GLEN SMITH JR
TRANSFORMATION COACH

7-Day Mindset Shift Journal

This 7-Day Mindset Shift Journal is designed to help you identify and break free from limiting beliefs. Each day, you'll explore your thoughts, challenge your inner narrative, and replace negative beliefs with empowering ones.

Day 1:

Identifying Your Limiting Beliefs

What belief has been holding you back? Write it down and explore where it came from.

Day 2:

Questioning the Evidence

What proof do you have that this belief is true? What proof do you have that it isn?t?

Day 3:

Reframing the Belief

How can you turn this limiting belief into an empowering one?

Day 4:

Emotional Connection

How does this belief make you feel? What emotions would you rather experience?

Day 5:

Taking Small Actions

What one small action can you take today to challenge this belief?

Day 6:

Visualization Exercise

Imagine yourself free from this belief. How does your life look and feel?

Day 7:

Affirmations & Commitment

Create an affirmation to reinforce your new belief and commit to practicing it daily.

Need more guidance? Join my Overcoming Limiting Beliefs Course for a step-by-step transformation!