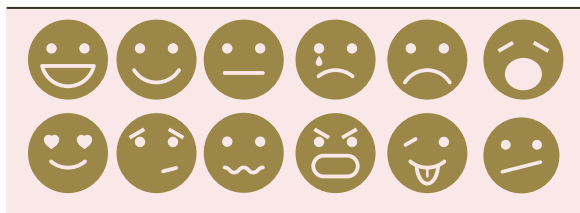
top 3 things about today

☐

☐

☐

what emotions have you felt today?



Fear of not having enough, is often really a fear that you are not enough.

What is your biggest financial fear?

Who Inspires me?

Mindset Journal

5 minute journaling

top 3 things about today

☐

☐

☐

what emotions have you felt today?



Failure is not the opposite of success.
It is part of success.

What is my best quality?
