A black and white photograph of a mountain valley. In the foreground, a river flows through a field of tall reeds. The middle ground shows a valley with scattered trees and shrubs. In the background, a range of rugged mountains with some snow-capped peaks stretches across the horizon under a clear sky.

Harmony

MINDSHIFT

Transform Your Mind



Create Your Life *Workbook*

Harmony MindShift

Worksheet

LIST your limiting beliefs

**I'm not talented enough to
pursue my passion**

I am not worthy

**I suck at relationships
and there isn't anyone out
there for me**

Worksheet

Change your limiting beliefs

Become mindful of your thoughts during the day.

You can also look for negative patterns that keep showing up & ask what belief is creating it. Write down any limiting belief you notice on the following page. Example: I'm stuck in this situation and I'll never get out.

Find the underlying story behind your limiting belief.

When and where did you learn it, why do you believe it is true? Example: Maybe I tell myself I'm stuck because in the past a person or experience made me feel powerless & unworthy of better.

Flip it around, what if the opposite was true?

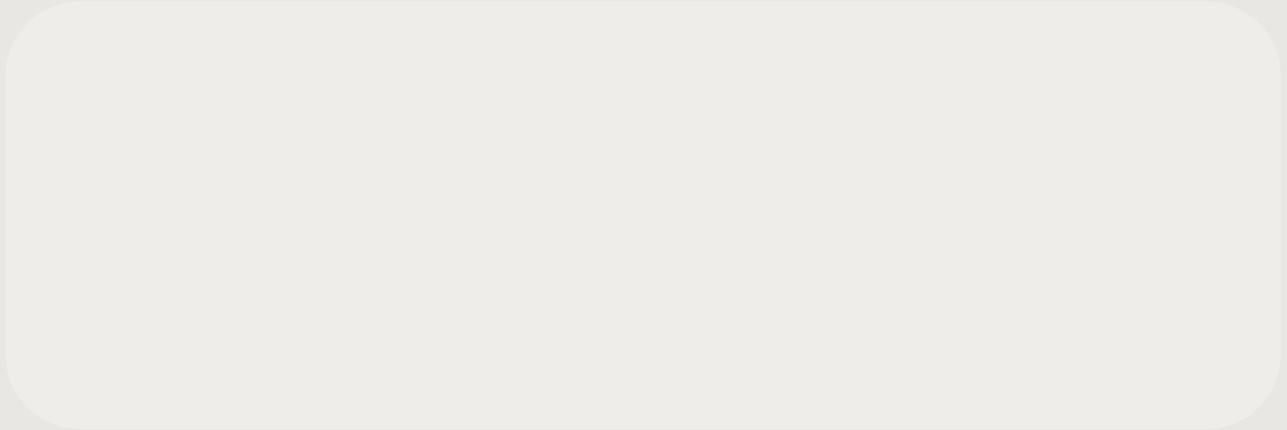
What positive belief & story are going to tell yourself from now on? Write it down. Example: I am worthy of anything I can dream of. I can always find a way to change my situation I am open to the possibilities.

Repeat your new belief everyday.

Anytime the old story pops into your head immediately correct yourself with your new positive story. Repetition makes it a permanent part of your belief system. Choose 10 affirmations to repeat daily. Say them out loud everyday.

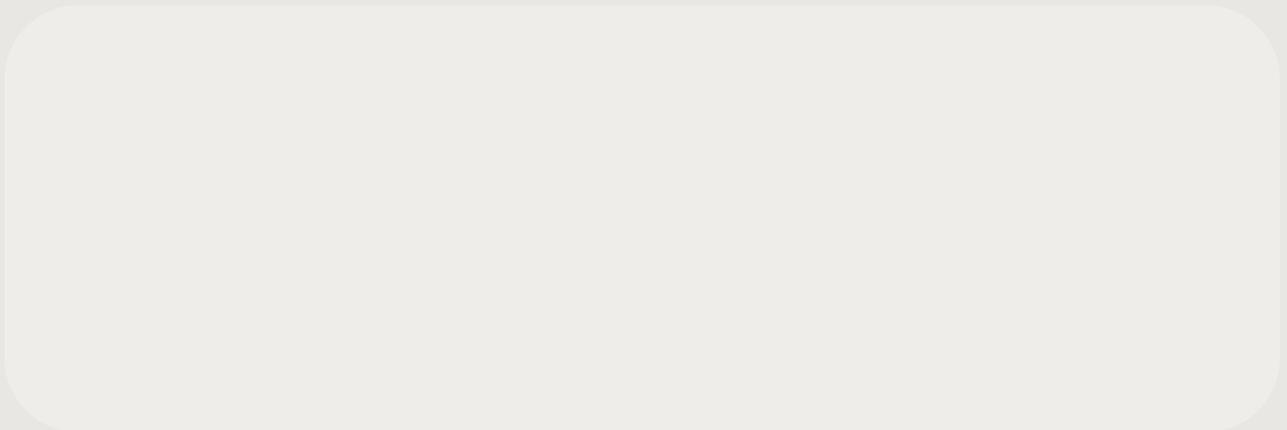
01

What is your limiting belief and its underlying story, why do you believe this is true?



