

A high-contrast, black and white photograph of a woman's face in profile, looking towards the left. Her hand is raised, with fingers slightly curled, and a large, rectangular ring is visible on her ring finger. The lighting is dramatic, highlighting the contours of her face and hand against a dark background.

# Mindset Reset

30-Day  
Journal Journey

# 30 Days of Mindset Journey for Creating Clarity & Calm

*Thank you for your interest in the Mindset Reset journal.*

*During the next 30 days, you'll work through a series of writing prompts to build greater self-awareness, clarity, and confidence.*

*Awareness is the first step in any transformation. This journal will help you question limiting beliefs, your inner critic, and stubborn self-fulfilling prophecies. Journaling is a safe place to explore fear in all its forms and effects.*

*It begins with a willingness to be honest with yourself and to write 15 minutes each day. Now, let's get started.*

*Tina Sprinkle*





## FEAR: False Evidence Appearing Real

This journal is divided into four sections. The first section examines the role fear plays in our lives and life decisions. Fear is a part of life and nothing to be ashamed of.

Denying fear isn't an effective strategy, as resistance only increases fear's power and hold.

Accepting fear as a natural part of being human, helps us recognize how unacknowledged fear circumvents our hopes and dreams.

Exploring our limiting beliefs and where they come from is the first step towards transformation.

If you're ready to confront your fear, move forward by having an honest conversation with yourself using the following journal prompts.

Do the prompts in each section in any order you like, but please finish sections sequentially as one builds upon the other.

*"Approach your fear. Look it in the eye. Tell it what it needs to hear. Tell yourself what you need to hear."* **Liz Gilbert**



# WEEK ONE JOURNAL PROMPTS: EXAMINING FEAR

- How do you embody fear? What happens to you physically when you feel afraid?
- The fears we have as a children may not look the same as fears we have as adults, but are often related. Try tracing your current fear back to childhood. Look for any hidden connection or patterns.
- Examine how fear may have affected your life decisions. If it has, were you conscious of its role at the time?
- Fear silences expression. What have you been afraid to say to the world? to yourself? to others? What would you say if you weren't afraid?
- Write a letter to your fear. What do you want fear to know about you?
- What dreams have you postponed because you feared you didn't deserve it?
- What can you do the next time you feel limited by your fear?





## The Many Faces of Self-Sabotage

Most of us have a blind spot when it comes to self-sabotage. The same behaviors we judge harshly in others can just as often be challenges of our own. Self-deception and self-sabotage are ways we keep ourselves stuck.

Distraction, procrastination, perfectionism; comparison, workaholism, addiction; martyrdom, drama, and gossip are just some of the ways self-sabotage.

The journal prompts in this section will help you examine the ways you undermine and disconnect from your dreams, desire, and humanity.

This introspective journey requires honesty, grit and courage.

Please approach yourself with kindness and compassion as you write. The excavation is to not to hurt, but to heal.

*"There is stability in self-destruction, in prolonging sadness as a means of escaping abstractions like happiness.*

*Rock bottom is a surprisingly comfortable place to lay your head."*

**Kris Kid**



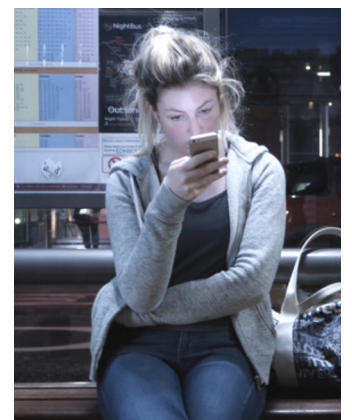
# WEEK TWO

## JOURNAL PROMPTS: SELF-SABOTAGE



- Which brand of self-sabotage do you find yourself engaging in the most? Perfectionism? Distraction? Drama? How and when does this tend to show up in your life?
- Perfectionists are often rewarded for being successful, competent, high achievers. But the perfectionist is also robbed of her authenticity since the definition of being human is vulnerability and imperfection. How does perfectionism present itself in your life?
- Body obsession, disordered eating, over-exercising, drinking, and shopping are examples of the ways we seek to self-medicate. Do you recognize yourself in any of these activities? If so, what are the consequences?
- Technology is another way we distract and self-sabotage. Have you tracked the number of hours you spend per day on your screen? Between emails, texts, calls, social media, and television, our screens can dominate our lives.

How do you use technology to avoid yourself and other important tasks? What would it feel like to take a 24-hour technology fast? Would you be willing to see what comes up when you're not constantly distracted by texts, emails, and social media?





