

# CHEAT SHEET & CHECKLIST 5 DAY MINDSET WORKSHOP



LIFE IMPROVEMENTZ

## CHEAT SHEET & CHECKLIST

# 5 DAY MINDSET WORKSHOP

### Day 1: Reflection and Letting Go

**Objective:** Identify and release what no longer serves you.

#### **Key Points:**

- Reflection creates space for growth.
- Letting go of limiting beliefs, habits, or past failures is essential for progress.

#### **Action Steps:**

1. Journal:
  - What's holding me back?
  - What do I need to let go of to move forward?
2. Write down one belief or habit to release and commit to replacing it with a positive one.

#### **Checklist:**

- ☐ Completed journaling prompts.
- ☐ Identified one belief or habit to let go of.
- ☐ Created a replacement action or affirmation.

# CHEAT SHEET & CHECKLIST

## 5 DAY MINDSET WORKSHOP

### Day 2: Overcoming Limiting Beliefs

**Objective:** Reframe self-doubt and negative beliefs into empowering ones.

#### **Key Points:**

- Limiting beliefs are often stories we tell ourselves.
- Reframing shifts your perspective and builds confidence.

#### **Action Steps:**

1. Identify a limiting belief (e.g., "I'm not good enough").
2. Reframe it into an empowering belief (e.g., "I'm learning and growing every day").
3. Write a positive affirmation to repeat daily.

#### **Checklist:**

- ☐ Identified one limiting belief.
- ☐ Reframed it into a positive belief.
- ☐ Created and practiced a daily affirmation.

# CHEAT SHEET & CHECKLIST

## 5 DAY MINDSET WORKSHOP

### Day 3: Visualization for Success

**Objective:** Use visualization to create clarity and emotional connection to your goals.

#### **Key Points:**

- Visualization helps you mentally rehearse success.
- Feel the emotions tied to achieving your goals.

#### **Action Steps:**

1. Close your eyes and visualize your best self achieving your goals.
  - What does it look like?
  - How does it feel?
2. Write down your visualization experience in your journal.
3. Practice this exercise daily for 2–5 minutes.

#### **Checklist:**

- ☐ Practiced visualization exercise.
- ☐ Journalled the experience and emotions.
- ☐ Set a daily reminder for visualization practice.

# CHEAT SHEET & CHECKLIST

## 5 DAY MINDSET WORKSHOP

### Day 4: Building Supportive Habits

**Objective:** Create habits that align with your goals and make success automatic.

#### **Key Points:**

- Start small and stack habits onto existing routines.
- Consistency is more important than perfection.

#### **Action Steps:**

1. Identify one habit to build (e.g., morning journaling, gratitude practice).
2. Use habit stacking to integrate it into your day (e.g., "After brushing my teeth, I will journal for 5 minutes").
3. Track your progress using a habit tracker.

#### **Checklist:**

- ☐ Choose one habit to build.
- ☐ Created a habit stacking plan.
- ☐ Started tracking the habit daily.

## CHEAT SHEET & CHECKLIST

# 5 DAY MINDSET WORKSHOP

### Day 5: Embracing the Best Version of You

**Objective:** Step into your best self by cheering yourself on and building momentum.

#### **Key Points:**

- Confidence grows when you keep promises to yourself.
- Momentum builds with small wins and positive self-talk.

#### **Action Steps:**

1. Define your best self:
  - How do they think, act, and feel?
2. Write a pep talk for yourself to use when motivation dips.
3. Set one intention each morning to embody your best self.

#### **Checklist:**

- ☐ Defined your best self in your journal.
- ☐ Wrote a personal pep talk.
- ☐ Practiced setting a daily intention.

# MONTHLY PLANNER

MONDAY      TUESDAY      WEDNESDAY      THURSDAY      FRIDAY      SATURDAY


NOTES:

# WEEKLY PLANNER

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

## NOTES AND IDEA



LIFE IMPROVEMENTZ

YOUR THOUGHTS

# DAILY JOURNAL

DATES :

MOOD :

GOAL

TO DO LIST

NEED MORE INSIGHT & SUPPORT?

# INNER FOUNDATION

## A GUIDE TO FINDING YOUR INNER PEACE

### COMING SOON



#### A QUICK LOOK AT HOW TRANSFORMATION BEGINS:

*Are you ready to reclaim your mornings,  
overcome stress, and build a life of clarity and  
confidence?*

Inner Foundations: A Guide to Finding Your Inner Peace is your step-by-step blueprint to creating a peaceful, purposeful lifestyle. Through practical strategies, guided exercises, and actionable tools, this guide helps you align your mind, body, and spirit. From mastering your morning routine to cultivating gratitude and managing stress, every chapter is designed to empower you to take control of your inner world and create lasting transformation. Whether you're just starting your personal growth journey or looking to deepen your practice, this guide will inspire and support you every step of the way.

# INNER FOUNDATION

## A GUIDE TO FINDING YOUR INNER PEACE

COMING SOON

**Chapter 1.** Introduction: *Understand the importance of inner peace and how this guide will transform your life.*

**Chapter 2.** The Power of Morning Routines: *Start your day with clarity, focus, and positivity through proven practices.*

**Chapter 3.** Nourishing Your Body: *Fuel your mental and emotional well-being with mindful nutrition and easy recipes.*

**Chapter 4.** Movement and Workouts for Inner Peace: *Discover joyful ways to connect your mind and body through physical activity.*

**Chapter 5.** The Practice of Meditation: *Learn meditation techniques to find inner stillness and reduce stress.*

**Chapter 6.** Embracing Spirituality: *Explore personalized rituals to deepen your connection with yourself and the universe.*

**Chapter 7.** Managing Stress and Overcoming Obstacles: *Build resilience and navigate life's challenges with calm and confidence.*

**Chapter 8.** Cultivating Gratitude and Joy: *Transform your perspective with daily gratitude practices and find joy in the present.*

**Chapter 9.** Building Lasting Inner Foundations: *Sustain your growth with consistency, self-reflection, and celebration of progress.*

# INNER FOUNDATION

## A GUIDE TO FINDING YOUR INNER PEACE

COMING SOON



### BONUS RESOURCES

- One on one video call 60minutes
- Morning Routine Checklist: Simplify your mornings with a step-by-step guide.
- Guided Meditation Video: Easy-to-follow meditations for focus, relaxation, and mindfulness.
- Healthy Meal Planner: Plan nourishing meals that fuel your body and mind.
- Weekly Reflection Journal Template: Track your growth and stay committed to your journey.

LIFE IMPROVEMENTZ

[WWW.LIFEIMPROVEMENTZ.COM](http://WWW.LIFEIMPROVEMENTZ.COM)