

MY 5-DAY MIND RESET JOURNAL

**CURATED BY MINDWAVE
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Welcome to Your 5-Day Mind Reset

**This journal is designed to help you pause, reset, and
realign your thoughts over the next five days.**

**Each day has simple prompts to bring awareness,
clarity, and positivity into your mindset.**

**Consistency is key just a few minutes daily can shift
your inner world dramatically.**

**Tip: Keep this journal nearby and write honestly.
There are no wrong answers.**

Day 1 – Awareness

- **What thoughts have been on repeat in your mind lately?**
- **Which of these thoughts serve you, and which ones drain you?**
- **Write one positive thought you want to focus on today.**

Day 2 – Gratitude

- **List 3 things you are grateful for right now.**
- **Who is one person you appreciate, and why?**
- **Write one small joy you noticed today.**

Day 3 – Reframe

- **Write down one challenge you are facing.**
- **How can you reframe this challenge as an opportunity to grow?**
- **What would you tell a friend going through the same situation?**

Day 4 – Vision

- **Imagine your best self 1 year from now.
What do they look and feel like?**
- **What habits does that version of you
practice daily?**
- **Write one small step you can take today
to get closer to that vision.**

Day 5 – Reset & Commit

- **What limiting belief are you ready to let go of?**
- **What empowering belief will you replace it with?**
- **Write a commitment statement to yourself for the next 30 days.**

Congratulations!

You've completed the 5-Day Mind Reset Journal.

**Remember, mindset is a practice not
a destination.**

**Revisit these prompts whenever you feel stuck, and
continue building awareness, gratitude, and vision
into your daily life.**

**With love & light,
Sarah Sahai | MindWave
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