

A vibrant orange background featuring a detailed illustration of a phoenix, a mythical bird that is reborn from its own ashes. The phoenix is depicted with its wings spread wide, and its tail feathers are long and flowing. The entire image is rendered in shades of orange, creating a cohesive and powerful visual theme.

LIMITLESS TRANSFORMATION WORKBOOK

7-Day

Transformative Workbook for
Mental Reprogramming

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Introduction

Heyyy! I'm Kerry — Welcome to Your 7-Day Mindset Reset Challenge

First off—I'm so glad you're here. This challenge was created with pure intention: to help you reconnect with your power, build real confidence, and shift your focus toward the life you truly want to create.

Think of this as your 7-day glow-up—from the inside out.

Each day is infused with mindful affirmations and soul-opening journal prompts designed to help you break free from limiting beliefs, elevate your energy, and align your mindset with your highest self. This isn't just about thinking positive—it's about rewiring how you see yourself and what's possible for you.

💡 **Pro Tip:** If you can, print out these pages and write directly on them. There's something magical about putting pen to paper—it makes everything more real and tangible. I've also added blank pages you can use for extra thoughts, notes, or doodles along the way. Make this experience yours.

Here's How It Works:

- Every day you'll receive 2 affirmations and 2 journal prompts.
- You can rewrite the affirmations to anchor them into your mindset, and choose one (or both) of the prompts to explore your thoughts, feelings, and growth.
- Take your time. Be honest with yourself. This is your sacred space for clarity, self-reflection, and expansion.

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You don't have to be perfect. You just have to be present. Let this journey reconnect you to the version of you that's been waiting to shine.

Let's reset. Let's rise. Let's get into it.

You ready? Let's go!

7 Day Challenge Progress Tracker

Use this simple checklist to stay consistent and celebrate your progress. Check off each day as you complete it!

Day	Completed Affirmations	Journal Prompt Done	Action Step Complete	Mood (1-5)
1	☐	☐	☐	★★★★★
2	☐	☐	☐	★★★★★
3	☐	☐	☐	★★★★★
4	☐	☐	☐	★★★★★
5	☐	☐	☐	★★★★★
6	☐	☐	☐	★★★★★
7	☐	☐	☐	★★★★★

NOTES:

Day 1: Releasing The Old

Welcome to Day 1 — the clearing. The clean sweep. The emotional detox.

If you're doing this challenge, there's a part of you that knows: it's time to let go. Let go of the thoughts, habits, beliefs, and attachments that keep pulling you backwards. Let go of the versions of you that were built around survival, people-pleasing, or staying small. Releasing doesn't mean forgetting. It means you're ready to stop carrying it. That old narrative — that you're not good enough, not ready, not deserving — is expired. And you get to outgrow it.

Release the guilt. Release the doubt. Release the grip on needing to control everything before you move. It's okay to admit when something no longer feels aligned — even if it once did. It's okay to forgive yourself for tolerating what you didn't know how to shift yet.

The most powerful part of releasing is choice. When you consciously say, "I'm no longer available for this," you reclaim your energy. You create space. And space is sacred — because space is where new things begin.

So take a moment today. What are you ready to release? A habit? A fear? A limiting belief? A role you've been playing just to feel safe? Whatever it is, thank it. It taught you something. It got you this far. But now you're moving forward — lighter, clearer, more whole.

Day 1: Releasing the Old

"Old beliefs don't break overnight. But today's awareness begins your shift."

Today's Task	Write one empowering belief on a sticky note and place it somewhere you'll see every morning.	Angel Number 1199
		Marks the end of a karmic cycle and calls you to step into your higher purpose.

Affirmation

- I let go of self-limiting beliefs and make space for new beliefs that empower me.

Journal Prompt

- What self-limiting beliefs currently hold me back and how can I flip them into empowering thoughts that will improve what I believe about myself?

[illegible]

Day 2: Self-Worth & Confidence

Confidence isn't just a look — it's a frequency.

Confidence makes you magnetic. It's that invisible force that pulls the right people, opportunities, and experiences into your orbit. When you're grounded in who you are, you naturally attract aligned friendships, strong and secure relationships, and spaces where your light is seen and respected.

There's something about a confident person — the way they move, the way they speak, the way they carry themselves without needing to prove anything. That energy glows. Your aura literally becomes warmer, brighter. People notice. They feel it before you say a word.

But here's the truth: confidence is deeply rooted in self-worth.

And self-worth is about trust — trust in your own voice, your own timing, and your own ability to choose what's right for you. When you trust who you are, you stop overthinking every little move. You stop looking outside of yourself for answers. You start making decisions from a place of clarity and alignment, instead of fear or comparison. That's why confidence is a mindset reset in itself. It interrupts procrastination. When you trust yourself, you don't get stuck in the loop of "what if" or "am I ready?" You move with purpose. You take the next step. You make the call, send the email, write the plan, or say the thing. Because deep down, you know: you've got this.

