



OVERCOMING LIMITING BELIEFS

DAILY JOURNAL



Welcome, Friend.

I am so proud of you for taking time for yourself and your personal growth. I know the demands of every day life have you running on fumes and feeling like you'll never build the life of your dreams, but this is exactly where you need to be.

Over the next 30 days we're going to dig deep and explore all the limiting beliefs that are holding us back and retrain our brains to see all the opportunities and abundance that exist in this world.

If you feel stuck along the way, follow the QR code to sign up for 1:1 coaching with me to break through whatever is holding you back. You're exactly where you need to be and I'm so glad you're here.

Dana

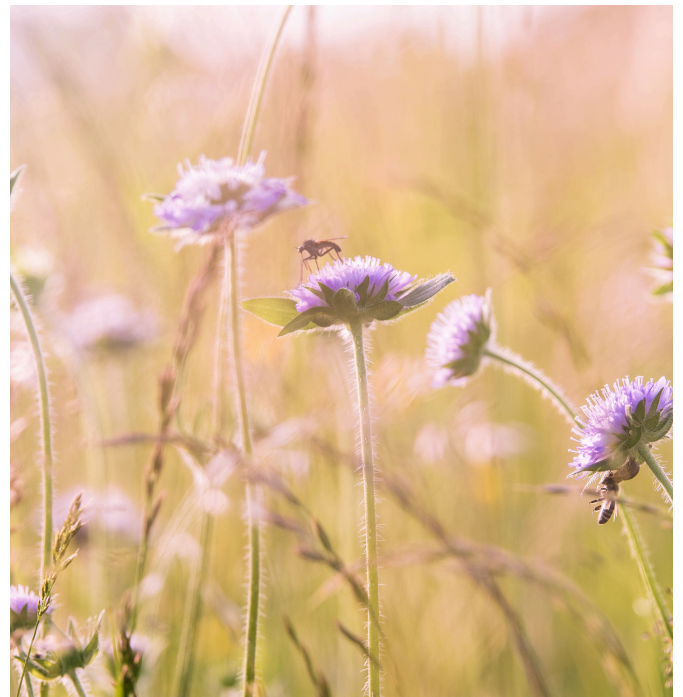
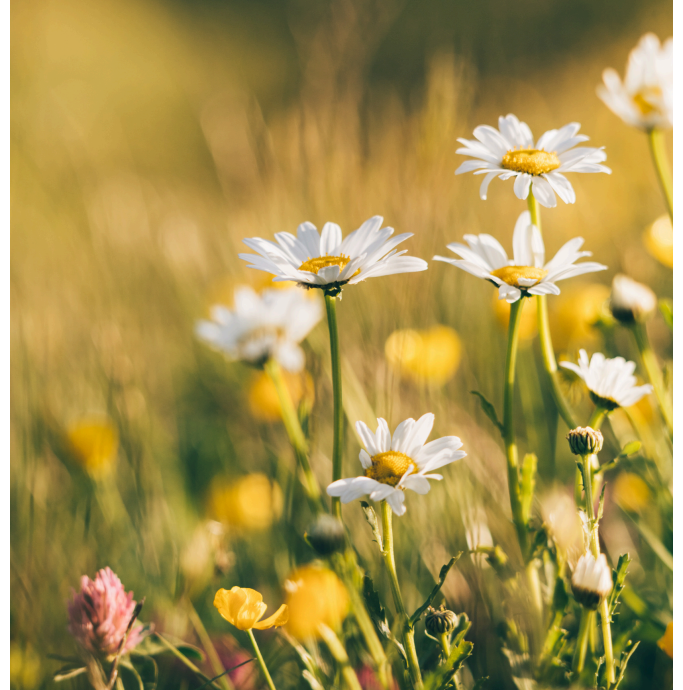
INSTRUCTIONS

How to use this journal

This journal is designed to help you recognize the thoughts and feelings you're experiencing each day, then start to challenge the limiting beliefs that are holding you back.

For the next 30 days you'll start and end your day with a quick note about your thoughts and feelings. You'll also spend around 10-15 minutes each day responding to the journal prompt.

As you work your way through the journal prompts, there may be times you need some extra help processing or moving past a limiting belief. **Bring those thoughts and feelings to a coaching call so they don't continue to hold you back.**





*There's something you've likely never been taught that will change how to experience **EVERYTHING***

We call it the "thought model", and here's what you need to know.

