

*Monica Marie*  
— JONES

# MASTER YOUR MINDSET & CONNECT WITH YOUR SOUL WORKBOOK

31 POWERFUL JOURNALING PROMPTS AND AFFIRMATIONS TO  
HELP YOU FIND CLARITY AND DIRECTION

[WWW.MONICAMARIEJONES.COM](http://WWW.MONICAMARIEJONES.COM)





# WELCOME

## *Monica Marie Jones*

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

Congratulations on making time for you!

Any change that we want to make in our life begins and ends with our mindset. Pull out your favorite journal, or start a fresh new one specifically for this adventure into your soul.

Each day's lesson includes a question and an affirmation that will prompt you to think deeply and write or discuss your response with a close friend or loved one.

1. Set aside time at the beginning, middle or end of your day to write, discuss or meditate on the question and affirmation.
2. Commit to this 31-day process of connecting with your soul.
3. Be honest with yourself, but make space for grace. This should not feel like work or another overwhelming item on your to-do list. Let your thoughts and words flow freely and refrain from judging yourself or being attached to any outcomes.
4. Notice how you feel as you write and reflect each day. Take note of where you may be blocked and recognize what you need to release because it no longer serves who you are becoming.

This is all a part of your soul journey! Remember, I am here to guide and encourage you.

Most Sincerely,

Monica Marie Jones  
Your Soul Journey Guide

# MASTER YOUR MINDSET - DAY 1

## **What do you want to invite into your life?**

Our words have power. What we speak, think and write will show up in our lives. So why not invite what we want instead of giving so much energy and attention to what we don't?

**Write or type in the space below exactly what you'd like to invite into your life.**

# AFFIRMATIONS - DAY 1

**Write the affirmation below 8 times.**

I am living a life that my younger self would thank me for.

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**Write your own affirmation.**

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# MASTER YOUR MINDSET - DAY 2

## **What is your magic?**

You were born with gifts and talents that are absolutely unique to you. What are those things that only you can do in the way that you do? This magic is the key to unlocking the joy, wealth and peace that you desire.

**Describe your magic.**

# AFFIRMATIONS - DAY 2

**Write the affirmation below 8 times.**

I am me, unapologetically.

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**Write your own affirmation.**

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# MASTER YOUR MINDSET - DAY 3

## **What do you need to release to make space for what you really want?**

Today, I spent some time clearing the clutter in my home. I instantly felt the emotional weight that I had been carrying lift from my soul. That gave way to a sense of mental clarity that I hadn't experienced in months. Making space goes beyond the physical. This may include thoughts, limiting beliefs, relationships or habits that no longer serve you.

**Identify what you can release and when you will release it.**

# AFFIRMATIONS - DAY 3

**Write the affirmation below 8 times.**

I am open to receive all of the things that set my soul on fire.

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**Write your own affirmation.**

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# MASTER YOUR MINDSET - DAY 4

## **What do you love about you?**

If we were asked to name the things we love about someone else, we wouldn't hesitate to rattle off an endless list. What if we directed that same energy inwardly? Take a moment to review what you love about you, inside and out.

**Describe what you love about you.**

# AFFIRMATIONS - DAY 4

**Write the affirmation below 8 times.**

I am clear on who I am at my core.

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**Write your own affirmation.**

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# MASTER YOUR MINDSET - DAY 5

## **What feeds your soul?**

There is no shortage of sources of instant gratification or external rewards. Explore what satiates you on a deeper level over a longer period of time.

**Spend some time exploring you from within.**

# AFFIRMATIONS - DAY 5

**Write the affirmation below 8 times.**

I hold the map and the key to my treasure.

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**Write your own affirmation.**

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# MASTER YOUR MINDSET - DAY 6

## **What do you need to forgive yourself for?**

If you knew better, you would do better. Maybe you did know better, and did that thing anyway, but that too is ok. Free yourself from the weight of self-inflicted punishment and grant yourself the gift of grace.

**Spend some time exploring ways to forgive yourself and release the past.**

# AFFIRMATIONS - DAY 6

**Write the affirmation below 8 times.**

I am learning and growing from the mistakes I make and the risks I take.

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**Write your own affirmation.**

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# MASTER YOUR MINDSET - DAY 7

**Where do you need to grant yourself grace?**

We are harder on ourselves than we would ever be on anyone else. From the moment we wake up and look in the mirror, the constant judgment of self begins.

**How can you begin to release the excessive and unrealistic expectations that you've placed upon yourself?**

# AFFIRMATIONS - DAY 7

**Write the affirmation below 8 times.**

I am loved as I am.

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**Write your own affirmation.**

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# MASTER YOUR MINDSET - DAY 8

## **What would you do for free?**

What is that thing that you love so much that you would do it even if you never got paid for it? That is where you'll find your bliss.

