

# MINDSET JOURNALING PROMPTS

- 1. How can I use bad experiences to grow?** Think of a specific bad experience or circumstance. You cannot change this experience, and you likely didn't have a lot of control over it. There is a silver lining in every situation, you just have to look for it. How can you use bad experiences as an opportunity for growth?
- 2. What lies is my inner critic telling me? How are these holding me back?** "The critical inner voice is formed from painful early life experiences in which we witnessed or experienced hurtful attitudes toward us or those close to us. As we grow up, we unconsciously adopt and integrate this pattern of destructive thoughts toward ourselves and others". Your inner critic keeps you from growing by holding you back with negative self-talk and limiting beliefs. How is your inner critic holding you back?
- 3. What would I do if I weren't afraid? What is my critical inner voice saying?** Often, fear is holding us back from growing. Think about the things you would do if you weren't afraid. List the critical and mean things you say to yourself.
- 4. What are practical ways to overcome my limiting fears?** A lot of times, those fears holding us back aren't as bad as not growing at all. Take some time to walk through some ideas on how you can overcome fear. Think about things like security, the opinions of others, failing, etc. Writing it out will help you see solutions more clearly.
- 5. What change am I resisting?** Life changes all the time whether we want it to or not. These changes will make us grow. It's helpful to start by identifying things in your life that are changing (especially those that you're resisting).
- 6. In what ways can I grow to adapt to this change?** Once you've identified what aspects of your life are changing - and which you are resisting - you'll want to take some time to think about how you can grow to adapt to those inevitable changes.
- 7. How are my emotions limiting my growth?** We all have emotions. It's 100% okay to have emotions. But if we cling to emotions too tightly or push them away without dealing with them, they can hinder our growth. Try thinking about emotions that have limited your growth in the past.
- 8. What makes me happiest in my life right now?** Take a few deep breaths to pull yourself into the present moment. What things in your life are making you happiest RIGHT NOW? Include simple pleasures, favorite things, and people you love.
- 9. What would it take to do more things that made me happy?** You want to grow in the direction of what makes you happiest, lights up your soul, and aligns with your core values. How can you grow in that direction? If it helps, include a chart and some action steps.
- 10. How am I living by my core values?** Take some time to write down the things that are most important to you - your core values. Think about big-picture ideas like taking care of family, being authentic, and creating positive change in the world. Then, get specific and pinpoint the ways you're already living by your core values.
- 11. What drives me the most?** What drives you to get tasks done? Are you internally or externally motivated? What are your deepest desires? Think about the big picture as well as specific circumstances. How can you use the things that drive you most for personal growth?
- 12. Where is my growth at right now?** Get honest with yourself and meet yourself where you're at. It's only from there that we can nourish ourselves in a way that helps us grow in the right direction.
- 13. How much time do I currently spend on personal growth?** Once you've met yourself where you're at on your personal growth journey, assess how much time you spend on personal growth. If you haven't done a lot of growing, consider spending more time on personal growth.
- 14. What times in my life have caused the most growth?** Sometimes we strive for growth in ways that aren't helpful. I recommend thinking about all of the times in your life that have caused the most personal growth.

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15. **Why is personal growth important to me?** You can't do anything full-heartedly without connecting with your 'why.' Take some time to do so.
16. **Where can I swap self-aggression for self-love and an opportunity for growth?** It's easier to let go of self-aggression and self-hate if we swap it for something else. Write down some ways that you're aggressive or hateful toward yourself. Then, swap these ideas with a combination of loving yourself right now and having ample opportunity for growth in these areas of your life.
17. **Which people in my life fill me up the most?** To continue on a path of personal growth, it's important to surround yourself with people who encourage and inspire you. Identify these people. And deepen this journal prompt by explaining how each person fills you up.
18. **How is my physical health affecting my mindset?** Take a realistic look at your life and identify how your physical health (sleep, diet, nutrition, exercise) is affecting your mindset for better or worse.
19. **How do I react to negative situations?** Get honest with yourself about how you react to negative situations so that you can be aware of your reactions in the future. It helps to think of specific situations and walk through what happened, how you felt, and how you reacted.
20. **Do other people's opinions and standards determine my actions?** Try to separate out or chart your own opinions and core values from the opinions of others to help you see the difference.
21. **At what moments am I being my truest self?** When did you feel most like yourself - not on autopilot but fully alive? Connecting with these moments can help you grow in a direction that allows for more genuine moments.
22. **How do I make decisions?** Walk through your decision-making process. What things affect your decisions? Worries, other people's opinions, fear, doubt? Think about if your decision-making process is limiting your growth.
23. **Where are my thoughts usually - the past, present, or future?** You cannot change the past nor live in the future. You can only live in the present moment. And so, you can only grow in the present moment. Identify where your mind likes to hang out and spend time each day working to refocus your attention on the present moment with mindfulness.
24. **What unhealthy habits are holding me back?** You might have some unhealthy habits you aren't consciously aware of. Let's become aware of those unhealthy habits so we can change them. Think about things like mindlessly scrolling your phone, reacting based on emotions, and immediately jumping to conclusions.
25. **What positive things have I done on purpose?** In order to grow, we have intension and purpose. Think about times that you've done something deliberately that led to personal growth. Being aware of these times can help you move forward in your path for personal growth in the future.
26. **What Unhealthy Habitual Activities Hold Me Back?** You might add mindlessly scrolling through your phone, surfing social media comparing your life to others, binging on some TV series, immediately jumping to conclusions, or expecting the worst-case scenario.
27. **Are my thoughts in the present, past, or future?** The best way to honor the past and plan for the future is by being present in the present moment! Jot down ways you can be more present.
28. **What lies is my inner voice telling me?** Write down these thoughts and ask yourself if each one is really true.
29. **How Can I Approach a New Challenge?** Use your growth mindset journal to break the action steps into pieces and try to move forward step by step to move away from a fixed mindset.
30. **What Does Failure Mean to You?** Is failure always a negative or have learned from failure?
31. **What Painful Memories Can I Turn Around?** View your painful memories from an objective point of view to help you see things you might not have noticed the situation.