



The 7-Day Mindset Practice Journal

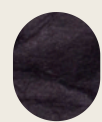


BLOOMING GLINT

Instructions



- Spend just 10 minutes every evening with this journal.
- Reflect honestly — there are no right or wrong answers.
- Small awareness each day leads to big transformation.





Day 1

Awareness Begins

Theme: "My Thoughts Create My Results"

What kind of thoughts guided me today?

One thought that made me feel confident:

One thought that made me feel low:

One thing I'll think differently about tomorrow:



Day 2

Focus Mode ON

Theme: "Where my attention goes, energy flows."

I could focus well today for ___ minutes.

My biggest distraction was:

Next time, I'll handle it by:

My most focused moment today:



Day 3

Building Habits

Theme: "Small actions create big results."

One positive habit I practiced today:

One habit I want to improve:

What helped me stay consistent:

Tomorrow's small promise to myself:



Day 4

Managing Pressure

Theme: "Calm mind = better performance."

When did I feel pressure today?

What did I do to calm down?

What worked best to restore focus?

One stress-relief idea I'll use tomorrow:



Day 5

Gratitude & Growth

Theme: "Gratitude fuels positivity."

3 things I'm grateful for today:

- -----
- -----
- -----

One small win I had today: -----

A person who supported me today: -----



Day 6

Exam Mindset

Theme: "I prepare with calm, not panic."

What subject did I study with full focus today?

How confident do I feel about my progress (1-10)?

What's one small step to improve tomorrow?

My affirmation for exam success: "I am calm, focused, and ready."



Day 7

Reflection & Reset

Theme: "Mindset is a muscle — I'm training it."

My biggest learning this week:

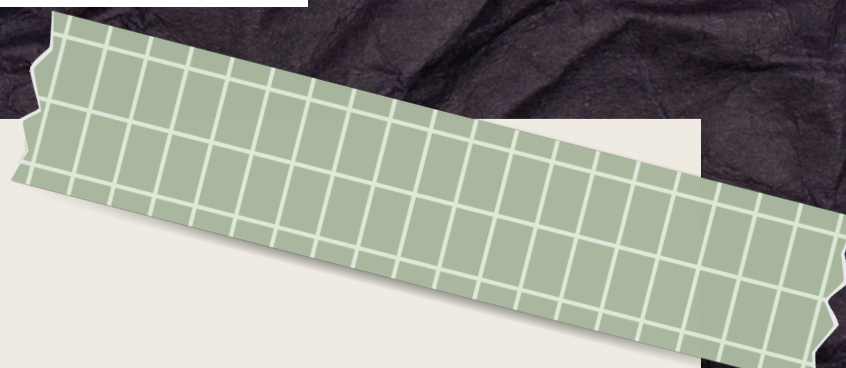

One change I noticed in myself:

What I'll continue practicing next week:

My message to myself: "I am growing every single day."



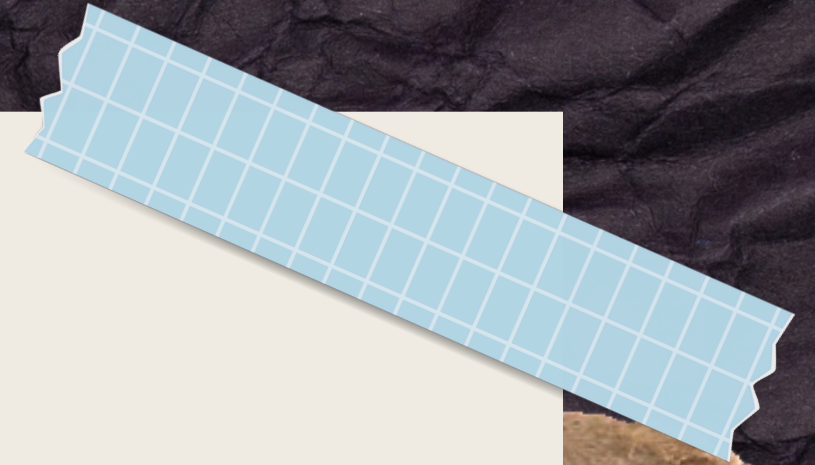
End Note



“This journal is your mirror. The more you reflect,
the clearer you become.

Remember — your marks reflect your mindset.
Keep growing, keep glowing.”





With Gratitude,
Sujit Kumar Patra

Global Mindset Coach | ICF-PCC | Founder,
Blooming Glint



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