

Stop the Negative Self-Talk

Why do you do what you do?

- ◆ You feel obligated to do what you do.
- ◆ You want to do what you do.
- ◆ You want to be accepted.

You do what you do because of what you think of you.

- ◆ What type of person am I?
- ◆ What kind of situation is this?
- ◆ What does someone like me do in a situation like this?

If you want to change what you do, change what you think of you.

John 8:44-45 NLT

Your distorted identity starts to sabotage your success.

- ◆ Your distorted identity creates destructive habits.
- ◆ Your distorted habits reinforce your distorted identity.
- ◆ Christ-honoring habits reinforce a Christ-centered identity.

Luke 21:37 NIV

Luke 22:39 NASB

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“Every action you take is a vote for the type of person you wish to become. No single instance will transform your beliefs, but as the votes build up, so does the evidence of your new identity.” James Clear

Ephesians 4:21-24 NLT

THINK ABOUT IT

- ◆ Who does God say you are? How does your life reflect this truth, and how might living in this truth change your life?

- ◆ Who do you want to become? Who does God want you to become? Do you notice any differences there?

- ◆ Consider who you want to be. Start one habit this week to move toward who you want to become.

I AM _____

(list something positive about you)

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