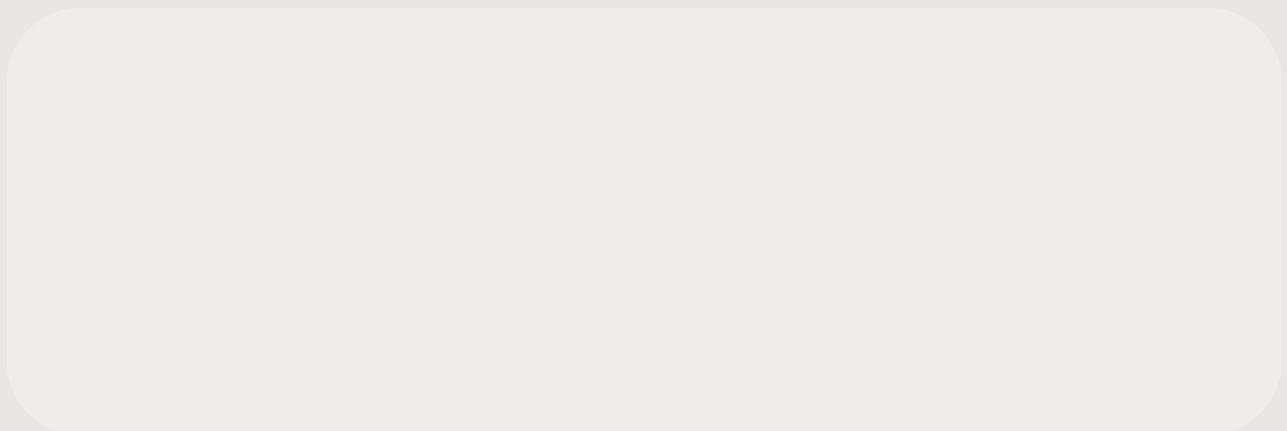
02

Are the events described above still true?



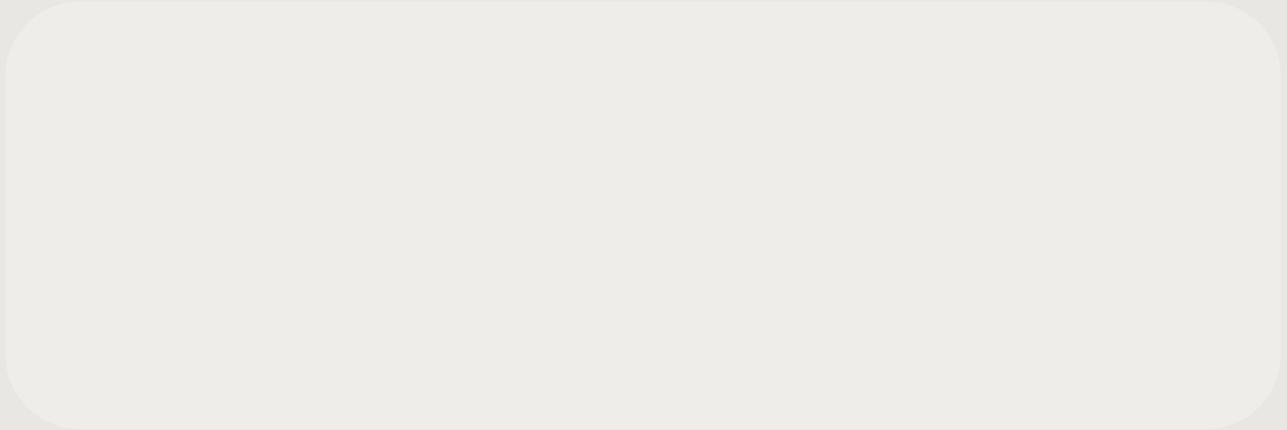
03

What has this belief cost you? How has it affected your attitudes or behavior? Write down examples of how this limiting belief has held you back.