## WEEK TWO JOURNAL PROMPTS: SELF-SABOTAGE

- Teddy Roosevelt famously said, "Comparison is the thief of joy." How often do you compare yourself to others? How does it make you feel? What can you do the next time you find yourself making comparisons?
- Gossiping is another form of self-sabotage. One of my friends blithely describes gossip as harmless "recreational criticism." But gossip is rarely harmless for the gossiper and the one gossiped about. How do you use gossip as a distraction and way to make yourself feel better?
- Lying is another way we self-sabotage. No matter the reason, lying is a way we manipulate or withhold the truth to suit our agenda. Why do you tell lies, white and otherwise?
- Self-sabotage is how we regulate ourselves to make sure that we stay within our self-chosen boundaries.

In other words, your definition of what you deserve creates a ceiling beyond which you won't allow yourself to go. The good news is that your "deserve levels" can be changed with awareness. Writing with honesty and integrity is a first step.





*"It's not what you say out of your mouth that determines your life.  
It's what you whisper to yourself that has the most power."*

**Robert T Kiyosake**

## The Itty Bitty Shitty Committee

In his book, *The Four Agreements*, Don Miguel Ruiz, discussed the importance of being 'impeccable with our word.' Impeccable in the way we speak to others, and how we speak to ourselves. The way we address ourselves is often more harsh and judgmental than anything we'd dare say to others.

One of my teachers aptly described this negative voice loop as our 'itty bitty shitty committee.' In this third section we take a deep look at that negative voice, where it originated, what it wants you to believe, and how you can disarm it.

Once again, hold yourself with compassion when working through these prompts. Becoming conscious of our habitual negative thoughts is the first step towards creating an alternate narrative. We can cultivate a voice that's encouraging and supportive and reduce the intensity of our itty bitty shitty committee.





## WEEK THREE JOURNAL PROMPTS: THE INNER CRITIC

- This week you're going to get to know your inner critic. Your conversations with your critic will take shape as you follow the journal prompts.

Start by asking your inner critic what she has to say. This shouldn't be difficult as she's always ready with her opinion. Close your eyes and listen. Tune into that inner critical voice and journal down all that you hear.

- Next tap into all her fears. This is all the things she "thinks" you are not, all the things she "thinks" you've done wrong. Give her permission to get it all out- and onto your page.
- This process can be tough. It takes courage to consciously examine a voice you've taken for granted as truth. Be patient with yourself as you dissect the negative diatribe, separating fact from fiction. You've been carrying these thoughts around for a while, perhaps a lifetime. Breathe into it, cry if you need to, and release it onto the page.
- When you've written down all the things your critic has to say, write a list of all the people who contributed to that critical voice. These are people who said similar things to you when you were young or who have made you feel bad about yourself. Write down the names of all those people.

# WEEK THREE

## JOURNAL PROMPTS: THE INNER CRITIC



- After you have the list, focus on forgiving each person on that list. Say out loud, "I forgive you \_\_\_\_\_ for contributing to my inner critic. I realize you were critical of me because you were also critical of yourself or because other people were critical of you. I forgive you and release myself from further attachment to your pain or judgements."
- If you want to add another dimension to this journal exercise, try drawing a picture of your inner critic. Don't judge your drawing skills. You're only trying to picture what your inner critical looks like. Let your creativity capture its form, energy, and force.
- If drawing isn't your thing, identify a character from a movie or book that reminds you of your inner critic. Picture the character every time your inner critic speaks up. Personifying your critic this way helps create the perspective needed to separate yourself from their harsh judgement.

In many ways our inner critics are nothing more than fictional characters, irrational, mean and nasty.

My inner critic looks and acts a lot like Cruella de Vil.



# Disconnect From Your Inner Critic

Use this transformational tool to remind you how irrational and off base your inner critic is. This may not instantly boost your self-esteem, but it will help you feel less anxious, less unsure and more confident of yourself. Follow the example:

**My limiting belief:** "I'm not worthy of success."

**Evidence supporting my belief:** "I don't have the drive and courage to pursue my goals."

**Evidence NOT supporting my belief:** "I have great qualifications, relevant experience and the smarts to achieve what I want."

**My new balanced belief:** "I have the resources + chances to achieve my goals. One action I can take today towards my goal is \_\_\_\_\_."

My limiting belief	Evidence supporting my belief	Evidence NOT supporting my negative belief	My new balanced belief




# Mind-Shift Cheat Sheet

Use this cheat sheet to disarm your inner critic's negative impact.

Use the left side to record write down those pervasive critical negative thoughts. Examples: "I'm not good enough to do (insert activity)...", "I'm not worthy of success", "I don't deserve a luxury lifestyle."

Use the right side to question the rationality and truth of those thoughts. The 6 mind-shift questions below encourage greater perspective, courage, and choice.