Our circumstances are neutral. Our circumstances do not cause us to feel a certain way and our circumstances do not cause the results we get in our lives.

Our thoughts about a circumstance create emotions inside our brain and body. Those feelings are what drive all our actions, or keep us from taking action. Our actions or inaction then creates all the results (good or bad) we have in our lives.

So how is this the best thing ever? **We are in control of how we think about anything and everything that happens in our lives.** We can intentionally choose thoughts that create productive feelings that drive the actions we want to take to create the results we want in life.

It's all within our power to create an abundant, peaceful, fulfilling life.



THOUGHT
MODEL

CIRCUMSTANCES

THOUGHTS

FEELINGS

ACTIONS

RESULTS



LIMITING BELIEFS

Limiting beliefs are deeply ingrained thoughts or beliefs that we hold about ourselves, others, or the world around us. These beliefs constrain our personal growth and potential. They often stem from past experiences, societal influences, or negative self-perception.

Limiting beliefs act as self-imposed barriers, creating a fixed mindset that keeps from pursuing our goals, taking risks, or even being able to see or embrace new opportunities.

They can manifest as self-doubt, fear of failure, or a sense of unworthiness, and they often result in self-sabotaging behaviors and a restricted view of what is possible.

Limiting beliefs hold us back from reaching our full potential and living the life of abundance and fulfillment we all dream of.

To overcome limiting beliefs, we must first become aware of them.

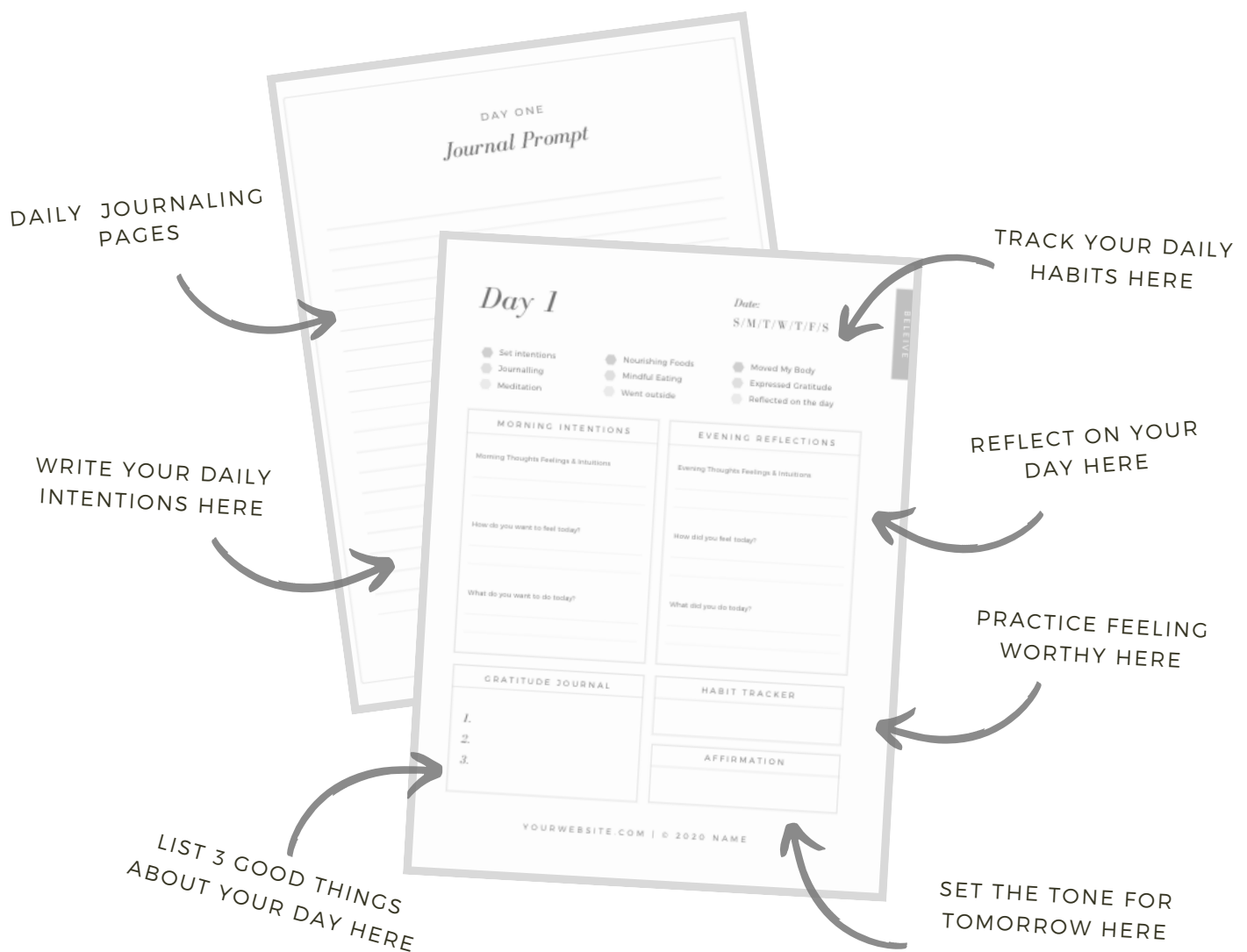
Through journaling and mindset coaching, we will replace negative self-talk with a growth mindset, cultivate self-compassion and worthiness, and take intentional action to let go of limiting beliefs holding us back.