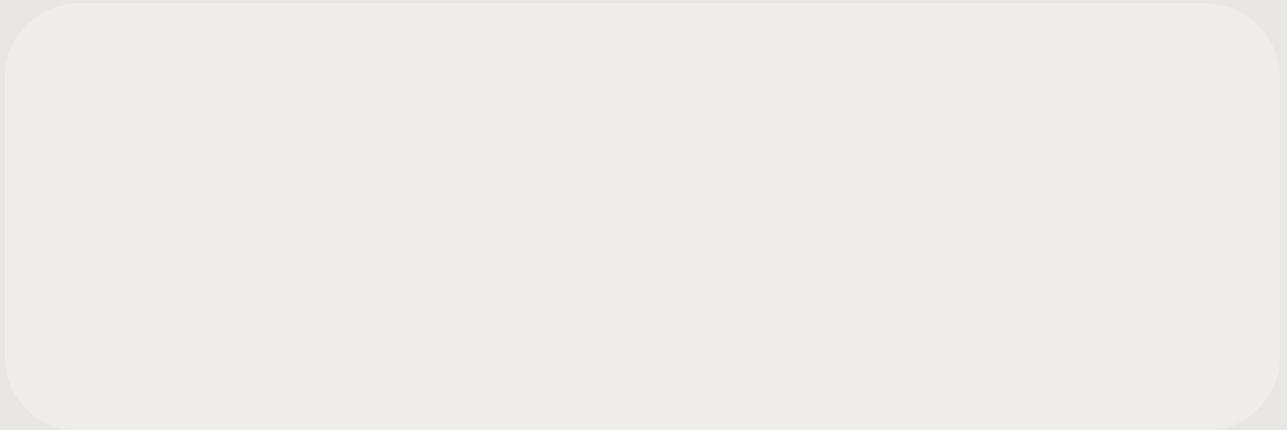
04

Imagine if you didn't have this limiting belief. What would be different? What impact would this have on what you could achieve?



05

What if you are wrong? Think of evidence to disprove this belief.



Worksheet

REFRAMING LIMITING BELIEFS

Instead of..

Try these..

What if i fail?

What if i succeed?

Why is this happening to me?

What is the lesson for me regarding the situation?

What is the worst thing that could happen?

What is this best thing that can happen here?

Empowering Swaps

Limiting/Disempowering

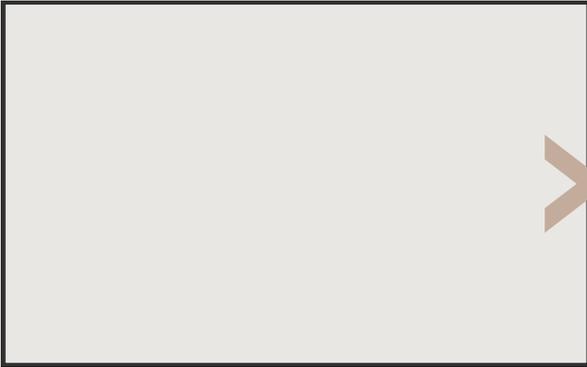
Expansive/Empowering

Worksheet

REFRAMING LIMITING BELIEFS

Limiting Belief

Positive Affirmation



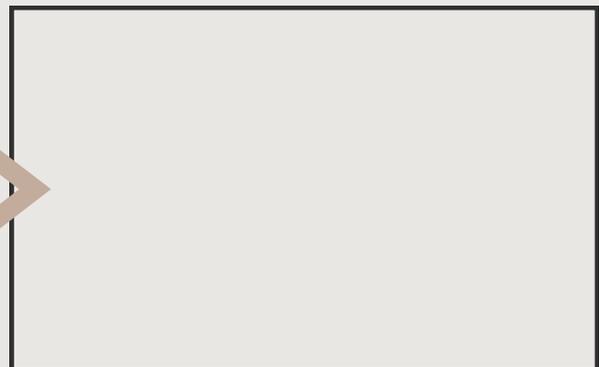
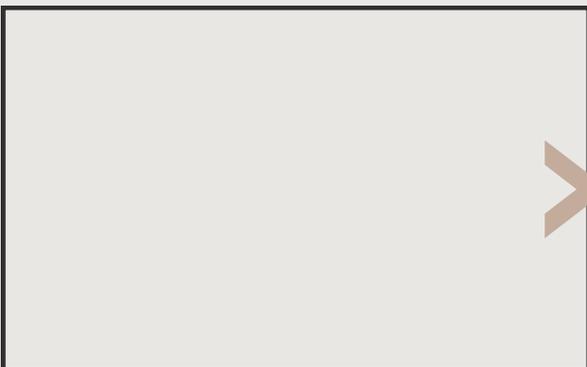
Limiting Belief