	<ul style="list-style-type: none"><li>• Where did this thought come from?</li><li>• Is this thought 100% true? If not, why?</li><li>• List the evidence you have that this thought is NOT 100% true</li><li>• If your best friend tells you she has this negative thought, what would you tell her?</li><li>• What actions can you take to disarm this negative thought?</li><li>• How can you show yourself more self-compassion?</li></ul>
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Use this tool to become more conscious of your inner critic.  
You can acknowledge her without giving away your power.

*Letting go of your inner critic can feel uncomfortable at first.  
But it's in the discomfort new patterns are made.*



*"Be brave enough to heal yourself, even when it hurts."*

**Bianca Sparacino**

## Healing Journal Practices

Congratulations! You've put pen to paper to confront your fears, self-sabotaging behaviors and inner critic. It takes courage and resilience to look into our dark recesses, but healing requires we do just that.

The last section of this journal builds on all you've learned about yourself. We can only heal the wounds we name, the wounds we claim. That's hard work but it's just the beginning.

Use the following exercises and resources to build your own healing practice. It can be as simple as taking a moment of silence with your morning coffee, setting aside time to continue journaling, or reading an inspirational passage or book. You know what feels healing to you. You've already created a practice this past three weeks. Just continue!



## Morning Pages

Writing in the morning sets a powerful intention to *create* your day rather than *react* to your day.

Ground, visualize and set the tone for your day over a quiet cup of tea or coffee.

Make the most of your morning (and day), by following these guidelines:

**Commit.** Set your alarm to wake up before the rest of the house. Make this a *priority* for 30 days. Even 15 minutes is enough time to begin.

**Sacred.** Keep this practice as sacred time- for you alone, to breathe, connect, read, and write in peace.

**Silence.** Keep your environment quiet and peaceful. No iPhone, TV, work or news before your practice.

**Simple.** Use the resources and suggestions in this section to design your healing practice.

**Practice is ritual.** And ritual is healing. Discover what grounds and centers and do it daily. Energy and intention flows where our attention goes.





## Gratitude Practice

Gratitude is the thankful appreciation for all that we receive, tangible or intangible.

Gratitude helps us acknowledge the goodness in our lives; specifically the goodness that lies outside ourselves. Appreciation opens the door to connecting to something larger than ourselves. This can be other people, a connection to nature, or a higher power.

In positive psychology research, gratitude is strongly and consistently associated with greater happiness.

Gratitude helps us feel more positive emotions, relish good experiences, improve health, deal with adversity, and build stronger relationships.

In short, Gratitude heals! Start your practice by including three people, places, or things you are grateful for each morning. See just how much you have to be grateful for.

*"Acknowledging the good you already have in your life is the foundation of all abundance."*

**Ekhart Tolle**

# My Gratitude list

DATE	I'm thankful for...
1	
2	

*"What separates privilege from entitlement is gratitude."*

**Brene Brown**

# My Gratitude list

DATE	I'm thankful for...
1	
2	

*"Gratitude liberates us from the prison of self-preoccupation."*


**John Ortberg**

# Your Happy Place

Do you know what your happy place is? Your happy place is an emotional state you can access anytime from wherever you are. You may have never considered the simple things that make you happy.

Fill this grid with experiences, things, memories, dreams, etc. that make you uniquely happy. Knowing where you're happiest is half the journey!


# Your Happy Place



Fill these  
circles with  
things that make  
you happy and also  
don't cost money.





## Self-Care Strategies to Improve Mood

<i>Cooking or bake something delicious</i>	<i>Dance with abandon around the house</i>	<i>Sing your heart out to your favorite playlist</i>	<i>Spending time with your animals</i>	<i>Take a warm bath or spend time in water</i>
<i>Meditate for 15 minutes</i>	<i>Engage in exercise you enjoy</i>	<i>Escape into a fiction novel</i>	<i>Create something-anything!</i>	<i>Online shop on + add items to your cart without checking out</i>
<i>Journal for 15 minutes</i>	<i>Self care (face masks, hair masks, body scrubs, etc)</i>	<i>Get out in nature</i>	<i>Visit with positive friends</i>	<i>Listening to an uplifting podcast</i>
<i>Declutter your space</i>	<i>Explore your life purpose (Hint: it's linked to your joy)</i>	<i>List three (or more!) of your skills + talents</i>	<i>Plan your dream retreat or vacation</i>	<i>Give or donate to someone in need</i>
<i>Take a 60-min tech detox. (No phones, or screens.)</i>	<i>Write affirmations that make you feel good</i>	<i>Surround yourself with beautiful things</i>	<i>Indulge in aromatherapy to calm and support</i>	<i>Watch anything that makes you laugh</i>

*Circle the activities above that speak to you. Remember to use them the next time you're in a funk to shift your energy and improve your mood. These powerful tools will help shift your focus and lift your spirits.*



## Relationship Review

Research shows the most important variable influencing the quality of our lives is our relationships. Not money, fame or good looks, but our relationships.

