

Mindset Shifts that Heal

10 Reflection Prompts to Support Growth & Breakthrough

Reflection Prompts

1. What belief about yourself are you ready to let go of?
What would you rather believe instead?
2. When do you feel most like yourself? What makes those moments possible?
3. What is one thought you often have that drains your energy?
4. What does 'healing' or 'growth' mean to you right now?
5. What are you avoiding that might actually set you free if you faced it?
6. In what areas of your life are you still trying to be who others expect you to be?



7. What would it look like to fully trust yourself?

8. What's a habit or mindset you've outgrown, but still carry?

9. What's something you've been through that you now realize made you stronger?

10. What's one thing you can do this week to align with the version of you you're becoming?