Day 2: Self-Worth & Confidence

Confidence creates momentum. And momentum builds trust in yourself — which builds even more confidence. It's a powerful cycle that starts with a single choice: to believe in your worth right now, not someday.

So today, check in with yourself:

- What decision am I holding back on because I'm doubting myself?
- What would change if I trusted myself fully in this moment?
- How would I show up if I believed my energy was magnetic and enough?

Day 2: Self-Worth & Confidence

“When you know your worth, you stop shrinking to fit spaces that never honored your light.”

Today's Task	Write down 3 things you've been avoiding due to self-doubt. Then write one bold, confident step you will take for each.	Angel Number 114
		You are surrounded by angels helping you build solid foundations for your highest self. Stay disciplined in your self-love and confidence.

Affirmation

- I have the power to consciously create the life that desire to live.

Journal Prompt

- What are three qualities I genuinely admire in myself—and why do they matter to the person I’m becoming?

This image shows a single sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Day 3: Adapting an Abundance Mindset

Adapting to an abundance mindset is about shifting the way you see yourself and the world around you. It's choosing to believe that opportunities, love, money, time, and joy are not limited — they're expansive. They're flowing all the time. And you are allowed to receive them without guilt, fear, or waiting for the “right” moment.

A scarcity mindset tells you:

“You have to fight for what you want. There isn't enough. You're behind. You'll miss your chance.”

But an abundance mindset tells you:

“There's always more. I'm always aligned with what's meant for me. My timing is divine.”

It's a calmer way to live — one that softens your nervous system and opens your energy to receive, rather than chase.

This mindset shows up in the small things first. Choosing to celebrate others without comparing yourself. Spending money with trust instead of fear. Making decisions from vision, not survival. Believing that your desires are valid, possible, and on their way.

The truth is: abundance is a relationship. It responds to how you treat yourself. It grows when you stop doubting your worth. When you affirm your value — even when things

Day 3: Adapting an Abundance Mindset

aren't perfect — abundance begins to meet you where you are.

Let today be about choosing overflow.

Instead of asking “What do I lack?” ask:

- “What am I already blessed with?”
- “What am I open to receiving more of?”
- “What would change if I believed it was already on its way to me?”

Day 3: Adapting an Abundance Mindset

“Abundance begins in the mind. When you believe you’re worthy of more, life begins to reflect it.”

Today's Task	List 5 things you're grateful for right now and 3 things you desire — then write "I am open to receive all of this and more."	Angel Number 888
		Infinite abundance is flowing to you. Financial, emotional, and spiritual blessings are aligning.

Affirmation

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Journal Prompt

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Day 4: Emotional Intelligence & Peace of Mind

Welcome to Day 4. Today we dive into something deeper than appearances or productivity — we're focusing on emotional intelligence and the peace of mind that naturally flows from it.

Emotional intelligence is your ability to recognize, understand, and navigate your emotions — and respond to life with clarity instead of chaos. It's not about suppressing how you feel. It's about being honest with yourself while choosing how you respond.

When you know how to regulate your emotions, you protect your peace. You don't overreact, spiral, or feel drained from holding everything in. Instead, you allow emotions to move through you, without letting them define you.

A peaceful mind doesn't come from controlling everything around you — it comes from knowing that you can handle what comes, because you trust your inner tools.

Emotional intelligence means:

- Knowing when to speak and when to pause.
- Being able to say “this hurt me” without becoming the hurt.
- Understanding your triggers so they no longer run the show.
- Holding space for joy and discomfort, without judgment.

And the more peace you feel within, the more magnetic you become. Peace is powerful.

Day 4: Emotional Intelligence & Peace of Mind

It makes you more graceful, more grounded, and more intentional. It keeps your energy clean — so you're not reacting from old wounds or rushing to prove something.

Today, check in with your emotional self:

- What are you feeling — really?
- Where do you need more patience, compassion, or boundaries?
- What thoughts or habits disturb your peace — and are you ready to shift them?

You don't have to be perfect. You just have to be present.

Day 4: Emotional Intelligence & Peace of Mind

“Emotional intelligence isn’t the absence of emotion — it’s the ability to flow through your feelings without losing your center.”

Today's Task	Write down a recent emotional trigger. What did it teach you? How can you respond with more awareness next time?	Angel Number 222
		Marks the end of a karmic cycle and calls you to step into your higher purpose.

Affirmation

- I have the power to consciously create the life that desire to live.