Overcoming limiting beliefs opens up new possibilities, builds confidence, and empowers us to build the life we've always dreamed of.

“Don't let the limitations of others limit your vision. If you can remove your self-doubt and believe in yourself, you can achieve what you never thought possible.” Roy T. Bennett

HOW IT WORKS

Simply print out the following pages and then fill in the simple-to-use intentions, reflections and journaling pages every day.












Day 1

Date:

S/M/T/W/T/F/S

LIMITING BELIEFS

-  Meditation
-  Nourishing Foods
-  Moved My Body
-  Set Intentional Thought
-  Moment of Connection
-  The Good List
-  Journal Prompt
-  I am Worthy Statement
-  Tone for Tomorrow

MORNING INTENTIONS

What challenges might you face today?

How can I make a difference today?

What is your one priority today?

EVENING REFLECTIONS

What were your thoughts and feelings throughout the day?

What is something you're proud of today?

What did you accomplish today?

3 GOOD THINGS FROM TODAY

1.

2.

3.

I AM WORTHY BECAUSE...

HOW CAN I MAKE TOMORROW
BETTER THAN TODAY?

OVERCOMING LIMITING BELIEFS










*What are the results you most want
in your life? Be specific!*

Day 2

Date:

S / M / T / W / T / F / S

LIMITING BELIEFS

-  Meditation
-  Nourishing Foods
-  Moved My Body
-  Set Intentional Thought
-  Moment of Connection
-  The Good List
-  Journal Prompt
-  I am Worthy Statement
-  Tone for Tomorrow

MORNING INTENTIONS

What challenges might you face today?

How can I make a difference today?

What is your one priority today?

EVENING REFLECTIONS

What were your thoughts and feelings throughout the day?

What is something you're proud of today?

What did you accomplish today?

3 GOOD THINGS FROM TODAY

1.

2.

3.

I AM WORTHY BECAUSE...

HOW CAN I MAKE TOMORROW
BETTER THAN TODAY?

What do you believe about your life?

Day 3

Date:

S/M/T/W/T/F/S

LIMITING BELIEFS

🔴 Meditation

🔴 Nourishing Foods

🔴 Moved My Body

🔴 Set Intentional Thought

🔴 Moment of Connection

🔴 The Good List

🔴 Journal Prompt

🔴 I am Worthy Statement

🔴 Tone for Tomorrow

MORNING INTENTIONS

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How can I make a difference today?

What is your one priority today?

EVENING REFLECTIONS

What were your thoughts and feelings throughout the day?

What is something you're proud of today?

What did you accomplish today?

3 GOOD THINGS FROM TODAY

1.

2.

3.

I AM WORTHY BECAUSE...

HOW CAN I MAKE TOMORROW
BETTER THAN TODAY?










What do you believe about yourself?

