

THE  
MASTER YOUR  
MINDSET  
JOURNAL



*Miella Ravenscroft*



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# *Welcome, beautiful.*

I am so happy that you are here.  
I can't even tell you how much  
journaling has helped me in my business  
and my life.

Every day I journal and it helps me get  
more focused and it helps create more  
clarity around everything in my life.

It is my hope that this journal will help  
keep you on track and help you see and  
celebrate your wins along the way.

May journaling support you the way it  
has supported me - to The Next Level.

*Miella Ravenscroft*





## INSTRUCTIONS

# How to use this journal

I know life can be busy and sometimes it's very easy to get off track.

The first section of the journal is created to help you gain more clarity around your goals so you know in what direction you are heading.

The last section of the journal is meant for you to use every week, to keep you on track, grateful and fired up.





# STEP ONE

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If you don't know where you are going or what your goals are it can be very easy to just get caught up in day-to-day life.

And before you know it you are old and dead.

You want to make sure that you get as much out of life as possible and that is why step one is about getting super clear on your dreams.

You need to get clear on your vision and in what direction you are heading.

*“Be so happy that, when other people look at you, they become happy too.”*



## REVEAL YOUR DREAMS

Complete this before you begin this journey, take some time to write out what your big dream is for yourself. What is the vision you want to make a reality?

### MY BIGGEST DREAMS



## STEP TWO

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If you are not releasing your past you will actually re-manifest everything that happened yesterday.

You will think the same thoughts, do the same things, and therefore get the same results.

That is why it is SUPER important that you let go of your past and what is not serving you anymore.

It's time to release what you don't want to bring with you to your Next Level.

*“A truly happy person is one who can enjoy the scenery while on a detour.”*





## RELEASE YOUR PAST

What are you ready to release, before you begin your journey? Take some time to fill in the spaces below with all the things you are ready to release.

### MY BIGGEST STRUGGLES

### MY BIGGEST FEARS

# STEP THREE

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Creating your dream future is all about becoming a match for your desires.

The Law Of Attraction is always active and ready to bring into your life what you desire.

But if you don't know what your desires are you will feel stuck.

YOU decide whom you want to be and what gets to be possible for you.

You have the opportunity to step into your Next Level identity and start showing up as her.

*"Those who live in the past limit what's possible in their future."*





## RECLAIM YOUR DESIRES

It's time to reclaim your deepest desires. Fill in the spaces below with what you want to feel, what you want to accomplish and who you want to become...

HOW DO YOU WANT TO FEEL?

WHAT DO YOU WANT TO ACCOMPLISH?

WHO YOU DO WANT TO BECOME?





*“Life isn't about finding yourself.  
Life is about creating yourself.”*

— GEORGE BERNARD SHAW

## STEP FOUR

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It's time to get super clear on all the areas in your life.

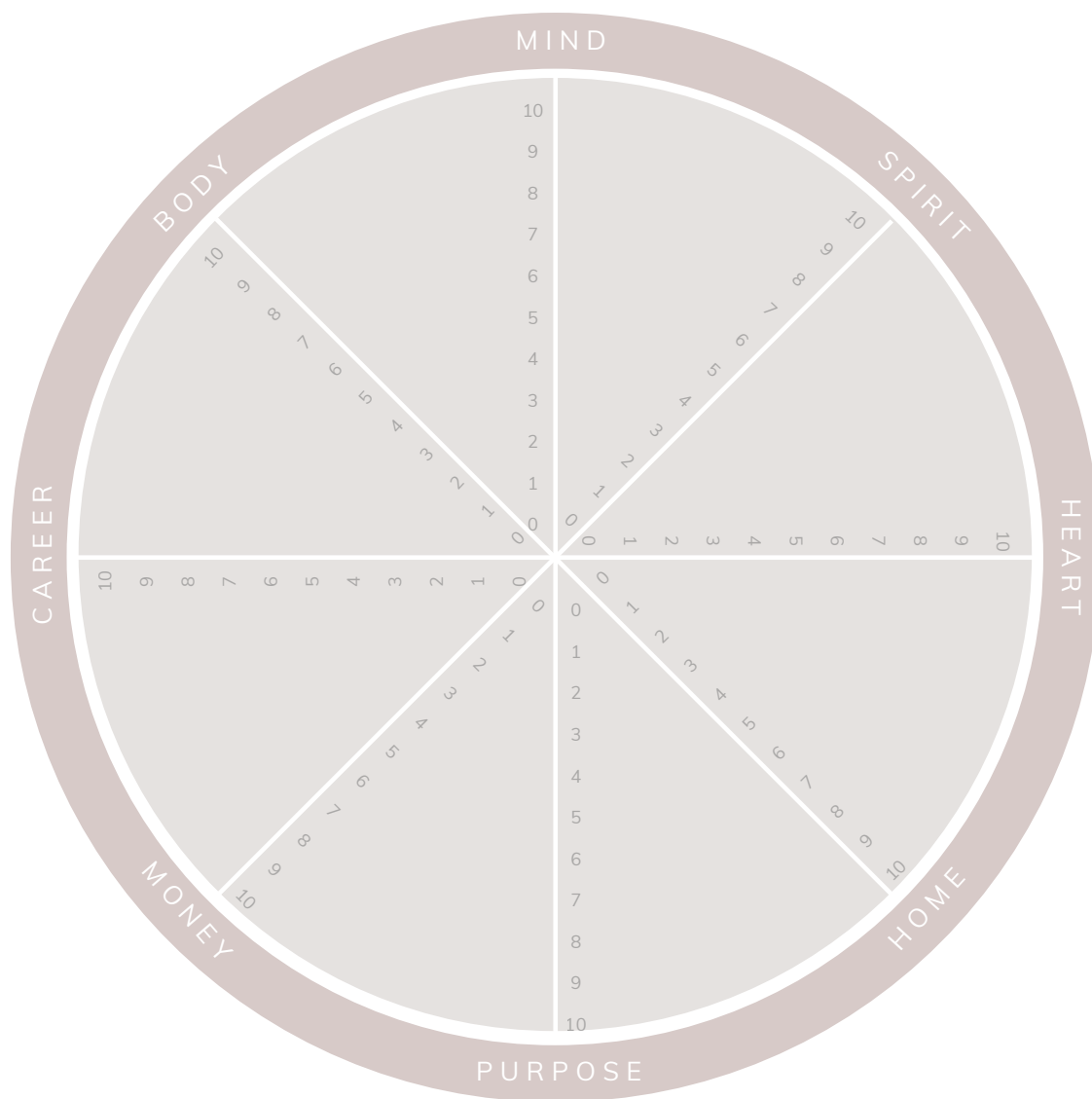
What is working?