Spend some time reflecting on what you actually LOVE doing - not what you have to do or feel you must do. When was the last time you did that thing you love? What prevents you from doing more of it? When will you start again?

**Write your reflections here.**

# AFFIRMATIONS - DAY 8

**Write the affirmation below 8 times.**

I am living a purpose-driven life.

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**Write your own affirmation.**

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# MASTER YOUR MINDSET - DAY 9

## **What do you need to disconnect from?**

Energy is always in motion. When you think about the people you spend the most time with, do you gain energy when you're with them, or do they drain your energy?

**Write a list of their names and write 'gain' or 'drain' next to each one. What did you discover? Adjust your circle of influence accordingly.**

# AFFIRMATIONS - DAY 9

**Write the affirmation below 8 times.**

Access to my energy is a privilege.

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**Write your own affirmation.**

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# MASTER YOUR MINDSET - DAY 10

## **What are you willing to fight for or walk away from?**

Just like any successful business, we can write a mission statement for our life. Your personal mission statement speaks to how you do what you do today, who you serve, and how you serve them. Thinking about what or who you are willing to fight for or walk away from helps you to get clear on what you stand for and believe in.

**Write your reflections here.**

# AFFIRMATIONS - DAY 10

**Write the affirmation below 8 times.**

I am living a life that is in alignment with my values.

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**Write your own affirmation.**

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# MASTER YOUR MINDSET - DAY 11

## **What propels you forward?**

Just like our smartphones and other electronic devices, we can only go for so long before we need to recharge. What habits, activities, or people fill you up when you're feeling depleted? Write a plan for how you will spend your time to get the daily, weekly, and monthly recharge that you need to be your best self.

**Write your reflections here.**

# AFFIRMATIONS - DAY 11

**Write the affirmation below 8 times.**

I am a valuable vessel filled with infinite energy.

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**Write your own affirmation.**

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# MASTER YOUR MINDSET - DAY 12

**What's something you could do that your future self would thank you for?**

Your future self is not as far away as you think. One day you will look up and it will feel like five years have passed by in an instant. Today, I am thanking the younger me for investing in the personal and professional development, and mental health care that created the woman that I am today. What can you do right now to nurture and honor who you are becoming?

**Write your reflections here.**

# AFFIRMATIONS - DAY 12

**Write the affirmation below 8 times.**

I am my most profitable investment.

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**Write your own affirmation.**

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# MASTER YOUR MINDSET - DAY 13

## **What do you need to unleash?**

Sometimes we dim our light. Perhaps we are afraid of outshining others, or maybe we are hesitant to accept the responsibility that comes with our greatness. But, what if someone is suffering today because you didn't do what you knew you were born to do yesterday? We are waiting for you to show up as your whole and authentic self. Come on, it's time.

**Write your reflections here.**

# AFFIRMATIONS - DAY 13

**Write the affirmation below 8 times.**

I am powerful beyond measure.

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**Write your own affirmation.**

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# MASTER YOUR MINDSET - DAY 14

## **What self-imposed limitations no longer serve you?**

Our self-talk can become our prison if we let it. What have you been telling yourself that you can't do, or that you're not good at for so long that you've actually started to believe it? Change that narrative right now by replacing that limiting belief with the exact opposite sentiment. Simply start with the words "I am..."

**Write your reflections here.**

# AFFIRMATIONS - DAY 14

**Write the affirmation below 8 times.**

I am confident, capable and committed to my personal  
and professional growth.

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**Write your own affirmation.**

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# MASTER YOUR MINDSET - DAY 15

## **What routines have made you more successful?**

What type of person do you want to be? Who are you becoming? Whatever change you desire starts with the small habits that you practice every day. Over time these habits add up and gain momentum toward the outcomes you've always dreamed of. Take some time to reflect on your morning, evening, daily and weekly routines. Which ones are working? What could you add to increase the quality of your life?

**Write your reflections here.**

# AFFIRMATIONS - DAY 15

**Write the affirmation below 8 times.**

I keep my promises to myself.

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**Write your own affirmation.**

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# MASTER YOUR MINDSET - DAY 16

## **What is RIGHT with you?**

Think about the course of your day from the moment you wake up to the moment you go to sleep. From the start, hundreds of things work out in your favor. If you're reading this it's likely that you have access to electricity, the internet and a computer or laptop that works. If you took a shower you have access to hot and clean water. If you are reading this at work, that means you have a job and that your car started or you have access to transportation. All too often we only focus on the two or three things that go wrong during our day and we give them all of our focus and attention. What might your day be like if you shifted your attention to the hundreds of things that went right?

**Write your reflections here.**

# AFFIRMATIONS - DAY 16

**Write the affirmation below 8 times.**

I am healthy, happy and whole.