Day 4

Date:

S/M/T/W/T/F/S

LIMITING BELIEFS

-  Meditation
-  Nourishing Foods
-  Moved My Body
-  Set Intentional Thought
-  Moment of Connection
-  The Good List
-  Journal Prompt
-  I am Worthy Statement
-  Tone for Tomorrow

MORNING INTENTIONS

What challenges might you face today?

How can I make a difference today?

What is your one priority today?

EVENING REFLECTIONS

What were your thoughts and feelings throughout the day?

What is something you're proud of today?

What did you accomplish today?

3 GOOD THINGS FROM TODAY

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I AM WORTHY BECAUSE...

HOW CAN I MAKE TOMORROW BETTER THAN TODAY?

LIMITING BELIEFS










*What do you believe about your
dreams coming true?*

Day 5

Date:

S/M/T/W/T/F/S

LIMITING BELIEFS

-  Meditation
-  Nourishing Foods
-  Moved My Body
-  Set Intentional Thought
-  Moment of Connection
-  The Good List
-  Journal Prompt
-  I am Worthy Statement
-  Tone for Tomorrow

MORNING INTENTIONS

What challenges might you face today?

How can I make a difference today?

What is your one priority today?

EVENING REFLECTIONS

What were your thoughts and feelings throughout the day?

What is something you're proud of today?

What did you accomplish today?

3 GOOD THINGS FROM TODAY

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I AM WORTHY BECAUSE...

HOW CAN I MAKE TOMORROW
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LIMITING BELIEFS










What do you believe about your ability to create the life you want?

Day 6

Date:

S / M / T / W / T / F / S

LIMITING BELIEFS

-  Meditation
-  Nourishing Foods
-  Moved My Body
-  Set Intentional Thought
-  Moment of Connection
-  The Good List
-  Journal Prompt
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-  Tone for Tomorrow

MORNING INTENTIONS

What challenges might you face today?

How can I make a difference today?

What is your one priority today?

EVENING REFLECTIONS

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What is something you're proud of today?

What did you accomplish today?

3 GOOD THINGS FROM TODAY

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HOW CAN I MAKE TOMORROW
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LIMITING BELIEFS










Why do you have your current results in life?

Day 7

Date:

S/M/T/W/T/F/S

LIMITING BELIEFS

-  Meditation
-  Nourishing Foods
-  Moved My Body
-  Set Intentional Thought
-  Moment of Connection
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-  Journal Prompt
-  I am Worthy Statement
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MORNING INTENTIONS

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How can I make a difference today?

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EVENING REFLECTIONS

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OVERCOMING LIMITING BELIEFS










What would your life look like if you weren't afraid and could not fail?

Day 8

Date:

S / M / T / W / T / F / S

LIMITING BELIEFS

-  Meditation
-  Nourishing Foods
-  Moved My Body
-  Set Intentional Thought
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-  The Good List
-  Journal Prompt
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MORNING INTENTIONS

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EVENING REFLECTIONS

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What did you accomplish today?

3 GOOD THINGS FROM TODAY

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HOW CAN I MAKE TOMORROW
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LIMITING BELIEFS










What are some of the lessons your parents taught you that you've carried through life?

Day 9

Date:

S/M/T/W/T/F/S

LIMITING BELIEFS

-  Meditation
-  Nourishing Foods
-  Moved My Body
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MORNING INTENTIONS

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EVENING REFLECTIONS

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What did you accomplish today?

3 GOOD THINGS FROM TODAY

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HOW CAN I MAKE TOMORROW
BETTER THAN TODAY?










*What are the beliefs that have held
you back in life?*

Day 10

Date:

S/M/T/W/T/F/S

LIMITING BELIEFS

-  Meditation
-  Nourishing Foods
-  Moved My Body
-  Set Intentional Thought
-  Moment of Connection
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-  Journal Prompt
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MORNING INTENTIONS

What challenges might you face today?

How can I make a difference today?

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EVENING REFLECTIONS

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3 GOOD THINGS FROM TODAY

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OVERCOMING LIMITING BELIEFS










How have your limiting beliefs stopped you from taking risks or stepping outside of your comfort zone?

Day 11

Date:

S/M/T/W/T/F/S

LIMITING BELIEFS

-  Meditation
-  Nourishing Foods
-  Moved My Body
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OVERCOMING LIMITING BELIEFS










Can you identify any specific triggers - people, situations, etc., that intensify these limiting beliefs?

