



MINDSET RESET NOTEBOOK

COCOA DIGITALS

**TRANSFORM NEGATIVE PATTERNS
AND RESET YOUR MINDSET WITH
THOUGHTFUL PROMPTS AND
EXERCISES.**

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INTRODUCTION

Hey there, fellow explorer of the mind! Welcome to your passport to personal growth and transformation. We're delighted you're joining us on this journey!



GET READY TO SHIFT

So, what's the buzz about mindset shifts, you ask? Well, it's like upgrading the software of your brain. It's about rewiring those thought patterns, shedding limiting beliefs, and unlocking your full potential.

WHY THIS JOURNAL?

The "Reset Your Mindset Notebook" isn't just any journal; it's your trusted companion on the path to a brighter, more empowered you. It's where you'll reflect, experiment, and nurture that growth mindset.

HOW THIS JOURNAL WORKS

Inside these pages, you'll find prompts that'll ignite your imagination, challenge your old beliefs, and spark those "Aha!" moments. They're like your daily dose of mental exercise, shaping your thoughts and actions.

And we didn't forget the affirmations! Think of them as your personal cheerleaders, nudging you to embrace positivity and possibility.



IT'S YOUR MINDSET JOURNEY

Remember, this isn't a one-size-fits-all journey; it's uniquely yours. Whether you're aiming for personal growth, career success, or just a more positive outlook on life, this journal is your ally.

Mindset shifts are about progress, not perfection. With every entry, you're not just writing; you're shaping a more empowered you.

READY TO SHIFT YOUR MINDSET?

So, are you ready to dive into the exciting world of mindset shifts and cultivate a more positive and empowered you? Grab your pen; let's start this transformative journey together!

Stay connected with us! If you would like updates on new journals and apparel, scan this QR code with your phone. Get 10% when you sign up for our email list.



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SELF-CARE TIPS

ESTABLISH A MORNING ROUTINE

START YOUR DAY WITH A SET ROUTINE THAT INCLUDES ACTIVITIES LIKE STRETCHING, MEDITATION, OR JOURNALING TO SET A POSITIVE TONE FOR THE DAY.

PRIORITIZE SLEEP

AIM FOR 7-9 HOURS OF QUALITY SLEEP EACH NIGHT BY CREATING A RELAXING BEDTIME ROUTINE AND A COMFORTABLE SLEEP ENVIRONMENT.
STAY HYDRATED

DRINK AT LEAST EIGHT GLASSES OF WATER DAILY TO KEEP YOUR BODY HYDRATED AND FUNCTIONING OPTIMALLY.

PRACTICE DEEP BREATHING

SPEND A FEW MINUTES EACH DAY PRACTICING DEEP BREATHING EXERCISES TO REDUCE STRESS AND INCREASE MINDFULNESS.

ENGAGE IN PHYSICAL ACTIVITY

INCORPORATE AT LEAST 30 MINUTES OF PHYSICAL ACTIVITY INTO YOUR DAY, WHETHER IT'S A BRISK WALK, YOGA, OR A WORKOUT AT THE GYM.
TAKE REGULAR BREAKS

SCHEDULE SHORT BREAKS THROUGHOUT YOUR DAY TO REST AND RECHARGE, ESPECIALLY IF YOU'RE WORKING OR STUDYING FOR LONG PERIODS.

CULTIVATE A HOBBY

DEDICATE TIME TO A HOBBY OR ACTIVITY YOU LOVE, SUCH AS PAINTING, READING, GARDENING, OR PLAYING A MUSICAL INSTRUMENT.

UNPLUG FOR A DAY

DESIGNATE A DAY EACH WEEK TO UNPLUG FROM TECHNOLOGY AND SPEND TIME DOING OFFLINE ACTIVITIES THAT BRING YOU JOY.

SET HEALTHY BOUNDARIES

LEARN TO SAY NO TO ACTIVITIES OR COMMITMENTS THAT DRAIN YOUR ENERGY AND PRIORITIZE WHAT TRULY MATTERS TO YOU.

ENGAGE IN CREATIVE EXPRESSION

EXPLORE CREATIVE OUTLETS LIKE DRAWING, WRITING, OR CRAFTING TO EXPRESS YOURSELF AND RELIEVE STRESS.