Journal Prompt

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Day 5: Emotional Intelligence & Peace of Mind

Let's be real — manifestation isn't just about thinking positively or repeating affirmations on autopilot. It's about aligning your energy, your actions, and your mindset with the version of you who already has what you desire. When you're in alignment, manifestation becomes less about chasing and more about receiving. You start to attract with ease because you're rooted in truth — your truth.

Alignment means saying yes to what fuels your spirit and no to what drains it. It's choosing clarity over confusion, self-trust over doubt, and flow over force. When your thoughts, emotions, and actions are in harmony, your frequency rises — and life starts reflecting that shift back to you. The right opportunities, relationships, and experiences begin to gravitate toward your energy field.

Manifestation becomes magnetic when you're not pretending or performing — you're simply being in your power, fully aligned with your purpose, your values, and your desires. This isn't about hustle or lack — it's about embodiment.

So ask yourself today:

What version of me am I showing up as?

Is that version aligned with what I want to experience and create?

The more you live in alignment, the more naturally manifestation happens. You don't need to force the outcome. You just need to become the version of you that the outcome is already looking for.

Day 5: Alignment & Manifestation

“When your energy aligns with your desires, manifestation becomes a natural byproduct.”

Today's Task	Write down one area of your life that feels out of alignment. Then list 3 shifts you can make to bring it into harmony.	Angel Number 117
		Your intentions are powerful. You're on the right path — keep your thoughts aligned with what you want.

Affirmation

- I have the power to consciously create the life that desire to live.

Journal Prompt

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Day 6: Love & Connection

Today is about love. The kind that begins in the mirror and radiates out into the world. The kind that doesn't just wait for someone else to show up with it — but rises from within you like sunlight, honest and warm.

Loving yourself is the first connection you ever make. It's the tone that sets the rhythm for all your other relationships. When you are in harmony with yourself, you know what feels good. You know when to say yes, and when to walk away. You speak more gently to your inner child. You affirm your worth without waiting for someone else to validate it. You hold space for your needs — not as a luxury, but as a necessity.

We're wired for connection. We thrive in relationships that reflect who we are and call us into deeper presence. True connection feels like coming home — to yourself, and to others who truly see you. When you're rooted in your authenticity, the right people find you. These are your soul tribe, your village — the ones who hold you accountable, pour into you, remind you of your magic when you forget.

And just as you love others, remember to allow yourself to be loved. Let others show up for you. Let your guard down where it's safe. Speak your truth. Share your heart. We are not meant to do life alone. Your relationships — with yourself, with Source, and with your circle — are mirrors. They reflect the energy you give, the boundaries you honor, and the love you believe you're worthy of. Choose love that nourishes. Cultivate connections that feel like sacred exchanges, not performances.

Day 6: Love & Connections

“The love you seek begins with the love you give yourself. From there, connection flows effortlessly.”

Today's Task	Write a letter to your future best friend or lover. Describe the connection, how you feel, and how they support your growth.	Angel Number 444
		You are surrounded by divine protection. Your soul-aligned relationships are forming or strengthening.

Affirmation

- I have the power to consciously create the life that desire to live.

Journal Prompt

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Day 7: Gratitude and Transformation

Today, we pause to notice the things we usually rush past, gratitude.

Gratitude isn't just a feeling — it's a frequency. A quiet shift that brings you into the now, and opens your eyes to the abundance that already surrounds you. Transformation begins when you stop waiting for “more” to finally feel fulfilled, and you start honoring what already is.

Look around. The clothes you had the privilege of choosing today. The hot water that touched your skin this morning. The device you're reading this on. The food in your kitchen. The ability to breathe deeply and start fresh. Even the space you're in right now — whether it's perfect or in progress — is a reminder that you're not where you started.

You've laughed. You've grown. You've survived things that once tried to silence your joy. That alone is worth honoring.

Gratitude invites you to see your life through a lens of wholeness, not lack. It reminds your spirit that there's already enough here — enough beauty, enough support, enough proof that you're on the right path.

And here's the thing: the more you recognize what's good, the more your energy field expands. You radiate appreciation. You become magnetic to more things that match that vibration. Opportunities, people, and breakthroughs gravitate toward grateful

Day 7: Gratitude and Transformation

hearts — not because you're chasing, but because you're aligned.

You don't have to wait for something grand to feel grateful. Start with the little things. The smile someone gave you. A warm meal. A moment of peace. A roof over your head. A heartbeat that's still going strong.

Transformation happens when we let gratitude be the foundation. When we realize we're already in the middle of a miracle.

Day 7: Gratitude & Transformation

“Gratitude is the soil in which transformation grows. Water it daily and watch your life bloom.”

Today's Task	List 10 things you are proud of yourself for — big or small. Then say aloud: “I am grateful for the version of me I’ve become	Angel Number 555
		Major transformation is here. Embrace the changes — you are being guided into your highest timeline.

Affirmation

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Journal Prompt

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