Positive Affirmation



Limiting Belief

Positive Affirmation



Worksheet

My ideal self

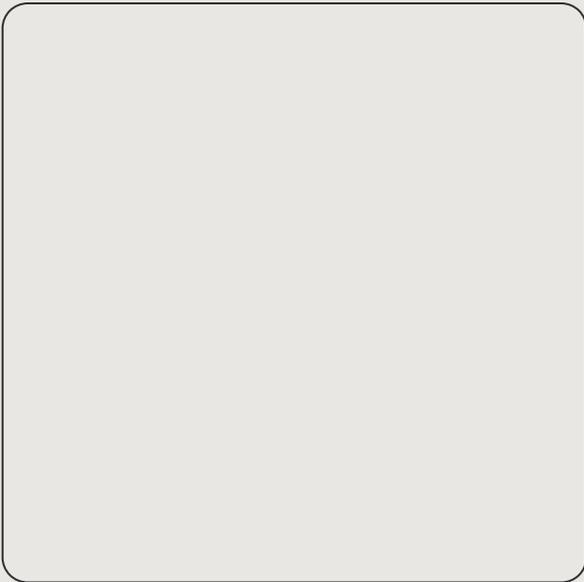
Knowledge & Experience to Achieve

Resources

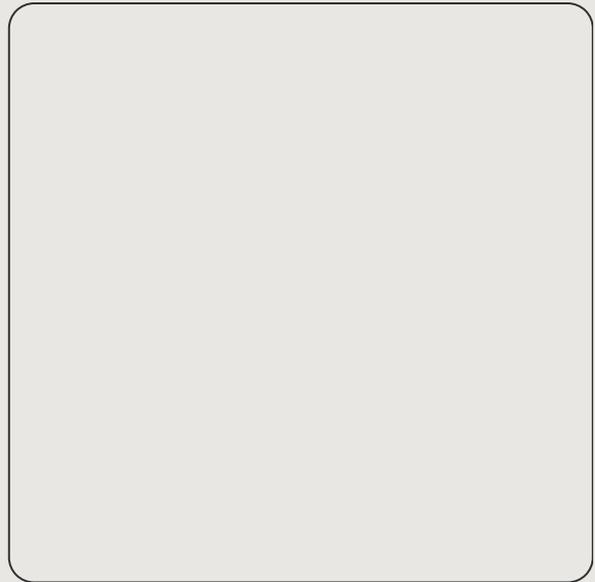
Worksheet

IDENTIFYING MYSELF

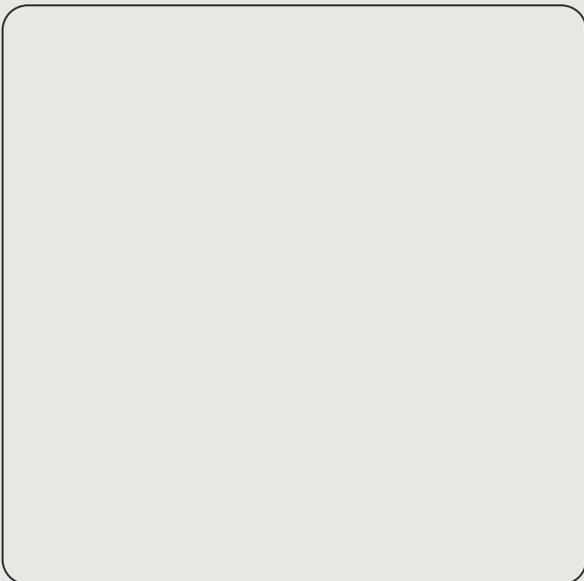
My strengths



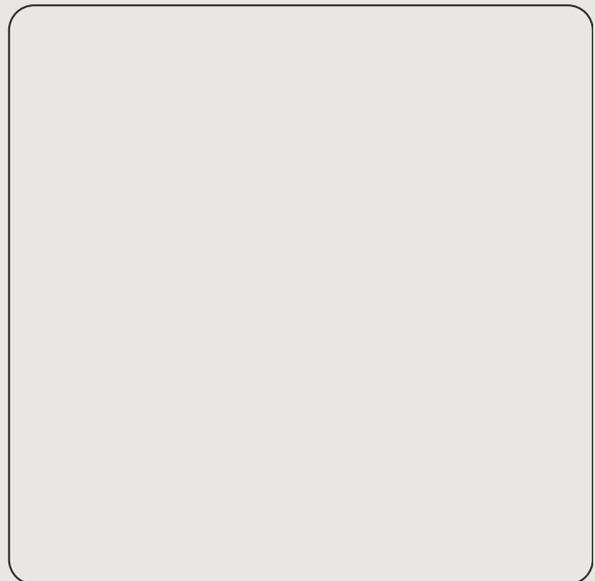
My weaknesses



Good habits



Bad habits

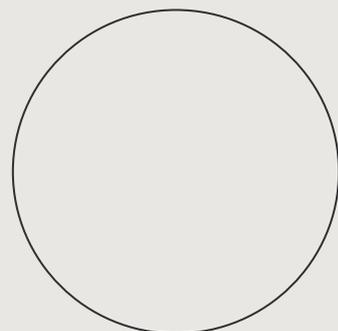
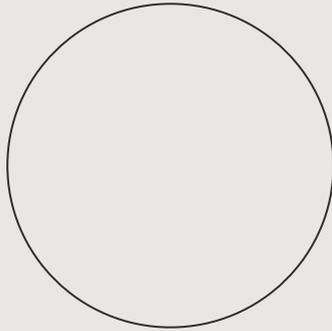


MONTHLY INTENTIONS

Month: _____

This month I choose to let go of..

