



# NEW YEAR MINDSET RESET FOR 2025

POWERED BY THE  
A.C.T.I.V.E FRAMEWORK

---

BY SALOMI SONAWANE

PERSONAL | CAREER | SPIRITUAL GROWTH MENTOR

---

@SALOMISONAWANE

# Welcome to Your Mindset Reset Journey!

As we step into 2025, it's time to embrace new possibilities and recalibrate our mindset for the exciting year ahead. The new year symbolizes a fresh start, offering a powerful opportunity to let go of past setbacks and disappointments. This year is your blank canvas, waiting for you to paint it with clarity, action, and belief. Together, we will reset your mindset, reflect on the past, and confidently step into the future.

This guide will empower you to reset your mindset and equip you with the tools needed for sustained growth and transformation using my A.C.T.I.V.E Mindset

## **Framework:**

- **Awareness:** Recognize your current state.
- **Clarity:** Define your vision and goals.
- **Transformation:** Reframe limiting beliefs.
- **Intentional Action:** Take consistent, aligned steps.
- **Visualization:** See your success in real time.
- **Elevation:** Celebrate your success and elevate your belief.

## What's Inside This Guide?

### 1. Mindset Reset Affirmations

- Transform limiting beliefs and activate a growth mindset.
- Reaffirm your worth, capabilities, and potential daily.

### 2. Journaling Prompts

- Gain clarity, set powerful goals, and cultivate self-reflection.
- Start the year with intention and momentum.

### 3. Mindset Reset Tools

- Embrace challenges as growth opportunities.
- Reframe your thoughts for success and abundance.

### 4. Your Faith-Based Foundation

- Explore Bible affirmations to strengthen your trust in God's promises.
- Align your mindset with the blessings God has prepared for you.

## Mindset Reset Affirmations

Affirmations are powerful tools that shape your reality. Use these daily to reset your mindset and create a strong foundation for success in 2025:

1. I am worthy of all the opportunities that 2025 brings.
2. I release all limiting beliefs and embrace my God-given potential.
3. I am focused, disciplined, and aligned with my divine purpose.
4. Every challenge is an opportunity for growth and transformation.
5. I trust God's promises and make empowered decisions with faith.
6. I believe in myself, and I am capable of achieving greatness.
7. I am grateful for each step of my journey and celebrate my progress.

## **Journaling Prompts**

Journaling helps you connect with your thoughts, align your actions with your goals, and embrace self-awareness. These prompts will set a powerful tone for your year:

### **Clarity**

- What are my top three goals for 2025, and why are they important to me?
- In what areas of my life do I want to experience growth? (Career, health, relationships, personal development)
- What does success look like for me this year? How will I feel when I achieve it?

### **Self-Belief**

- What strengths have helped me overcome challenges in the past? How can I lean into these strengths this year?
- What beliefs do I need to release to step into my full potential?
- How will I practice self-compassion and kindness toward myself as I pursue my goals?

### **Intentional Goals**

- What small, consistent actions can I take daily to get closer to my goals?
- What habits or routines do I need to create or break to succeed in 2025?
- What new opportunities will I create this year, and how can I open myself to receiving them?

## Mindset Reset Tools

### Reframe Your Approach to Challenges

- **Instead of:** “This is too difficult.”
- **Try:** “This challenge is an opportunity to grow, and I will learn valuable lessons from it.”
- **Instead of:** “I don’t have enough time.”
- **Try:** “I prioritize my time wisely and focus on what aligns with my goals.”

### Embrace New Opportunities

- **Instead of:** “I’m not sure if I can do this.”
- **Try:** “I’m capable of creating amazing things, and I’ll take one step at a time toward my success.”
- **Instead of:** “I’ll wait until I’m ready.”
- **Try:** “I’m ready now, and I’ll start where I am with the resources I have.”

## Your Faith-Based Foundation

As you reset your mindset, anchor yourself in God's promises with these affirmations:

- I am fearfully and wonderfully made (Psalm 139:14).
- God has plans to prosper me and not harm me, plans to give me hope and a future (Jeremiah 29:11).
- The Lord is my shepherd; I lack nothing (Psalm 23:1).
- I can do all things through Christ who strengthens me (Philippians 4:13).
- God's blessings are overflowing in my life, and I embrace them with gratitude.

Reflect on how your faith aligns with your vision for 2025:  
"How does my faith shape my vision for this year? What promises of God am I holding onto?"

Everything starts when you begin to believe that something truly amazing exists for you. That belief becomes the foundation of everything you create.

If you're ready to take your transformation further, join my coaching program and unlock your potential with personalized affirmations, journaling exercises, and mindset tools tailored to your journey.

To get started or follow me on Instagram @salomisonawane for daily affirmations and inspiration.

### **Your First 30 Days Action Plan**

Take the first 30 days to focus on the most crucial steps from the **A.C.T.I.V.E Framework**:

- 1. Week 1:** Focus on Awareness and Clarity journal daily and set clear goals.
- 2. Week 2:** Embrace Transformation reframe limiting beliefs and focus on growth.
- 3. Week 3:** Take Intentional Action create a daily routine and align it with your goals.
- 4. Week 4:** Use Visualization and Elevation—celebrate small wins and raise your belief.

## **Let's Make 2025 Unstoppable Together!**

Remember: You are unstoppable, and your success is inevitable. With clarity, faith, and intentional action, you can create the life you desire.

Let this guide be your anchor as you step into a powerful new year.

## **How to Use This Guide**

- **Daily Practice:** Start each morning by reading your affirmations and journaling for clarity and intention. This practice will set the tone for a focused and empowered day.
- **Weekly Check-ins:** Reflect on your progress each week. Are you aligned with your goals? What adjustments can you make?
- **Monthly Reflection:** Celebrate your growth at the end of each month and identify areas where you can improve.