What is not working?

- BODY (Physical)
- MIND (Mental)
- HEART (Emotional)
- SPIRIT (Spiritual)
- HOME (Environmental)
- MONEY (Financial)
- CAREER (Professional)
- PURPOSE (Purposeful)

## RATE YOUR CIRCLE

Take a deep breathe and rate yourself in each of the areas of your life, on a scale from 1-10. Once you have, combine the dots and see how "balanced" your circle really is.



# STEP FIVE

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So now that you know what areas you need to work on it's time to set some intentions.

In every area of your life - how do you want it to look?

And most importantly - what will you do to create the changes you want?

*"Your future is created by what you do today not tomorrow"*







## RESET YOUR INTENTIONS

Before we begin, it is crucial that you get clear on what you want each area of your life to look like instead. So take some time to fill in the spaces below.

BODY | PHYSICAL

MIND | MENTAL

HEART | EMOTIONAL

SPIRIT | SPIRITUAL

HOME | ENVIRONMENTAL

MONEY | FINANCIAL

CAREER | PROFESSIONAL

PURPOSE | PURPOSEFUL

# STEP SIX

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When you have goals they sometimes seem so big that it is easy to get discouraged and overwhelmed.

You are trying to figure everything out all at once instead of breaking your goal down into smaller goals.

In the next section, I want you to do just that. Break your bigger goal into smaller goals.





## REDEFINE YOUR GOALS

It's time to redefine what you want to focus on. Set one main goal to focus on in the next 7 days and then break it down into 6 sub-goals that will help you reach it faster!





# HOW IT WORKS

Simply print out the following pages and then fill in the simple-to-use intentions, gratitudes and journalling pages every single day!



# Day 1

Date:

S/M/T/W/T/F/S

Set intentions

Journalling

Meditation

Nourishing Foods

Mindful Eating

Went outside

Moved My Body

Expressed Gratitude

Reflected on the day

## MORNING INTENTIONS

Morning Thoughts Feelings & Intuitions

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How do you want to feel today?

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---

What do you want to accomplish today?

---

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## EVENING REFLECTIONS

Evening Thoughts Feelings & Intuitions

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How did you feel today?

---

---

What did you accomplish today?

---

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## GRATITUDE JOURNAL

1.

2.

3.

## REMEMBER

## AFFIRMATION

THE NEXT LEVEL JOURNAL

# Morning Thoughts

THE NEXT LEVEL JOURNAL

## Evening Thoughts



# Day 2

Date:


S/M/T/W/T/F/S

 Set intentions

 Journaling

 Meditation

 Nourishing Foods

 Mindful Eating

 Went outside

 Moved My Body

 Expressed Gratitude

 Reflected on the day

## MORNING INTENTIONS

Morning Thoughts Feelings & Intuitions

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How do you want to feel today?

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What do you want to accomplish today?

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## EVENING REFLECTIONS

Evening Thoughts Feelings & Intuitions

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How did you feel today?

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---

What did you accomplish today?

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## GRATITUDE JOURNAL

1.

2.

3.

## REMEMBER

## AFFIRMATION

THE NEXT LEVEL JOURNAL

# Morning Thoughts


THE NEXT LEVEL JOURNAL

## Evening Thoughts

# Day 3

Date:

S/M/T/W/T/F/S

 Set intentions

 Journalling

 Meditation

 Nourishing Foods

 Mindful Eating

 Went outside

 Moved My Body

 Expressed Gratitude

 Reflected on the day

## MORNING INTENTIONS

Morning Thoughts Feelings & Intuitions

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How do you want to feel today?