This month I choose to focus on..



Self-development

Finances

Relationship

Health & wellness

Self-care

Career/school

Monthly mantra

YEARLY INTENTIONS

This year I will do..

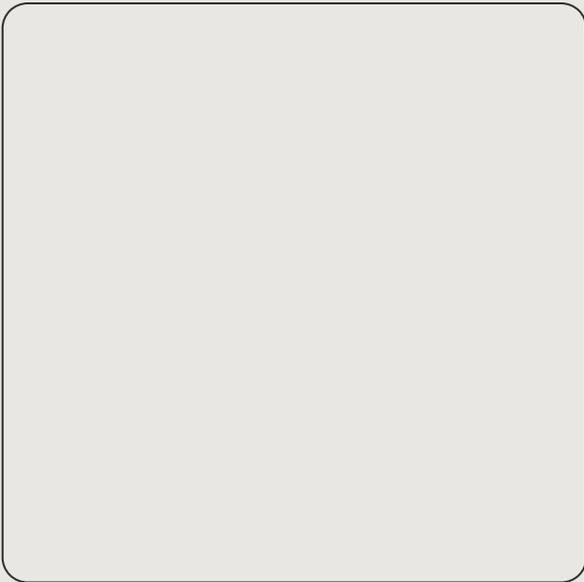
MORE OF

LESS OF

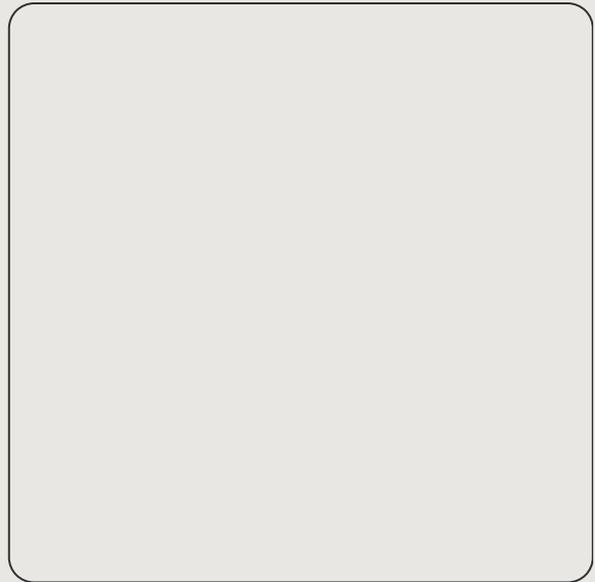
Worksheet

Meditation

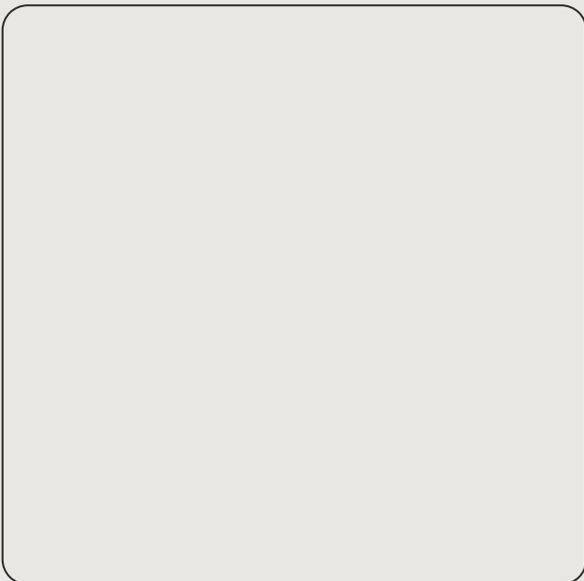
My strengths



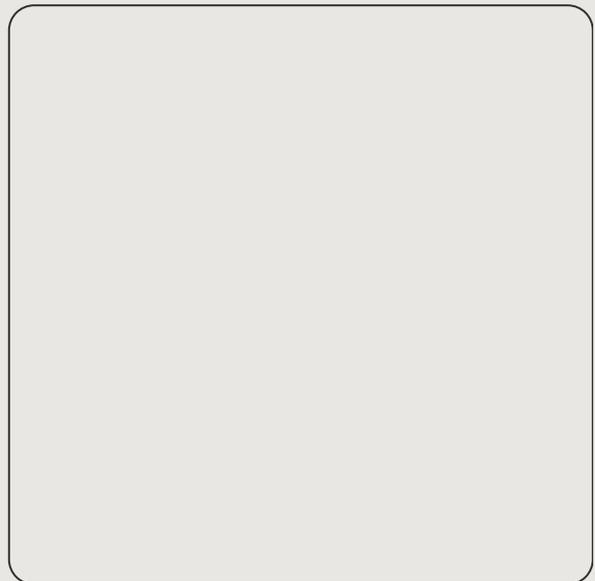
My weaknesses



Good habits



Bad habits



Weekly

Reflection

Good things from my week:

