

21 Day Mindset Journal



21 journaling prompts to move past limiting beliefs
and create new habits in business & life.

21-Day Mindset Journal

Welcome! I am so happy to be beside you for the next three weeks as you create the change that will give you insight into what's holding yourself back.

HOW TO USE THIS JOURNAL

- Set an intention now to do something for yourself for the next 21 days.
- Journaling trains you to be in the present moment so you can create new patterns each day.
- Feel free to swap the prompts around and do what speaks to you each day.
- Have fun with it and make it easy for you!

Joanne



21-Day Mindset Journal

WEEK ONE

1. What has gone well recently?

2. Write out a limiting belief that is holding you back. Flip it and create a new personalised affirmation for yourself.



21-Day Mindset Journal

WEEK ONE

3. What would make today great?

4. Finish the sentence:
I am working towards...



21-Day Mindset Journal

WEEK ONE

5. Fill in this gratitude clover.



21-Day Mindset Journal

WEEK ONE

6. Script out your day, limiting belief or how you want to feel.

I am so grateful & happy that I have...

I did/talked about...

It felt so easy for me because...

I was (where you were)...

Thank you for....

21-Day Mindset Journal

WEEK ONE

7. How will you feel present today?

CONGRATULATIONS AND WELL DONE ON
COMPLETING WEEK ONE!

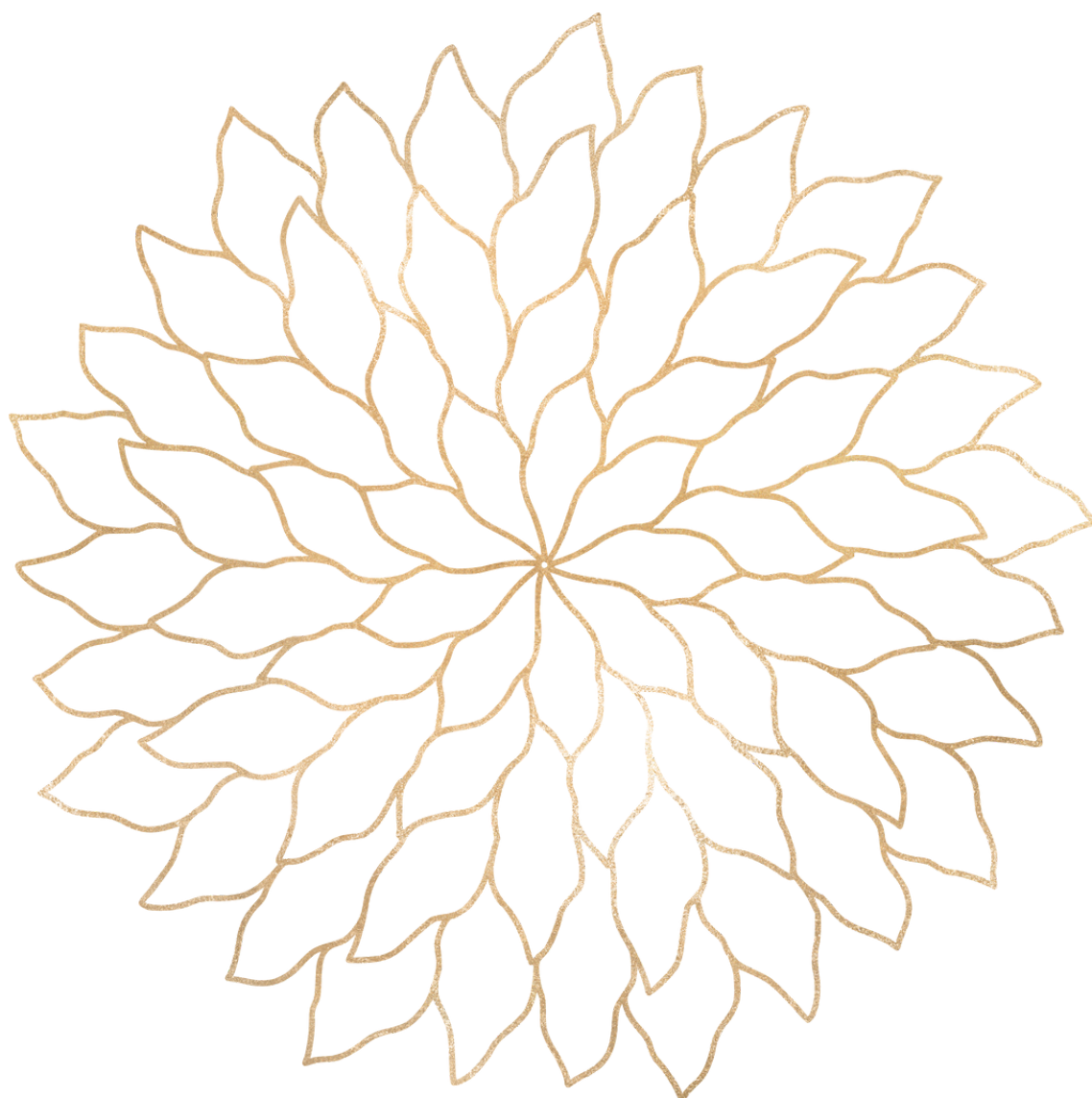
How do you feel?



21-Day Mindset Journal

WEEK TWO

1. Colour in this mandala and write down how you feel afterwards.



21-Day Mindset Journal

WEEK TWO

4. Script out your day, limiting belief or how you want to feel.

I am so grateful & happy that I have...

I did/talked about...

It felt so easy for me because...

I was (where you were)...

Thank you for....

21-Day Mindset Journal

WEEK TWO

5. What will uplift your day?

6. Finish the sentence:
I am letting go of feeling...



21-Day Mindset Journal

WEEK TWO

7. How can you show yourself more love and compassion?

WELL DONE ON COMPLETING WEEK TWO - YOU'RE ON A ROLL!

How do you feel?



21-Day Mindset Journal

WEEK THREE

1. What would free you right now?

2. How can you ground yourself when you feel anxious?



21-Day Mindset Journal

WEEK THREE

3. Script out your day, limiting belief or how you want to feel.

I am so grateful & happy that I have...

I did/talked about...

It felt so easy for me because...

I was (where you were)...

Thank you for....

21-Day Mindset Journal

WEEK THREE

6. Fill in this gratitude clover.



21-Day Mindset Journal

WEEK THREE

7. What makes you feel abundant?

AMAZING - YOU SET AN INTENTION FOR 21 DAYS AND YOU FULFILLED IT.

How do you feel?



21-Day Mindset Journal

WHAT'S NEXT?

Check out my other resources to further your mindset shift to move past the blocks that hold you back.

Podcast

[The Creative Flow](#)

Instagram

[@creativeflowcollective](#)

Membership

A membership for creative business owners to find the answers inside to gain clarity and take inspired action.

www.creativeflowcollective.com

Joanne

