



Master Your Mindset Journal Prompts. Pick a few to work on, or do the whole worksheet.

1. List what you love and appreciate about yourself, come up with at least ten things.
2. How are you holding back or playing small- ask, where in my life am I not fully being me? Could I step into courage and be who I really am?
3. Ask, how can I reframe any “failures” in my life? Did you learn something important? Did you go in a new, more positive direction? Ask, how have my failures paved the way for my success?



4. What am I tolerating in my life? Where do I need to let go?

5. How can I expand and play big in my life? What wants to evolve? Is there an inner voice that is whispering and encouraging you to grow?

6. What habit do you want to change? How will it make a difference in your life?

7. When you think about being very successful- at the top of your field, what resistance or stories come up? Family stories? Family rules? Fears? What if you could just let them go and allow a new story to emerge? What would that new, powerful story be?

