

UNLIMITED MIND online course

JOURNALING

1. DAILY CHECK IN

The secret behind most successful people:

Think of this like “cleansing” your mind

- How are you feeling today?
- What are you thinking?
- Just observe your thoughts, no judgement

Free-write a full page or two

- Just let it all out onto paper
- This lets you get clear on what you’re really thinking about subconsciously
- You can see what fears may be popping up that day
- Be as negative as you need to be here

2. REFRAME YOUR FEAR

- Choose your most disempowering thought of the day
- How can you reframe that thought? For example: “my project is hopeless” could be shifted to its positive opposite
- Write out these new thoughts in the first present tense

- If it doesn't feel authentic to write the direct positive opposite, try starting with "I choose to believe that..." or "I'm ready to start believing that...". This will help ease your mind into starting to believe new things.

3. GRATITUDE LIST

- Gratitude is one of the most high vibrational emotions that exist
- The higher your vibe, the higher the frequency the things you can attract to you
- Gratitude is also the emotion of having already received something
- Write 10 things you are grateful for every day
- Ideally pick up on the smallest things in the world to be grateful for (ie. I am grateful that the sun is out. I am grateful I have a roof above my head.
- As you write, really feel the emotion of gratitude for a moment
- Express gratitude for the things from the past, from the present, as well as what you want in your life as if it has already happened

4. WRITE YOUR GOALS

- Write your goals/intention every day!
- Writing goals every day focuses your mind and your intuition on what you desire to see in reality
- Write your goals in first person present tense (ie. I live in a villa in France. I make 50k EUR a month".)
- As you write, feel what you would feel when that goal has already happened

5. WRITE YOUR TO-DO LIST

- Write down the 3 things that MUST get done to move your business forward
- When you focus your mind on what needs to get done, it tends to magically get done each day!
- Write down all admin and small tasks. Your brain can only hold 4 pieces of information. Those tasks are invading your head until you clear it.