MINDSET SHIFT BOOK RECOMMENDATIONS

Top 10 Book Recommendations for Mindset and Personal Growth

1. Mindset: The New Psychology of Success by Carol S. Dweck
2. Atomic Habits: An Easy & Proven Way to Build Good Habits & Break Bad Ones by James Clear
3. The Power of Now: A Guide to Spiritual Enlightenment by Eckhart Tolle
4. The 7 Habits of Highly Effective People by Stephen R. Covey
5. Daring Greatly by Brené Brown
6. The Four Agreements by Don Miguel Ruiz
7. Grit: The Power of Passion and Perseverance by Angela Duckworth
8. You Are a Badass by Jen Sincero
9. The Subtle Art of Not Giving a F*ck by Mark Manson
10. Think and Grow Rich by Napoleon Hill

Goal Action Plan

Goal

Start Date:

End Date:

Goal Progress:

Action Steps

Possible Obstacles

How To Overcome Obstacles

~~Habit Tracker~~

[illegible]

To Do List

TASK LIST

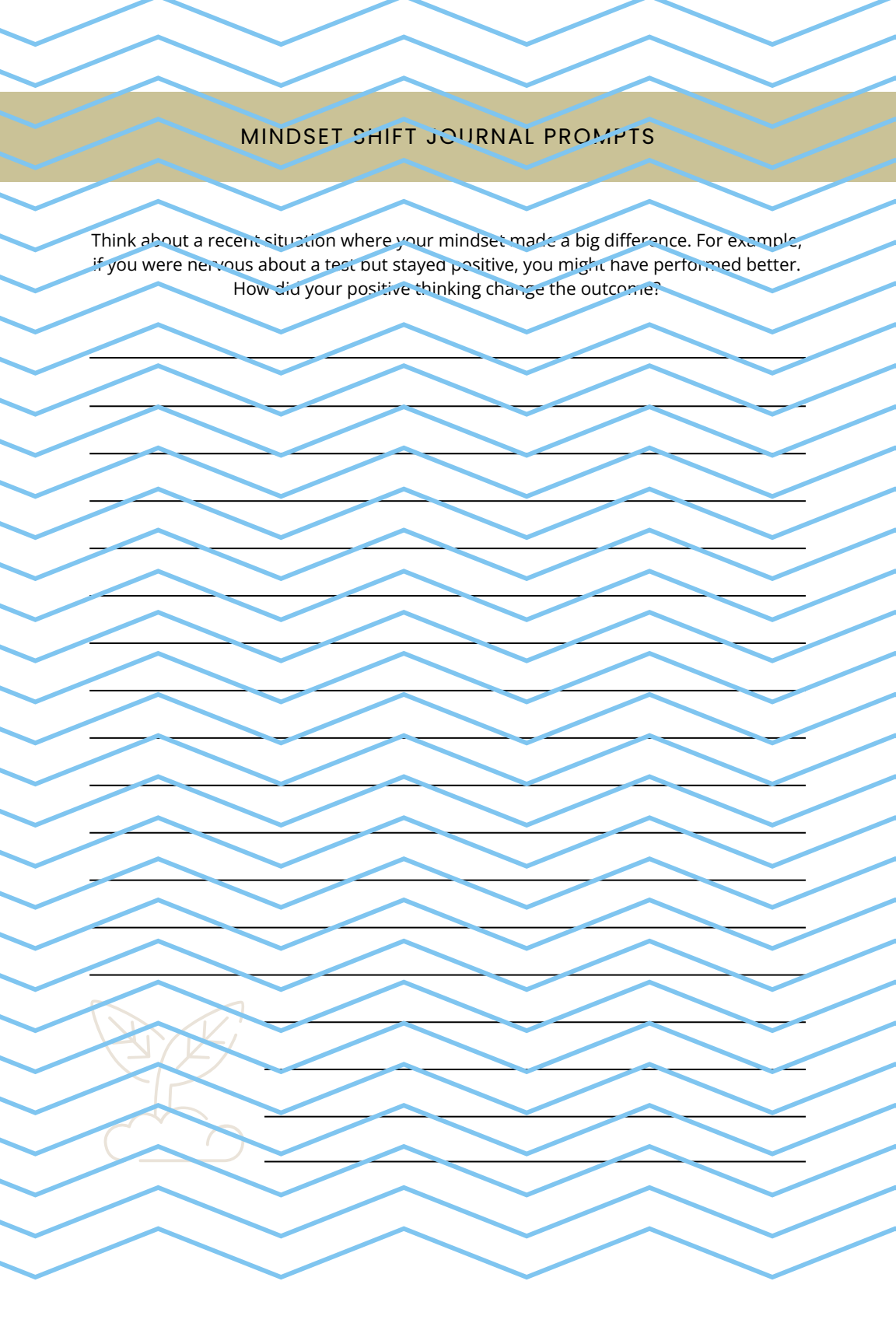
TOP PRIORITIES

REMINDER

AFFIRMATIONS

- I am the architect of my own mindset, and I choose positivity and growth.
- I release all limiting beliefs and embrace limitless possibilities.
- I am in control of my thoughts and can shift them to serve my highest good.
- I welcome challenges as opportunities to learn and evolve.
- I trust in my ability to adapt and thrive in any situation.
- I believe in the power of my dreams and am taking steps to make them a reality.
- I am resilient, and I bounce back from setbacks stronger than before.
- I am open to new perspectives and willing to change my mindset for the better.
- I attract positivity and abundance into my life through my positive mindset.
- I am worthy of success, and I am capable of achieving my goals.
- I embrace change as a natural part of life and growth.
- I am grateful for the lessons I've learned and the opportunities ahead.
- I let go of fear and self-doubt, replacing them with confidence and self-assurance.
- I am a magnet for positive people and experiences.
- I trust in the timing of my life and know that everything happens for a reason.
- I am mindful of my self-talk, choosing words that empower and uplift me.
- I am a constant learner, eager to expand my knowledge and perspective.
- I celebrate my achievements, both big and small, with gratitude.
- I am aligned with my purpose, and I am fulfilling it with passion.
- I am a source of inspiration and encouragement to those around me.
- I let go of comparison and focus on my unique journey and growth.
- I am patient and trust that my efforts will lead to positive outcomes.
- I am kind and compassionate toward myself, treating myself with love and respect.
- I am confident in my abilities and trust my intuition to guide me.
- I am a positive influence in my own life and the lives of others.
- I embrace uncertainty as an opportunity for adventure and growth.