People deeply connected to their friends, family, co-workers and community live longer, are healthier, happier, more fulfilled to live a better quality of life.

Who you choose to spend your time with also matters. When you surround yourself with positive people, you're more likely to adopt empowering beliefs and see life as happening for you instead of to you.

Just as you benefit by surrounding yourself with people who make you happy, you suffer when those in your circles are negative or narrow-minded.

It's important that the people you spend the most time also align with your core values and approach to life.

Occasionally, it's good to review your relationships and take inventory. Are the people you spend the most time also the most positive and supportive? Concentrate on spending time with people who inspire and energize you!

# Relationship Review

Are your friends holding you back? If so, it's time to find new ones. If your friends are lazy, unhappy, and negative, you risk adopting those same patterns. Having a positive mindset requires you to spend time with people who accept you as who you are and are not judgmental of your choices.

If you feel energized after being with someone, it's a sign that you need to be with them more often. If you feel drained much of the time you're around them, it may be time to invest less in the relationship.

In the space below, name 15 people whom you spend the MOST time with. Give each person a **score of 1 - 10** depending on how you feel after being with them. A score of 1 means that person makes you feel drained and exhausted whereas '10' means that person makes you feel inspired + in a good mood after meeting them.

1	Score
2	Score
3	Score
4	Score
5	Score
6	Score
7	Score
8	Score
9	Score
10	Score
11	Score
12	Score
13	Score
14	Score
15	Score

# Relationship Review Results

- Is there anything surprising about your list?
- Are there people you want to spend less time with? Who are they?
- Are there people you want to improve your score with?
- What actions can you take to raise the score?
- These are the people I want to spend MORE time with:
  - What characteristics do they have, which make you want to spend more time with them?
- How will your life change if you spend more time with people who energize you?





# ADDITIONAL JOURNAL PROMPTS FOR HEALING



- Make a list of all the things that bring you joy; then do one day until you need to create a new list.
- What do people ask your advice about? Why do people seek you out? What are some of the gifts you offer others?
- What are your greatest challenges right now? Where can you find gratitude in them? Where is acceptance needed?
- What are your three favorite inspirational quotes? What about them resonates with you?
- What things or people do you need to say "no" to in order to make room for "yes" moments?
- What is the most empowering thing you've ever done? Why was it so impactful?
- What are some kind things people say about you? If you can't think of any, ask a few friends!
- Who and/or what do you feel naturally drawn to? Why?
- What new things would you like to learn? Is anything holding you back? If not, how do you start?

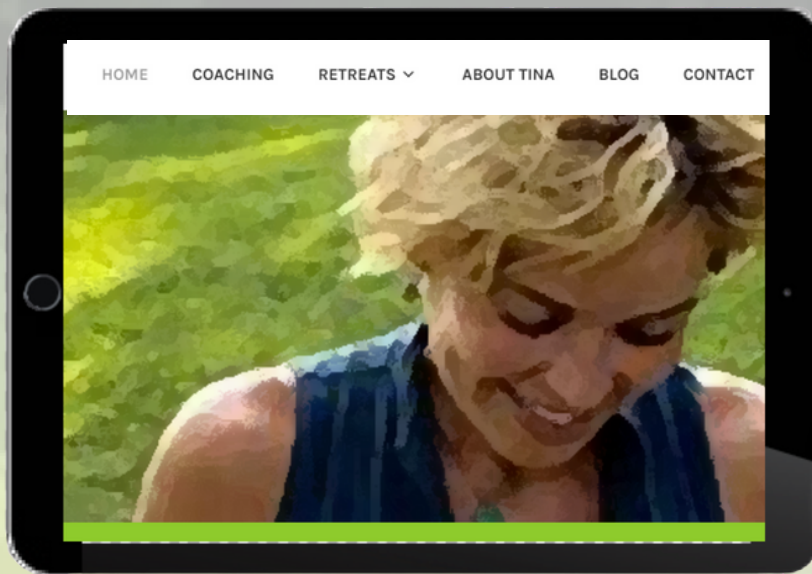


# EMBRACE THE JOURNEY

WITH TINA

*"I want to  
arrive at the  
end of my life  
with a full heart  
and no regrets."*

*Tina Sprinkle*



# Coaching

# Retreats



# Community