

Weekly Takeaway Sheet

Mindset - December 2025: Week 4: 12-22-25

Theme: Creating a Mindset That Supports Your Joy

“It’s not selfish to choose thoughts that bring you peace—it’s smart.”

1. Choose intentional thoughts that align with your values

-  Your mindset reflects what you believe is possible for yourself.
-  Not every thought deserves a front-row seat in your brain.
-  Pause and ask: “Does this thought support the person I want to be?”

2. Build daily habits that support a healthy mindset

-  Start small—simple habits like journaling or a 5-minute mindset reset can shift your day.
-  Feed your mind positive inputs (books, people, music) that uplift you.
-  What you do consistently shapes how you think over time.

3. Let go of thoughts that were never yours to begin with

-  Challenge thoughts you inherited from others that don’t serve you.
-  Ask: “Is this belief actually mine—or was it handed to me?”
-  Letting go clears space for your own truth to grow.

4. Anchor your day with gratitude, possibility, and presence

-  Begin with one thing you’re thankful for—no matter how small.
-  Shift from “I have to” to “I get to” to reframe your routine.
-  Stay grounded in the now; it’s the only place where joy can actually happen.