Day 12

Date:

S/M/T/W/T/F/S

LIMITING BELIEFS

-  Meditation
-  Nourishing Foods
-  Moved My Body
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MORNING INTENTIONS

What challenges might you face today?

How can I make a difference today?

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EVENING REFLECTIONS

What were your thoughts and feelings throughout the day?

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I AM WORTHY BECAUSE...

HOW CAN I MAKE TOMORROW
BETTER THAN TODAY?

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How can you create a supportive environment that encourages growth and challenges limiting beliefs?

Day 13

Date:

S/M/T/W/T/F/S

LIMITING BELIEFS

-  Meditation
-  Nourishing Foods
-  Moved My Body
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-  Journal Prompt
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MORNING INTENTIONS

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EVENING REFLECTIONS

What were your thoughts and feelings throughout the day?

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3 GOOD THINGS FROM TODAY

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OVERCOMING LIMITING BELIEFS










Can you identify any role models or inspiring individuals who have overcome similar limiting beliefs? How can their story serve as inspiration for your own journey?

Day 14

Date:

S/M/T/W/T/F/S

LIMITING BELIEFS

-  Meditation
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MORNING INTENTIONS

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EVENING REFLECTIONS

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3 GOOD THINGS FROM TODAY

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OVERCOMING LIMITING BELIEFS










What comes up when you think of all the reasons you haven't built the life you dream of? Are they facts or story?

Day 15

Date:

S/M/T/W/T/F/S

LIMITING BELIEFS

-  Meditation
-  Nourishing Foods
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MORNING INTENTIONS

What challenges might you face today?

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EVENING REFLECTIONS

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3 GOOD THINGS FROM TODAY

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OVERCOMING LIMITING BELIEFS










Do you believe you are worthy of everything you want out of life? Are there thoughts that get in the way?

Day 16

Date:

S/M/T/W/T/F/S

LIMITING BELIEFS

-  Meditation
-  Nourishing Foods
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-  The Good List
-  Journal Prompt
-  I am Worthy Statement
-  Tone for Tomorrow

MORNING INTENTIONS

What challenges might you face today?

How can I make a difference today?

What is your one priority today?

EVENING REFLECTIONS

What were your thoughts and feelings throughout the day?

What is something you're proud of today?

What did you accomplish today?

3 GOOD THINGS FROM TODAY

1.

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I AM WORTHY BECAUSE...

HOW CAN I MAKE TOMORROW
BETTER THAN TODAY?










*What do you need to believe to get
the results you want in life?*

Day 17

Date:

S/M/T/W/T/F/S

LIMITING BELIEFS

-  Meditation
-  Set Intentional Thought
-  Journal Prompt
-  Nourishing Foods
-  Moment of Connection
-  I am Worthy Statement
-  Moved My Body
-  The Good List
-  Tone for Tomorrow

MORNING INTENTIONS

What challenges might you face today?

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HOW CAN I MAKE TOMORROW BETTER THAN TODAY?

OVERCOMING LIMITING BELIEFS










What small actions have you taken this month to start dismantling the limiting beliefs you're carrying?

Day 18

Date:

S/M/T/W/T/F/S

LIMITING BELIEFS

-  Meditation
-  Nourishing Foods
-  Moved My Body
-  Set Intentional Thought
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OVERCOMING LIMITING BELIEFS










How can you celebrate and acknowledge your progress in challenging these limiting beliefs?

Day 19

Date:

S/M/T/W/T/F/S

LIMITING BELIEFS

-  Meditation
-  Nourishing Foods
-  Moved My Body
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-  Tone for Tomorrow

MORNING INTENTIONS

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How can I make a difference today?

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3 GOOD THINGS FROM TODAY

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I AM WORTHY BECAUSE...

HOW CAN I MAKE TOMORROW
BETTER THAN TODAY?

OVERCOMING LIMITING BELIEFS










How can you cultivate self-compassion and kindness towards yourself?

Day 20

Date:

S/M/T/W/T/F/S

LIMITING BELIEFS

-  Meditation
-  Nourishing Foods
-  Moved My Body
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MORNING INTENTIONS

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3 GOOD THINGS FROM TODAY

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I AM WORTHY BECAUSE...

