# THE 7-DAY MINDSET CHALLENGE

*Challenge your thinking. Shift your perspective. Build a mindset that moves you forward.*

Your mindset influences how you interpret experiences, approach challenges, and make decisions. This week, explore the thoughts, beliefs, and habits that shape your behavior. Spend 5–10 minutes each day practicing a small shift in perspective.

Keep it simple, stay curious, and remember that mindset develops through practice!

| DAY | DAILY CHALLENGE | JOURNAL PROMPT | DONE |
|---|---|---|---|
| **1 · SEE THE LENS** | **Beliefs Shape Behavior:** Identify one belief that may be limiting you. Question whether it is based on facts, assumptions, or past experiences. | **Beliefs Shape Behavior:** Identify one belief that may be limiting you. Question whether it is based on facts, assumptions, or past experiences. | ☐ |
| **2 · LEARN IN PUBLIC** | **Growth vs. Fixed:** Try something you aren't yet good at. Allow yourself to make mistakes without judging your ability. | **Growth vs. Fixed:** Try something you aren't yet good at. Allow yourself to make mistakes without judging your ability. | ☐ |
| **3 · EDIT THE SCRIPT** | **Self-Talk:** Notice your inner dialogue today. Replace one harsh or discouraging thought with a more balanced, evidence-based, and kind response. | **Self-Talk:** Notice your inner dialogue today. Replace one harsh or discouraging thought with a more balanced, evidence-based, and kind response. | ☐ |
| **4 · ONE THING MATTERS** | **Focus:** Choose one meaningful priority. Give it your attention before moving on to less important tasks. | **Focus:** Choose one meaningful priority. Give it your attention before moving on to less important tasks. | ☐ |
| **5 · KNOW YOUR FUEL** | **Motivation Styles:** Identify what motivates you most: a vision, personal values, a deadline, or support from others. Use that motivation to take one small step toward a goal. | **Motivation Styles:** Identify what motivates you most: a vision, personal values, a deadline, or support from others. Use that motivation to take one small step toward a goal. | ☐ |
| **6 · RETURN FASTER** | **Resilience:** Think of a recent setback. Instead of dwelling on what went wrong, identify one lesson and one small action that helps you move forward. | **Resilience:** Think of a recent setback. Instead of dwelling on what went wrong, identify one lesson and one small action that helps you move forward. | ☐ |
| **7 · DIRECTION OVER DRAMA** | **Goals That Fit:** Choose one realistic goal that reflects what matters to you. Break it into a small action you can begin today. | **Goals That Fit:** Choose one realistic goal that reflects what matters to you. Break it into a small action you can begin today. | ☐ |

**DAILY RHYTHM**

1. Notice a thought, belief, or behavior.
2. Challenge it with curiosity.
3. Practice a small, intentional shift.

**END-OF-WEEK CHECK-IN**

Which mindset habit did I become more aware of?
What belief or thought pattern would I like to change?
What small practice can I continue each week?

Remember: Mindset isn't changed by positive thinking alone. It develops through consistent practice, reflection, and action. You don't have to transform everything at once. Small adjustments, repeated over time, can create meaningful change.

**VISIT THEBODYOWL.COM for more resources.**

This challenge is to get your JUMP START.

The books and classes are designed to continue your journey and achieve lasting results!

Suggested Books: The Game of Life Alive or Living, The Neurocode, Unmasked Self Reflection Workbook

The Body Owl LLC.