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**Write your own affirmation.**

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# MASTER YOUR MINDSET - DAY 17

**What might life be like if you simply do the best you can and release attachment to the outcome?**

Have you ever received that thing that you thought wanted at the time, but you let it go because it was nowhere near as fulfilling as you hoped it would be? This proves that outcomes don't guarantee happiness. We often get so focused on the destination that we forget to enjoy the journey. How can you shift your attention to the joy of being present in the process instead of focusing on the outcome that you think it might bring?

**Write your reflections here.**

# AFFIRMATIONS - DAY 17

**Write the affirmation below 8 times.**

I am present in the process.

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**Write your own affirmation.**

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# MASTER YOUR MINDSET - DAY 18

## **Are you thinking big enough?**

One of the main reasons that we don't have what we want is because we don't believe that we can. What actually happens to or for us can only rise to the level of our expectations. In what ways have you suffocated your dreams?

**Write your reflections here.**

# AFFIRMATIONS - DAY 18

**Write the affirmation below 8 times.**

I am filled with infinite potential.

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**Write your own affirmation.**

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# MASTER YOUR MINDSET - DAY 19

**What is something that was your next big goal that is your reality now?**

Right at this very moment, you have something that at one time was only a dream or a goal. If we're not careful it's easy to fall into the pattern of having the finish line of one marathon be the starting line of the next marathon. Take some time to pause and celebrate your victories.

**Write your reflections here.**

# AFFIRMATIONS - DAY 19

**Write the affirmation below 8 times.**

I am grateful for all that I have right now.

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**Write your own affirmation.**

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# MASTER YOUR MINDSET - DAY 20

## **Your life is listening, what are you communicating?**

Whatever you say, think or believe about your life becomes your reality. Therefore, it is imperative that we choose our words, thoughts, and beliefs based on what we really want and need. The power of manifestation is real, so whatever you give the most energy and attention to will appear. Spend some time today exploring how to shift your verbal, mental and emotional focus to the things that you want to have show up in your life.

**Write your reflections here.**

# AFFIRMATIONS - DAY 20

**Write the affirmation below 8 times.**

I am illuminated by loving light along my journey.

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**Write your own affirmation.**

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# MASTER YOUR MINDSET - DAY 21

**What if you believed in you as much as those who love you do?**

Early on in my career as an author, I got one of the vendor tables at an event in a park with several other vendors and hundreds of patrons to do a book signing. When my five year-old nephew arrived and saw the crowd, he said, "All of these people are here to see my Aunt Monica!" No one could convince him that his Auntie wasn't a star. Whether it is a child, an adult, or even a pet, there is a being who looks at you through that lens of unconditional love and belief. Put on glasses with those same lenses and write about you.

**Write your reflections here.**

# AFFIRMATIONS - DAY 21

**Write the affirmation below 8 times.**

I am enough.

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**Write your own affirmation.**

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# MASTER YOUR MINDSET - DAY 22

## **What makes you feel most alive?**

It's possible to slip into drifting through life on cruise control or autopilot. Work, responsibilities, stress or anxiety can drag us if we let them. Television, social media scrolling, and other hypnotizing substances numb us so that we won't have to feel our feelings. We aren't here to merely exist, we were meant to live our lives out loud and on purpose!

When was the last time you felt fully alive? What were you doing? How can you recreate those conditions? If you can't remember, activate your imagination and dream without abandon. Use the space below to plan what's possible, then go do it!

**Write your reflections here.**

# AFFIRMATIONS - DAY 22

**Write the affirmation below 8 times.**

I am cultivating joy.

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**Write your own affirmation.**

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# MASTER YOUR MINDSET - DAY 23

## **What does your soul say?**

The way that the world is set up today causes the mind to be a noisy place. When we quiet our minds, we can hear our soul speaking. If you've made it this far in your journaling journey, you know the power of sitting still to write these entries. Working that silent time and space into your daily routines unlock the treasure that is waiting to be discovered in your soul. Most of the answers that we've been seeking from external sources have been inside of us all along, just waiting for us to access them. Your soul is speaking, are you listening?

**Write your reflections here.**

# AFFIRMATIONS - DAY 23

**Write the affirmation below 8 times.**

I am listening and loyal to my soul.

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**Write your own affirmation.**

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# MASTER YOUR MINDSET - DAY 24

## **What do you want to manifest today?**

The practice of setting intentions is not reserved for the new year. This is something that can be done daily. At the start of each day, you have the power to declare how you want to feel and what you want to have. The simple act of clearly stating your wishes and wants magnetizes magic and movement. Write, speak and think about what you desire. The tone and turnout of your day are within your control.

**Write your reflections here.**

# AFFIRMATIONS - DAY 24

**Write the affirmation below 8 times.**

I am attracting things and relationships that serve my greater good.

