

FREE WORKBOOK

MINDSET ENERGY REFLECTION JOURNAL

JANUARY 2024



 ZIELO STUDIO

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Hello!



Welcome to the Mindset Energy Reflection Journal—a powerful tool designed to upgrade your daily routine and elevate your potential.

To elevate your potential we must be willing to expand your Mindset Energy with conscious intention – igniting awareness around your current beliefs, emotions, habits and environmental factors that are limiting you from achieving your desired impact.

In the midst of your busy schedule, taking a few moments each day to reflect can pave the way for transformative growth and success.

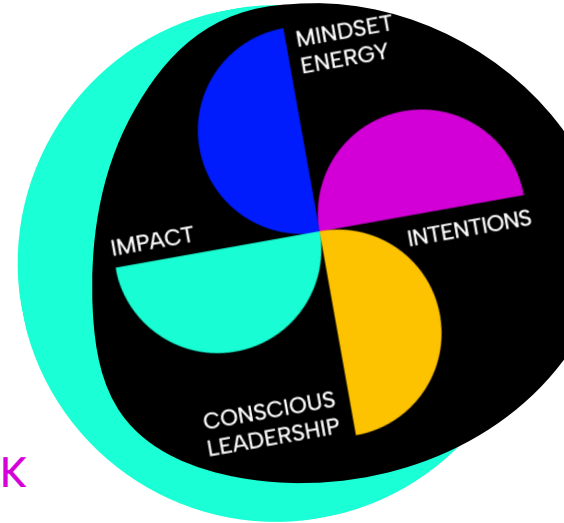
This journal is more than just pages to fill; it's your personal space for intentional reflection, allowing you to cultivate wisdom, enhancing your clarity and enabling you to achieve all your desires.

As you embark on this journey, remember that every small step you take daily contributes to the success of your transformation.

FEATURED ARTWORK

If the artwork in this workbook resonate with you, then you are invited to check out [Pawpear](#), illustrated stationery made in Ireland. A perfect gift to encourage your loved ones to write more.

How to use...



MINDSET ENERGY AND THE 4R FRAMEWORK

The 4R framework is the overall guide to help you reconnect with your Mindset Energy and desires, realize anything holding you back, spark the ability to reimagine new possibilities and re-energize actions and behaviors that help move you from awareness to intentional action.

MORNING REFLECTIONS

- Begin your day by reconnecting with how you feel. Giving space to our feelings is important so we can allow them to move through us. Our feelings actually begin as sensations in our body. Becoming more aware of these sensations strengthens the mind-body connection.
- Next take a few moments to set expansive intentions. What would make today a success for you? Why would this matter to you? What impact would this have on your life? Who might you need to be in order to enable these desires?

EVENING REFLECTIONS

- Before bedtime, reflect on how you are feeling and how you experienced your day.
- Celebrate achievements, acknowledge challenges and capture valuable learnings, including how you showed up.
- Release anything from the day so you can fall asleep with peace.

WEEKLY REFLECTIONS

- Summarize the themes of the past week - feelings, intentions and lessons learned.
- Consciously choose thought, behavior, emotion or environments for your future to accomplish the impact you desire.



Mindset Energy Reflection

RECONNECT TO CURRENT MINDSET ENERGY:

One word to describe how I feel:

Where I feel this in my body:

What is the sensation I feel:

RECONNECT TO DESIRES FOR THE DAY:

What is my intention for today?

Why does this matter to me? How does it align to my vision and goals for this year?

REALIZE OPPORTUNITIES

What beliefs or habits might compete with my desires:

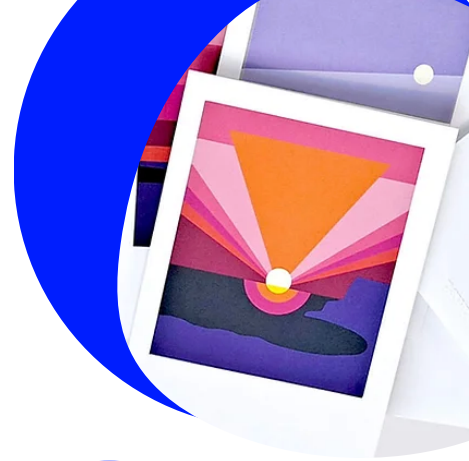
REIMAGINE POSSIBILITIES & RE-ENERGIZE INTENTIONAL ACTIONS

How might I overcome these beliefs or habits with intentional action?



Evening

DATE:



Mindset Energy Reflection

RECONNECT TO CURRENT MINDSET ENERGY:

One word to describe how I feel:

Where I feel this in my body:

What is the sensation I feel:

REALIZE ACHIEVEMENTS AND LESSONS LEARNED:

What 2-3 things can I appreciate about my day today?

What new perspective or growth did I gain from my experience today?

REIMAGINE POSSIBILITIES & RE-ENERGIZE ACTIONS FOR TOMORROW

What do I choose to release from today so I can fall asleep with more ease and start tomorrow fresh?





Weekly DATE:

Mindset Energy Reflection

RECONNECT TO WEEKLY MINDSET ENERGY:

What was the theme of my feelings this week

Where does this show up in my body

What are top sensations I felt:

REALIZE NEW PERSPECTIVE

Major theme(s) of the week around my intentions:

Top 3 greatest lessons learned? Opportunities to re-energize habits to align with vision and goals?

REIMAGINE POSSIBILITIES & RE-ENERGIZE YOUR FUTURE IMPACT

What thought, behavior, emotion, relationships or environment doesn't belong in my future? How can I be intentional about this in order to create a new reality?



Way to go!



As you embark on this journey of a daily practice with the Mindset Energy Reflection Journal, I want to congratulate you on your commitment to personal growth and success.

Your decision to invest time in self-discovery and intentional living is a testament to your dedication to becoming your best self.

Remember, each reflection is a step forward, and every moment of stillness is a stride toward a more fulfilled and purposeful life.



Your Mindset Energy today creates your future impact.

We encourage you to share your reflections, insights, and moments of triumph with our community.

Join us on social with the hashtag #MindsetEnergyReflection to share your reflection experience, insights and wisdom with others.

May your reflections be profound, your intentions purposeful, and your path towards success be illuminated with clarity.

Wishing you a journey filled with growth, joy, and unwavering success. And if you desire more support, email us at info@zielostudio.com.

CEO/Founder

