

Mindset Journal

Memories or beliefs:

Include anything that came up around your core issue (money, food, etc.) that you observed that day or week.

Steps Forward:

Include any positive steps forward you made. Can be a shift in mindset, behavior, or event that happened during the day (or week).

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Forgiveness List:

Anyone or anything that you need to forgive in order to move forward (including yourself.)

Goals or Intentions:

What goals or intentions are you setting for yourself this week? Make sure to include anything that came up through journaling.
