

# **Mindset Shifts for Success**

## **Daily Mindset Journal Cover Page**

Mindset Shifts Journal

A companion to the eBook:

'Mindset Shifts for Success'

Use this journal to reflect, reset, and reconnect to your goals and intentions daily.

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## Today's Mindset Check-in

Morning Intention:

One Thing I'm Grateful For:

One Bold Action I'll Take Today:

Power Mantra of the Day:

Mental Clarity Rating (1-10): \_\_\_\_\_

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## Evening Reflection Page

What felt aligned today?

What challenged me today?

What did I follow through on?

What will I shift tomorrow?

One thought I want to keep: \_\_\_\_\_

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## Weekly Reset Template

This week I learned:

What drained my energy:

What gave me momentum:

Focus word for next week:

Quote Im carrying with me:

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Notes / Mindset Downloads:

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