What I spent most of my time on:

Things that I will continue to work on next week:

Things that I went well for me:

Areas that I need to reflect and dive further in:

I am ready to release and receive guidance on:

Self Reflection

I am someone who loves _____

I am someone who dislikes _____

I am someone who enjoys _____

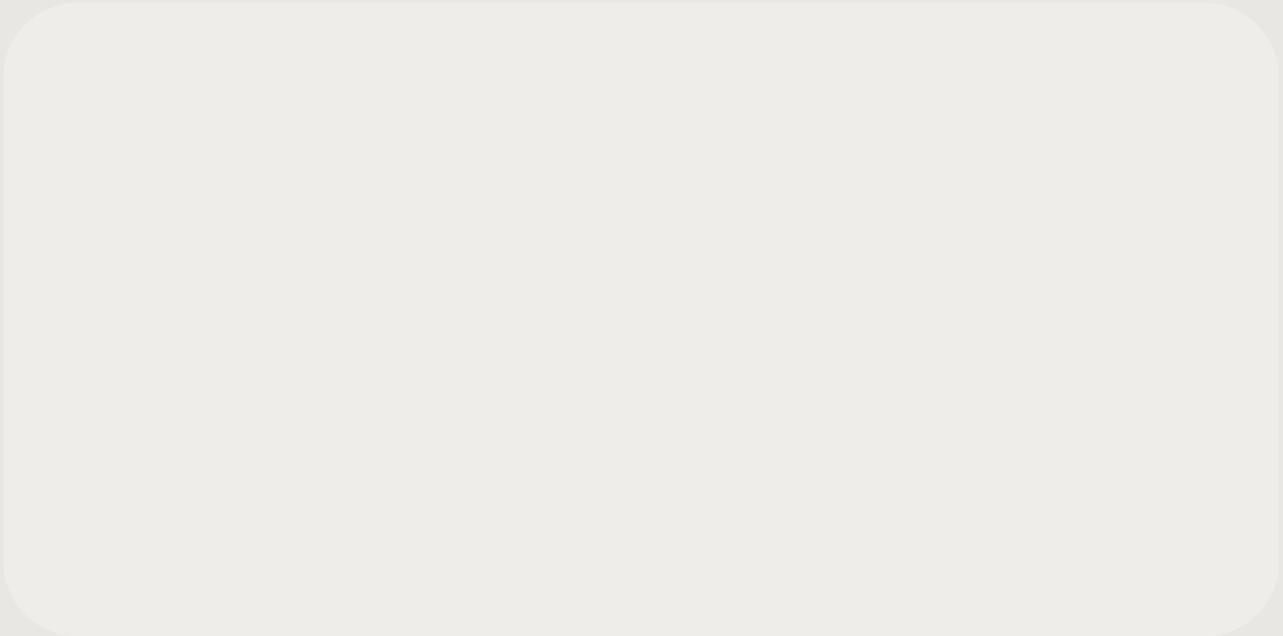
I am someone who is ready to _____

I am someone who always _____

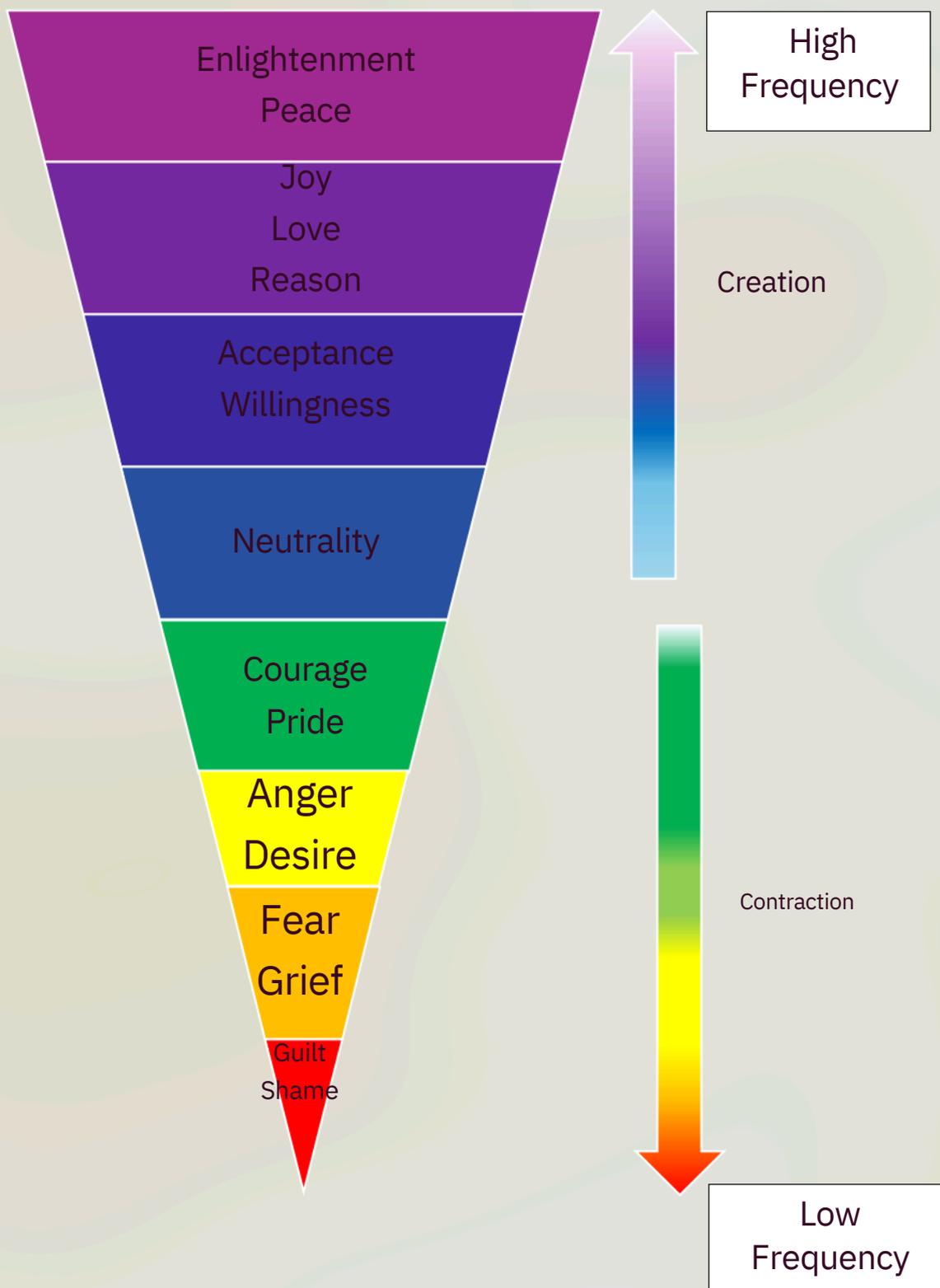
I am someone who is thankful for _____

I am someone who is knows that _____

I am someone who _____



Emotional Frequency



Energy Amplifiers

- Sunlight
- Outdoors
- Breathing Exercises
- Laughters
- Cuddling with an animal
- Meditation
- Reading
- Music
- Talking to a trusted friend
- Journaling
- Creativity
- Sleep
- Self-care
- Writing

Energy Vampires

- Over-analyzing
- Too much screen time
- Clutter
- Dehydration
- Poor diet or habits
- Reduced sleep
- Gossip/drama
- Lack of boundaries
