

Worksheet: Daily Mindset Habit Tracker

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

Page Title: *“Mindset Moments: Tiny Habits That Build Big Joy”*

Morning Grounding

- What’s one thought I want to carry with me today?
- Choose a morning habit: ☕ Journal / 💧 Hydrate / ✨ Affirmation
- Rate your morning mindset: 😊 😄 😐 😞

Midday Reset

- Did any thoughts today feel heavy or self-critical?
- What can I reframe right now?
- 2-minute breath break: Inhale peace, exhale pressure.

Evening Reflection

- What thought or moment brought me joy today?
- Did I speak kindly to myself?
- One thing I’m proud of today: _____

Mini-Affirmations to Choose From:

- “My thoughts create space for peace.”
- “I am growing every day.”
- “I’m proud of how I show up.”