

# Mindset Shifts Prompts

## Mindset Shifts

### **Prompt: What limiting belief am I ready to release today?**

Just a Thought: Just a thought: Sometimes what we believe about ourselves was never ours to begin with.

---

---

---

---

### **Prompt: What thought has been on repeat lately, and is it serving me?**

Just a Thought: Just a thought: Repetition creates reality. Make sure your inner dialogue is aligned with your growth.

---

---

---

---

### **Prompt: How can I reframe a challenge I'm currently facing?**

Just a Thought: Just a thought: Your breakdown might be your breakthrough in disguise.

---

---

---

---

### **Prompt: What does the best version of me believe about herself?**

Just a Thought: Just a thought: You already are her. The work is in remembering.

---

---

# Mindset Shifts Prompts

---

---

**Prompt: If I trusted everything was working out, how would I think differently today?**

Just a Thought: Just a thought: Faith isn't seeing the path-it's walking it anyway.

---

---

---

---

# Addiction Recovery & Healing Prompts

## Addiction Recovery & Healing

### **Prompt: What did sobriety teach me this week?**

Just a Thought: Just a thought: Every sober day is a sacred rebellion against your old story.

---

---

---

---

### **Prompt: What pain have I transformed into purpose?**

Just a Thought: Just a thought: The wound is where your light leaks through to lead others.

---

---

---

---

### **Prompt: How do I comfort myself now that I don't numb?**

Just a Thought: Just a thought: Healing is not about perfection, it's about presence.

---

---

---

---

### **Prompt: Who am I becoming in my recovery?**

Just a Thought: Just a thought: You're not just recovering-you're rediscovering your wholeness.

---

---

---

# Addiction Recovery & Healing Prompts

---

**Prompt: What does freedom look and feel like for me?**

Just a Thought: Just a thought: Freedom isn't the absence of struggle. It's the presence of self-trust.

---

---

---

---

---

# Self-Worth & Confidence Prompts

## Self-Worth & Confidence

**Prompt: What makes me feel worthy, regardless of what I achieve?**

Just a Thought: Just a thought: Worthiness isn't earned. It's remembered.

---

---

---

---

**Prompt: How do I show myself love when no one's watching?**

Just a Thought: Just a thought: The way you treat yourself in silence sets the tone for everything else.

---

---

---

---

**Prompt: What boundaries have I honored lately?**

Just a Thought: Just a thought: Boundaries aren't walls-they are doors with sacred keys.

---

---

---

---

**Prompt: What would I do if I fully believed in myself?**

Just a Thought: Just a thought: The version of you that you're chasing is already within.

---

---

---

# Self-Worth & Confidence Prompts

---

**Prompt: What compliments do I struggle to receive - and why?**

Just a Thought: Just a thought: What makes you uncomfortable to hear might be the truth you most need to own.

---

---

---

---

# Authenticity & Identity Prompts

## Authenticity & Identity

### **Prompt: When do I feel most like myself?**

Just a Thought: Just a thought: The most real version of you isn't loud-it's free.

---

---

---

---

### **Prompt: What masks have I been wearing, and am I ready to take them off?**

Just a Thought: Just a thought: Who would you be if you stopped performing and started allowing?

---

---

---

---

### **Prompt: What truths have I been afraid to speak?**

Just a Thought: Just a thought: Your truth doesn't need to be loud to be powerful-it just needs to be yours.

---

---

---

---

### **Prompt: What part of my story am I proud of - even if it still hurts?**

Just a Thought: Just a thought: Scars don't disqualify you-they authenticate you.

---

---

---

# Authenticity & Identity Prompts

---

**Prompt: What does "Becoming Her" mean to me?**

Just a Thought: Just a thought: Becoming her isn't about becoming someone else-it's about becoming more you.

---

---

---

---