- People pleasing
- Blaming others
- Comparison
- Disempowering self-talk
- Lack of movement
- Living in the past
- Repeating negative cycles
- Not taking action

Mood Tracker

DATE:

MOOD: 🥲 😡 😞 😐 😊 😍 😄

WAS TODAY ENOUGH OF:

	YES	NO
SLEEP	<input type="checkbox"/>	<input type="checkbox"/>
REST	<input type="checkbox"/>	<input type="checkbox"/>
WORK	<input type="checkbox"/>	<input type="checkbox"/>
EXERCISE	<input type="checkbox"/>	<input type="checkbox"/>
FOOD	<input type="checkbox"/>	<input type="checkbox"/>
NATURE	<input type="checkbox"/>	<input type="checkbox"/>
SUN	<input type="checkbox"/>	<input type="checkbox"/>
WATER	<input type="checkbox"/>	<input type="checkbox"/>
FUN	<input type="checkbox"/>	<input type="checkbox"/>

Today's Affirmations

TODAY'S CHALLENGES

TODAY'S HIGHLIGHTS

Weekly

Feelings

DATE:

WEEK:

Sunday:

Monday:

Tuesday:

Wednesday:

Thursday:

Friday:

Saturday:

Summary of the week

Daily

Check In

DATE:

Dream log

Hours of sleep:

Sleep quality:

