

# 7-DAY MINDSET RESET PLAN

A Simple, Daily Printable  
Guide to Shift Your  
Thoughts and Reclaim

**Your Power**

v1.0 – March 2025



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## Welcome to your 7-Day Mindset Reset!

This printable is your guide to gently reprogram your thinking over one week. Each day, you'll reflect, release, and reframe. These small shifts will help you build clarity, peace, and inner confidence. You don't have to be perfect — just be present.

 Tip: Print this out and keep it somewhere visible. Reflect at the same time each day — even 5 quiet minutes can create change.



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🧠 “Awareness is the first step to change.”



## ☀️ Day 1 - Awareness

#WHAT THOUGHTS KEEP REPEATING IN YOUR MIND LATELY? WHICH ONES HELP YOU – AND WHICH ONES HOLD YOU BACK?



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 “What you resist, persists. What you accept, transforms.” – Carl Jung



## Day 2 - Letting Go

#WRITE DOWN 3 BELIEFS OR STORIES THAT NO LONGER SERVE YOU. GENTLY LET THEM GO.



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“The clearer you are, the faster you manifest.” –Abraham Hicks



## Day 3 – Reframing

#CHOOSE ONE NEGATIVE THOUGHT YOU'VE BEEN HAVING. HOW CAN YOU REWRITE IT INTO SOMETHING MORE EMPOWERING?



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🧠 “Change the way you look at things, and the things you look at change.”

— Wayne Dyer



## Day 4 – Gratitude Reset

#LIST 5 THINGS YOU'RE GRATEFUL FOR TODAY

FOCUS ON THE SMALL,  
ORDINARY THINGS.



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🧠 “Energy flows where intention goes.”  
— James Redfield



## Day 5 – Self-Talk Shift

#WRITE 3 ENCOURAGING PHRASES YOU NEED  
TO HEAR THIS WEEK. SPEAK TO YOURSELF LIKE  
A FRIEND.



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🧠 “Small steps every day lead to big results.” – Unknown



## Day 6 – Vision Boost

#DESCRIBE ONE VERSION OF YOUR BEST SELF.  
WHAT WOULD THAT VERSION OF YOU THINK,  
BELIEVE, AND DO?



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🌸 “You’ve always had the power, you just had to learn it for yourself.” – Glinda, The Wizard of Oz



## Day 7 - Anchor It

#WHAT'S ONE NEW THOUGHT, BELIEF, OR  
MANTRA YOU WANT TO CARRY FORWARD?

WRITE IT DOWN AND REVISIT IT DAILY.



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# Remember:

Everyshift begins with a  
single conscious  
moment.

You're doing beautifully.



"Want to go deeper?  
Try the Self-Discovery Journal next —  
available free at  
[www.mibosma.com/tools](http://www.mibosma.com/tools)"



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Mibosma – Begin living as you dream

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