HOW CAN I MAKE TOMORROW
BETTER THAN TODAY?










What steps can you take to reinforce and strengthen empowering beliefs that support your growth and potential?

Day 21

Date:

S/M/T/W/T/F/S

LIMITING BELIEFS

- | | | |
|--|---|---|
|  Meditation |  Nourishing Foods |  Moved My Body |
|  Set Intentional Thought |  Moment of Connection |  The Good List |
|  Journal Prompt |  I am Worthy Statement |  Tone for Tomorrow |

MORNING INTENTIONS

What challenges might you face today?

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EVENING REFLECTIONS

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What did you accomplish today?

3 GOOD THINGS FROM TODAY

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I AM WORTHY BECAUSE...

HOW CAN I MAKE TOMORROW
BETTER THAN TODAY?










How can you shift your focus from limitations to possibilities and opportunities?

Day 22

Date:

S/M/T/W/T/F/S

LIMITING BELIEFS

-  Meditation
-  Nourishing Foods
-  Moved My Body
-  Set Intentional Thought
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MORNING INTENTIONS

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3 GOOD THINGS FROM TODAY

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I AM WORTHY BECAUSE...

HOW CAN I MAKE TOMORROW
BETTER THAN TODAY?



OVERCOMING LIMITING BELIEFS

Think about the changes you want to make and imagine yourself having already made them. Visualize yourself living your dream life.

WHAT'S DIFFERENT ABOUT YOU?

HOW DO YOU HANDLE PROBLEMS DIFFERENTLY?

HOW DO YOU FEEL DIFFERENTLY?



OVERCOMING LIMITING BELIEFS

Think about the changes you want to make and imagine yourself having already made them. Visualize yourself living your dream life.

HOW DO YOU ACT DIFFERENTLY?

HOW DO YOU SHOW UP DIFFERENTLY?










HOW HAVE YOUR RELATIONSHIPS CHANGED?

Day 23

Date:

S/M/T/W/T/F/S

LIMITING BELIEFS

-  Meditation
-  Nourishing Foods
-  Moved My Body
-  Set Intentional Thought
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-  Tone for Tomorrow

MORNING INTENTIONS

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OVERCOMING LIMITING BELIEFS










When you imagine yourself in this new life, what are you doing well? What do you need to keep practicing?

Day 24

Date:

S/M/T/W/T/F/S

LIMITING BELIEFS

-  Meditation
-  Nourishing Foods
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OVERCOMING LIMITING BELIEFS










Let's create a list of new empowering thoughts that encourage your brain to let go of limiting beliefs.

Day 25

Date:

S/M/T/W/T/F/S

LIMITING BELIEFS

-  Meditation
-  Nourishing Foods
-  Moved My Body
-  Set Intentional Thought
-  Moment of Connection
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MORNING INTENTIONS

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HOW CAN I MAKE TOMORROW
BETTER THAN TODAY?

OVERCOMING LIMITING BELIEFS










*If you give up your limiting beliefs,
what else will you need to give up?*

Day 26

Date:

S / M / T / W / T / F / S

LIMITING BELIEFS

-  Meditation
-  Nourishing Foods
-  Moved My Body
-  Set Intentional Thought
-  Moment of Connection
-  The Good List
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MORNING INTENTIONS

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HOW CAN I MAKE TOMORROW
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OVERCOMING LIMITING BELIEFS










*Do you believe you can create the
life you always dreamed of?*

Day 27

Date:

S/M/T/W/T/F/S

LIMITING BELIEFS

-  Meditation
-  Nourishing Foods
-  Moved My Body
-  Set Intentional Thought
-  Moment of Connection
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HOW CAN I MAKE TOMORROW BETTER THAN TODAY?

OVERCOMING LIMITING BELIEFS










What steps can you take now to start building the life you want?

Day 28

Date:

S/M/T/W/T/F/S

LIMITING BELIEFS

- | | | |
|--|---|---|
|  Meditation |  Nourishing Foods |  Moved My Body |
|  Set Intentional Thought |  Moment of Connection |  The Good List |
|  Journal Prompt |  I am Worthy Statement |  Tone for Tomorrow |

MORNING INTENTIONS

What challenges might you face today?

How can you make a difference today?

What is your one priority today?

