

MASTER YOUR MINDSET

journal prompts

1. DO I BELIEVE IN MYSELF? DO I BELIEVE I DESERVE TO LIVE MY DREAM LIFE? DO I BELIEVE THAT MY DREAMS ARE TRULY POSSIBLE? WHY OR WHY NOT?

2. DO I TAKE RESPONSIBILITY FOR EVERYTHING IN MY LIFE? WHAT DO I NOT TAKE RESPONSIBILITY FOR? HOW CAN I CHANGE THE WAY I RESPOND TO THAT?

3. HOW CAN I TAKE MORE RESPONSIBILITY FOR MY LIFE?

4. DO I BELIEVE THAT I CAN GROW AND CHANGE? WHEN IN MY LIFE HAVE I CHANGED/GROWN FOR THE BETTER?

5. LIST ALL THE THINGS I'VE ALREADY ACHIEVED IN MY JOURNEY THAT I'M PROUD OF. AM I INSPIRED BY MY OWN JOURNEY?

6. DO I USUALLY LISTEN TO MY HEAD OR MY HEART? WHAT IS MY INTUITION TELLING ME ABOUT MY JOURNEY?

7. WHAT PROMISES WILL I MAKE TO MYSELF TO STAY ON COURSE IN THIS JOURNEY?