

CHANGE  
YOUR MIND

For as I **think** within myself, so am I.

**Proverbs 23:7**

“...be transformed by the renewing  
of your mind.”

**Romans 12:2 NIV**

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*“Our current reality is a result of our thinking... We can not solve our current problems with the same thinking we used when we created them.”*

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- Albert Einstein

I alone am responsible for my thinking!

I alone am responsible for my thinking!

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I alone am responsible  
for my emotions.

I alone am responsible for my thinking!

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I alone am responsible  
for my emotions.

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I alone am responsible for  
the quality of my life.

PARIS







PERSPECTIVE MATTERS

Half-full or Half-empty?

Half-full or Half-empty?

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The fact is, the glass contains water  
to the half way mark.

Half-full or Half-empty?

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The fact is, the glass contains water  
to the half way mark.

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The rest is a matter of interpretation  
based on perspective.

**MINDSET**

MINDSET



OUR FILTER



The emotions we feel about the things in our life emerge from the meaning we assign to those things in our life.

Our emotions in us come from our interpretations concerning what is happening to us and around us.

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Our Beliefs

Our strongest beliefs  
control our life.

Our strongest beliefs  
direct our focus.

# WORRIED

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*“**Look** at the birds of the air...  
**See** how the flowers of the field  
grow.”*

Matthew 6:26,28 NIV

# DISCOURAGED

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*“Have I not commanded you? Be strong and courageous. Do not be afraid; do not be discouraged, for the Lord your God will be with you wherever you go.”*

Joshua 1:9 NIV

# ANGRY/BITTER

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*“Get rid of all bitterness, rage and anger, brawling and slander, along with every form of malice. Be kind and compassionate to one another, forgiving each other, **just as in Christ God forgave you.**”*

Ephesians 4:31-32 NIV



**“Rejoice** in the Lord always. I will  
say it again: **Rejoice!**”

**Philippians 4:4 NIV**

Do not be **anxious** about anything,  
but in every situation, by prayer  
and petition, with **thanksgiving**,  
present your requests to God.

**Philippians 4:6 NIV**

And the **peace** of God, which transcends all understanding, will guard your **hearts** and your **minds** in Christ Jesus.

**Philippians 4:7 NIV**

Finally, brothers and sisters, whatever is **true**, whatever is **noble**, whatever is **right**, whatever is **pure**, whatever is **lovely**, whatever is **admirable**—if anything is **excellent** or **praiseworthy**—think about such things.”

**Philippians 4:8 NIV**

We experience the  
life we focus on.

God exists. God is good.

He does only good.

He works all things out for my good.

He loves me. He's for me.

He's with me. He's in control.

He can do all things.

And He can be trusted.

I am loved. I am special. I am  
fearfully and wonderfully made.  
I am chosen. I am adopted. I am  
a child of God. I am forgiven. I  
am an overcomer. I am not  
condemned. I am justified. I am  
redeemed. I am complete.

I am righteous. I am anointed.  
I am the head and not the tail. I  
am blessed coming in and going  
out. I have purpose. I am able. I  
am worthy. I cannot be shaken  
and I will not be moved.



Life isn't happening to me,  
it's happening for me.

I can't control what I can't control.

Setbacks are mere setups.

Failure isn't final,  
it's my teacher, and there's nothing  
I can't bounce back from.

Pain makes me stronger. What other people do or say is not my responsibility or fault. The only thing I can control are my thoughts, emotions, and actions.

No one else has the power to  
control the quality of my life.

Everyday and in every way I am  
getting stronger, better, healthier,  
wiser, bolder, and greater. Today,  
I will lead and not follow. I will  
believe and not doubt.

I will hope and not despair. I will be grateful and not grumble. I have joy, not discouragement. I have peace, not anxiety. I am focused, not distracted. My energy is strong and not weak. My enthusiasm is inspiring, not demoralizing.

I am courageous, not afraid. I  
am calm, not chaotic. I am  
passionate, not apathetic. I will  
build up and not tear down. I will  
create and not destroy. I am  
learning and growing.

I will do what's hard and do it well.

I will not backdown. I will not quit.

I have grit. I have potential. I have

resilience. I have gifts. I have

purpose. My life has meaning.

My future is bright.

The best is yet to come!