



MINDSET JOURNALING TRANSCRIPT



TRANSFORMATIONAL
JOURNALING

with *Christa Potter*



MINDSET JOURNALING

▷ What You'll Discover

- What mindset journaling is.
- How it helps us work through mindset blocks.
- Growth vs Fixed Mindset
- How to Mindset Journal

▷ What Mindset Journaling Is

Mindset Journaling is an amazing form of journaling for working through various mindset blocks. It enables you to get to the root of your conscious and subconscious beliefs, and blocks, around things like money, love, relationships, client attraction, and sales, etc. You can also work on shifting your mindset to a more positive mindset overall. To a mindset more conducive to personal growth. I'm sure you've probably heard of growth mindset before.

- A growth mindset is when you believe your abilities can be developed.
- A fixed mindset is when you believe you're stuck with what you've got.

"We have more possibilities available in each moment than we realize."

THICH NHAT HANH



The opposite of a growth mindset is a fixed mindset. Many of us are living our lives with a fixed mindset without even realizing it. With a fixed mindset our self-worth is attached to our actions and outcomes. We avoid failure at all costs. With a growth mindset we embrace failure. We see challenges as the opportunities that they are for growth and learning on the pathway to reaching our highest potential. If we aren't willing to risk failure then we aren't really going for what we want or actualizing our potential. We are just playing small and blaming lack of success, progress, or love on so called limitations. Whether those limitations be based on our circumstances or the people in our lives.

▷ The Benefits of Mindset Journaling

We want to shift out of a victim mindset and into a more positive and growth oriented way of thinking and forming beliefs that encourages happiness and success. That is something we can all benefit from incorporating in our lives. It's a means of shifting our paradigm to begin seeing our lives in a light of possibility and letting go of the limiting beliefs that are holding us back. Because it is our fear, and our beliefs about the possible outcomes of those fears, that keep us playing small.

Your beliefs and your mindset affect everything! If you don't believe something is possible then you aren't going to put very much effort into trying to achieve it are you? If you believe life is hard and out to get you then you are going to be focused on noticing all the things in your life that reinforce that belief. If you believe you are stuck with things the way they are and stuck with yourself the way you are then you are going to stay in a fixed victim mindset complaining about it rather than being in a growth mindset and proactively taking action to change things. You are going to be living your life just trying to avoid pain, discomfort, and failure.

Beliefs are not facts. They are simply beliefs. They can be uncovered and worked with to embrace a more empowering truth.

▷ How to Mindset Journal

You can turn almost any journal prompt that delves into your beliefs on something into a mindset exercise. The keys are to follow up the prompt by asking WHY? Why do you believe



that?

“Because you have to work really, really hard to be successful.”

Ask yourself why again? Get down to the root belief.

“Because my parents always had to work hard to make money and we never had enough. I never have enough.”

Is that true? What evidence proves your belief wrong?

“No, not everyone has to work hard for their money. There are a lot of people who make tons of money with ease and joy.”

So why do I believe it applies to me?

Keep going..... DIG! DIG! DIG! DIG!

Continue coming up with proof of why this belief IS NOT a truth. Show your ego why it's not true. The more you do this the more this will begin to shift your perspective right down to your subconscious.

Journal Prompts

- What belief has held you back the most in life? Do the above exercise for it.
- What are you really afraid of?
- What would you have to let go of if you overcame this belief?
- What would you gain if you can overcome this belief?



Notes

A series of horizontal dotted lines for writing notes.