TOP 5
MOMENTS
OF TODAY

DAILY
ACHIEVEMENT

DAILY
GRATITUDE

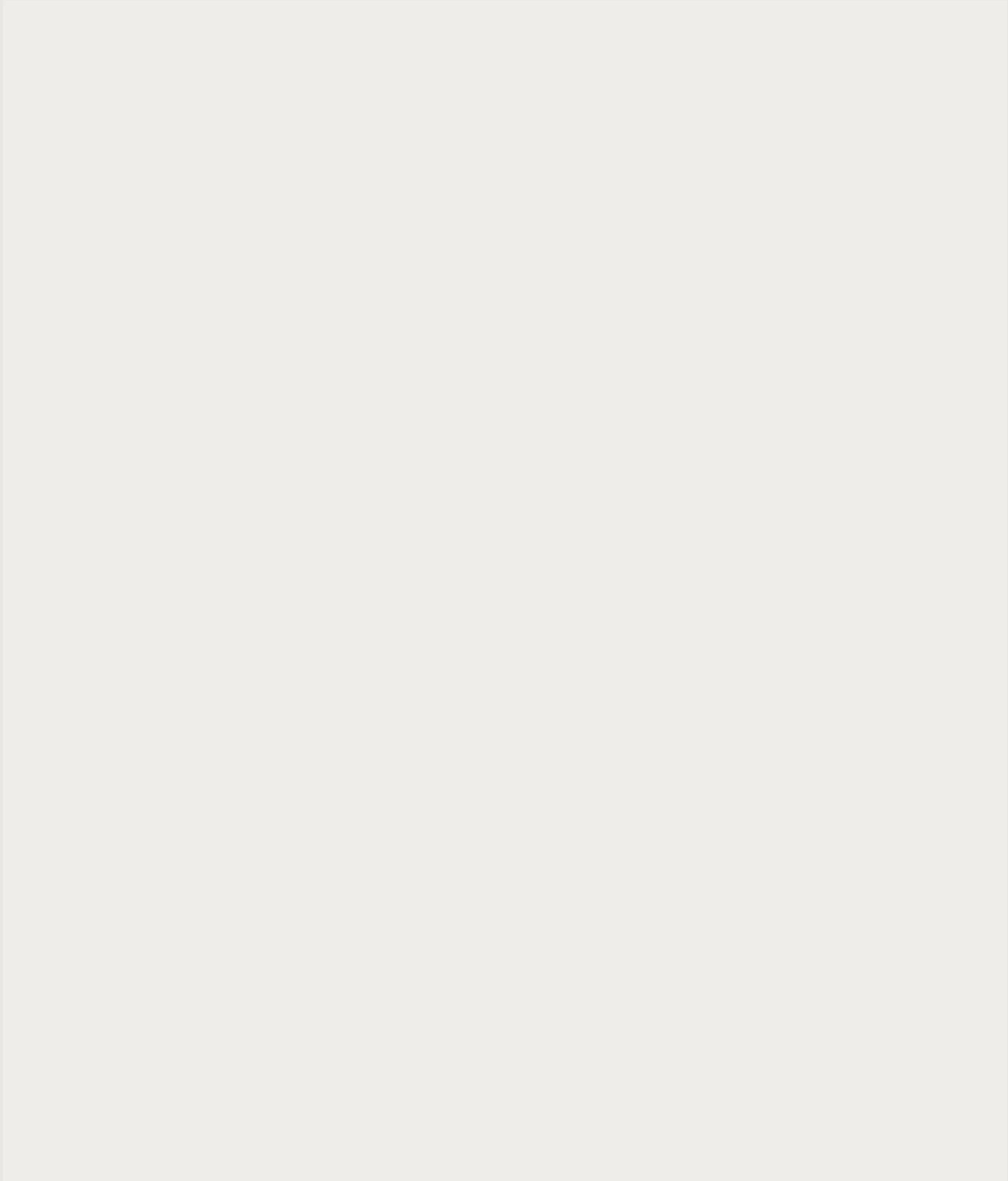
BREAKFAST	SNACKS	LUNCH	SNACKS	DINNER	WATER
					OZ.
CAL.	CAL.	CAL.	CAL.	CAL.	TOTAL

EXERCISES

TOP TO-DO LIST

Affirmations

I will repeat everyday





***The struggle you are in
today is practicing the
strength you need for
tomorrow.***



Harmony MindShift

Every flower
Blooms at a
different pace.





YOU ARE ALLOWED
TO BE BOTH; A
MASTERPIECE

A WORK IN
PROGRESS





PROGRESS
not

perfection



YOU NEVER KNOW
HOW CAPABLE YOU
ARE UNTIL YOUR
PASSION MEETS
YOUR
DETERMINATION

*Doubt Kills More
Dreams Than
Failure Ever Will*



”

No one is you and that's your

strength

Harmony MindShift