- I am in tune with my inner wisdom, which guides me toward my highest good.
- I am resilient in the face of adversity, and I emerge stronger with each challenge.
- I am the creator of my reality, and I choose to manifest positivity and abundance.
- I am grateful for the present moment and excited about the limitless possibilities of the future.

- "The only limit to our realization of tomorrow is our doubts of today." — Franklin D. Roosevelt
- "Believe you can and you're halfway there." — Theodore Roosevelt
- "The mind is everything. What you think you become." — Buddha
- "You miss 100% of the shots you don't take." — Wayne Gretzky
- "The best way to predict your future is to create it." — Peter Drucker
- "Success is not final, failure is not fatal: It is the courage to continue that counts." — Winston Churchill
- "The only way to do great work is to love what you do." — Steve Jobs
- "You are never too old to set another goal or to dream a new dream." — C.S. Lewis
- "Opportunities don't happen, you create them." — Chris Grosser
- "Act as if what you do makes a difference. It does." — William James
- "Your limitation—it's only your imagination." — Unknown
- "Push yourself, because no one else is going to do it for you." — Unknown
- "Great things never come from comfort zones." — Unknown
- "Dream it. Wish it. Do it." — Unknown
- "Success doesn't just find you. You have to go out and get it." — Unknown
- "The harder you work for something, the greater you'll feel when you achieve it." — Unknown
- "Dream bigger. Do bigger." — Unknown
- "Don't stop when you're tired. Stop when you're done." — Unknown
- "Wake up with determination. Go to bed with satisfaction." — Unknown
- "Do something today that your future self will thank you for." — Unknown
- "Little things make big days. Great days start with great mindssets." — Unknown
- "It's going to be hard, but hard does not mean impossible." — Unknown
- "Don't wait for opportunity. Create it." — Unknown
- "The key to success is to focus on goals, not obstacles." — Unknown
- "Dream it. Believe it. Build it." — Unknown
- "Motivation is what gets you started. Habit is what keeps you going." — Jim Ryan
- "Success usually comes to those who are too busy to be looking for it." — Henry David Thoreau
- "The only limit to your impact is your imagination and commitment." — Tony Robbins
- "Don't be pushed around by the fears in your mind. Be led by the dreams in your heart." — Unknown
- "You are capable of more than you know." — Unknown
- "Believe in yourself and all that you are. Know that there is something inside you that is greater than any obstacle." — Christian D. Larson
- "Your only limit is you." — Unknown
- "Dream it. Believe it. Achieve it." — Unknown



Example: "Practice positive self-talk, set small goals, and celebrate achievements."