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**Write your own affirmation.**

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# MASTER YOUR MINDSET - DAY 25

## **What are the ingredients in the recipe for your success?**

Describe a time when you were at your best. What were the factors that contributed to that? How did your environment, activities, habits, meal choices, movement, and associations elevate your experience? Have you found those elements to be constant contributors to the feelings and life that you desire, or has your recipe and appetite changed? Write about what makes your life feel full of flavor.

**Write your reflections here.**

# AFFIRMATIONS - DAY 25

**Write the affirmation below 8 times.**

I have everything I need.

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**Write your own affirmation.**

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# MASTER YOUR MINDSET - DAY 26

## **What's in your blind spot?**

Imagine driving a car without mirrors. It would be impossible to see what is in your blind spot. But just because we cannot see it, does not mean that it does not exist. Our blind spots are the things that we don't know that we don't know. With this being the case, it is important to have people and practices in our lives that allow us to reflect back what we may not be able to see. Think deeply about what the people and experiences in your life have been reflecting back to you. What do they reveal?

**Write your reflections here.**

# AFFIRMATIONS - DAY 26

**Write the affirmation below 8 times.**

I am in alignment.

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**Write your own affirmation.**

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# MASTER YOUR MINDSET - DAY 27

## **What's your mental healthcare plan?**

So much emphasis is placed on the importance of physical health, yet little attention is given to the source that powers all of our physical parts. Our mind drives all of our decisions and choices, but also bears the burden of all of the challenges that come our way. So why wouldn't we give this powerful part of what makes us who we are the utmost care? What processes, practices or protections do you need to put in place for your mental health and wellbeing?

**Write your reflections here.**

# AFFIRMATIONS - DAY 27

**Write the affirmation below 8 times.**

I am making my mental health a priority.

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**Write your own affirmation.**

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# MASTER YOUR MINDSET - DAY 28

## **What are the habits, behaviors and routines of the most successful people you know?**

Begin by defining what success means for you. Now, think about the people you admire. These are the inspiring ones, the leaders of their fields, the ones who have found a way to cultivate and sustain joy, prosperity and abundance in life. What do you notice about how they live? What types of things do they talk about, or not talk about? What is their morning routine? What do they eat? How do they move through the world? Whether it is someone you know or someone you've never met, what are some of the traits and characteristics that the most successful people you can think of have in common?

**Write your reflections here.**

# AFFIRMATIONS - DAY 28

**Write the affirmation below 8 times.**

I am disciplined and consistent.

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**Write your own affirmation.**

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# MASTER YOUR MINDSET - DAY 29

## **Who is in your soul tribe?**

Who do you spend the most time with? Now average the actions, behaviors, beliefs and perhaps even the income of the top five people you are around the most. After doing the math, the sum that you come up with is most likely a perfect description of you and where you are in your life right now. If you love it, you've found your tribe. If you are shocked or appalled, it's time to reassess your circle. Who lights you up? Who energizes you? Who adds value to your life?

Craft your dream team or the personal board of directors of your life and start spending more time with them. If you already have an amazing group with a life-giving vibe, then write about why you are grateful for each and every one of them.

**Write your reflections here.**

# AFFIRMATIONS - DAY 29

**Write the affirmation below 8 times.**

I am surrounded by souls who guide me to where I am meant to go.

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**Write your own affirmation.**

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# MASTER YOUR MINDSET - DAY 30

## **What is your self-preservation plan?**

The root word of preservation is reserve. So, what is reserved just for you? You may have heard the word preserves in reference to a delicious spread on toast or pastries. It describes a process in which sugar is added to fruit. So, what's something sweet that you can add to your life to enhance longevity and flavor?

**Write your reflections here.**

# AFFIRMATIONS - DAY 30

**Write the affirmation below 8 times.**

I am saying "Yes" to myself by saying "No" to  
other people and opportunities.

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**Write your own affirmation.**

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# MASTER YOUR MINDSET - DAY 31

## **What decision is it time to make?**

It is time. It's time to have that conversation, make that transition, take that leap, or simply begin. You know that thing I'm speaking of. Explore the conditions you need to do that thing you know it's time for you to do. Consider what it will take to give you the courage, energy or motivation to make that move. What do you need to complete? What commitments do you need to honor? What do you need to release? Write what feels right.

**Write your reflections here.**

# AFFIRMATIONS - DAY 31

**Write the affirmation below 8 times.**

I am making choices driven by self-love.

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**Write your own affirmation.**

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*Monica Marie Jones*

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

Congratulations on completing the Master Your Mindset, and Connect with Your Soul Workbook. I'd love to hear what you have discovered about yourself.

Feel free to share your thoughts, aha's and breakthroughs with me at [monica@monicamariejones.com](mailto:monica@monicamariejones.com).

For information about other courses, workshops or trainings, visit:

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

Most Sincerely,

Monica Marie Jones  
Your Soul Journey Guide