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What do you want to accomplish today?

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## EVENING REFLECTIONS

Evening Thoughts Feelings & Intuitions

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How did you feel today?

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---

What did you accomplish today?

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## GRATITUDE JOURNAL

1.

2.

3.

## REMEMBER

## AFFIRMATION



THE NEXT LEVEL JOURNAL

# Morning Thoughts

THE NEXT LEVEL JOURNAL

## Evening Thoughts

# Day 4

Date:

S/M/T/W/T/F/S

Set intentions

Journalling

Meditation

Nourishing Foods

Mindful Eating

Went outside

Moved My Body

Expressed Gratitude

Reflected on the day

## MORNING INTENTIONS

Morning Thoughts Feelings & Intuitions

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How do you want to feel today?

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What do you want to accomplish today?

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## EVENING REFLECTIONS

Evening Thoughts Feelings & Intuitions

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How did you feel today?

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What did you accomplish today?

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## GRATITUDE JOURNAL

1.

2.

3.

## REMEMBER

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## AFFIRMATION

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THE NEXT LEVEL JOURNAL

# Morning Thoughts



THE NEXT LEVEL JOURNAL


## Evening Thoughts

# Day 5

Date:

S/M/T/W/T/F/S

HEALED

 Set intentions

 Journalling

 Meditation

 Nourishing Foods

 Mindful Eating

 Went outside

 Moved My Body

 Expressed Gratitude

 Reflected on the day

## MORNING INTENTIONS

Morning Thoughts Feelings & Intuitions

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How do you want to feel today?

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What do you want to accomplish today?

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## EVENING REFLECTIONS

Evening Thoughts Feelings & Intuitions

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How did you feel today?

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---

What did you accomplish today?

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## GRATITUDE JOURNAL

1.

2.

3.

## REMEMBER

## AFFIRMATION

THE NEXT LEVEL JOURNAL

# Morning Thoughts

THE NEXT LEVEL JOURNAL

## Evening Thoughts



# Day 6

Date:

S/M/T/W/T/F/S

HOPEFUL

Set intentions

Journalling

Meditation

Nourishing Foods

Mindful Eating

Went outside

Moved My Body

Expressed Gratitude

Reflected on the day

## MORNING INTENTIONS

Morning Thoughts Feelings & Intuitions

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How do you want to feel today?

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---

What do you want to accomplish today?

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## EVENING REFLECTIONS

Evening Thoughts Feelings & Intuitions

---

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How did you feel today?

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---

What did you accomplish today?

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## GRATITUDE JOURNAL

1.

2.

3.

## REMEMBER

## AFFIRMATION

THE NEXT LEVEL JOURNAL

# Morning Thoughts

THE NEXT LEVEL JOURNAL

## Evening Thoughts

# Day 7

Date:

S/M/T/W/T/F/S

Set intentions

Journalling

Meditation

Nourishing Foods

Mindful Eating

Went outside

Moved My Body

Expressed Gratitude

Reflected on the day

## MORNING INTENTIONS

Morning Thoughts Feelings & Intuitions

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How do you want to feel today?

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What do you want to accomplish today?

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## EVENING REFLECTIONS

Evening Thoughts Feelings & Intuitions

---

---

How did you feel today?

---

---

What did you accomplish today?

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## GRATITUDE JOURNAL

1.

2.

3.

## REMEMBER

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## AFFIRMATION

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THE NEXT LEVEL JOURNAL

# Morning Thoughts

THE NEXT LEVEL JOURNAL

## Evening Thoughts



# FINAL REFLECTIONS



It's always a great idea to go back and reflect on how your week has been. It's easy to go straight into your next goal and then forget everything about celebrating yourself.

But is it very important to stop for a moment and take your time to celebrate all the wins you have had this week. This will create even more positive energy and momentum and will keep you going.

*Miella*



## WEEKLY REFLECTIONS

Take some time to reflect on what has changed in the following areas of your life.  
What has shifted, transformed or improved since you first started your week.

BODY | PHYSICAL

MIND | MENTAL

HEART | EMOTIONAL

SPIRIT | SPIRITUAL

HOME | ENVIRONMENTAL

MONEY | FINANCIAL

CAREER | PROFESSIONAL

PURPOSE | PURPOSEFUL



## FINAL REFLECTIONS

Complete this after you finish your journal. Fill in the space below with how you feel in your body, your mind and even your soul. Describe the emotions, thoughts and insights you have.

### MY EXPERIENCE





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[www.theacademyofmindsetmastery.com](http://www.theacademyofmindsetmastery.com)

If we were sipping espresso martinis at our favorite beach clubs around the world, this is what I'd tell you.

I know you feel her - that inner badass calling you. That inner fire that wants to come out and play. I know people have told you that you were too much.

But you know what babe? You are amazing just the way you are - don't let anything or anyone hold you back.

It's time for your Next Level - you can do it!



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MARY ANN RADMACHER

*"Sometimes the  
smallest step in the  
right direction ends  
up being the biggest  
step of your life."*