EVENING REFLECTIONS

What were your thoughts and feelings throughout the day?

What is something you're proud of today?

What did you accomplish today?

3 GOOD THINGS FROM TODAY

1.

2.

3.

I AM WORTHY BECAUSE...

HOW CAN I MAKE TOMORROW
BETTER THAN TODAY?

OVERCOMING LIMITING BELIEFS










Are there thoughts, fears, or lingering limiting beliefs holding you back from taking steps forward? Do a thought download and list every thought that pops up.

Day 29

Date:

S/M/T/W/T/F/S

LIMITING BELIEFS

- | | | |
|--|---|---|
|  Meditation |  Nourishing Foods |  Moved My Body |
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OVERCOMING LIMITING BELIEFS

Close your eyes and imagine you're living the life you always dreamed of. Remember, your thoughts create your feelings, which drive all actions.

WHAT ACTIONS DO YOU NEED TO TAKE TO MAKE THIS YOUR REALITY?

HOW DO YOU NEED TO BE FEELING TO TAKE THE ACTIONS ABOVE?










WHAT THOUGHT DO YOU NEED TO BE THINKING TO FEEL THAT WAY?

Day 30

Date:

S/M/T/W/T/F/S

LIMITING BELIEFS

-  Meditation
-  Nourishing Foods
-  Moved My Body
-  Set Intentional Thought
-  Moment of Connection
-  The Good List
-  Journal Prompt
-  I am Worthy Statement
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HOW CAN I MAKE TOMORROW
BETTER THAN TODAY?

OVERCOMING LIMITING BELIEFS

*Spend a few minutes reflecting and celebrating
all you learned and accomplished this month!*

FINAL REFLECTIONS



I am so proud of you for showing up for yourself every day to do this work. It's tough. I'm sure there were thoughts, memories and emotions coming up that were tough to feel, but you did it.

Mindset work is such an empowering experience that will change how you feel about yourself, your life, and every relationship around you. The work never ends and we all have an endless capacity for growth.

Journaling is a powerful tool in slowing down our brains to identify thoughts, feelings and patterns in our lives that we've never noticed before.

If you're struggling anywhere in the process, feeling stuck, or just needing to explore your thoughts in a deeper way - join me for a few 1:1 coaching sessions to work through your thoughts. Powerful transformation happens by allowing a coach to guide you through this work!

Dana



FINAL REFLECTIONS

Complete this after you finish your journal. Fill in the space below with how you feel in your body, your mind and even your soul. Describe the emotions, thoughts and insights you have.

MY EXPERIENCE

FINAL REFLECTIONS

Take some time to reflect on what has changed in the following areas of your life.
What has shifted, transformed or improved since you first started your journal.

HEALTH

FARM BUSINESS

OFF-FARM WORK

PERSONAL GROWTH

HOME & RELATIONSHIPS

FINANCES

FUN & FREE-TIME

PURPOSE

A portrait of Dana Workman Stacey, a woman with long brown hair, smiling. In the background, there are warm, out-of-focus lights and a wooden fence.

MEET DANA



Dana Workman Stacey

Email: dana@homegrowndreamlife.com

Learn more at homegrowndreamlife.com

Hi friends! I'm Dana, a Mom, wife, farmer, and Mindset and Business Coach for farmers. Mindset coaching changed my life, saved my family farm, and helped me find peace and fulfillment in life I didn't know was possible.

Now I spend my days with my kids, feeding a whole lot of chickens, and helping others learn how to live life on their terms too.

Journaling is a powerful place to start your mindset journey and I'd love to meet you on a Zoom call soon! Sign up for a free session via the links below.

Project
Funded By:



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MARY ANN RADMACHER

*"Sometimes the
smallest step in the
right direction ends
up being the biggest
step of your life."*

JOIN ME FOR

Exclusive 1:1 Coaching

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Journaling is an AMAZING way to uncover what's holding us back and figure out what we want out of life, but coaching amplifies these results. Having another human hear your story, question your thoughts and beliefs and challenge you to reach your full potential will help you reach your goals even faster.

[CLICK HERE TO SCHEDULE](#)

*LEARN MORE OR SAVE YOUR SPOT AT
[HOMEGROWNDREAMLIFE.COM](https://homegrowndreamlife.com)