

CHANGE
YOUR MIND

QUESTIONS

*“What we know and what we do not know
pales in comparison to what we do not
know we do not know.”*

- David Stork

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

Proverbs 23:7

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

I alone am responsible for my thoughts. I alone am responsible for my emotions. I alone am responsible for the quality of my life.

A greater version of
ourselves begins with a
greater way of thinking.

Our brains are biased
towards the negative.

NEW MINDSET

NEW MINDSET



NEW FILTER

NEW MINDSET

NEW FILTER

STRONGEST BELIEFS

“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

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.
The only thing I can control are my
thoughts, emotions, and actions.
Setbacks are just setups. Failure
isn't final, it's my teacher and trainer.

It makes me smarter and stronger.
There's nothing I can't bounce
back from. My past doesn't equal
my future. No matter what happens
I can handle it. I don't complain.
I believe everything happens
for a reason.

Pain makes me stronger. I find meaning in adversity. I'm not afraid of what might happen. I choose peace. I choose joy. I choose love. Everyday and in every way I am getting stronger, better, healthier, wiser, bolder, and greater.

So today, I will lead and not follow.
I will believe and not doubt. I will
hope, 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. My enthusiasm is inspiring. I am passionate. I am courageous, not afraid. I build up. I don't tear down. I will create. I will not destroy. I am always learning and growing. Life is good. Life is a gift.

Today is a special occasion, and an opportunity. Today may be my last day, so I will live to make it my best day. 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!

When it comes to people:

Every person has innate value.

Every person deserves dignity and

respect. Every person has the

capacity to teach me something I

need to know.

No one else has the power to control the quality of my life. I can't control nor am I responsible for what other people do or say.

I will celebrate people's rights
more than I criticize their
wrongs. I will remember that
every person has a story that
brought them to where they are,
and to who they are.

Every person is someone
God loves and Jesus died for.

They have potential.

They have worth.

They are my neighbor.

“...Jesus said, ‘If you hold to my teaching, you are really my disciples. Then you will know the **truth**, and the truth will set you **free.**”

John 8:31-32 NIV

**We get emotionally connected to
our most fundamental beliefs.**

How do I know if I need
to change my thinking?

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Peace, Joy, Love, Anticipation of Good,
Courage, Passion, Purpose, Meaning,
Resilience, Possibility, Grit, Patience,
Kindness, Determination, Freedom, Big Life,
Gratitude.

An Absence Of: Guilt, Shame, Rage, Fear.

“For though we live in the world,
we do not **wage war** as the world
does.

2 Corinthians 10:3 NIV

The weapons we fight with are not the weapons of the world. On the contrary, they have divine power to demolish **strongholds**.

2 Corinthians 10:4 NIV

We **demolish** arguments and every pretension that sets itself up against the knowledge of God,

2 Corinthians 10:5 NIV

We demolish arguments and every pretension that sets itself up against the knowledge of God, and we **take captive every thought** to make it obedient to Christ.”

2 Corinthians 10:5 NIV

What strongholds do
you need to destroy?

What stories do you need to
reimagine, and rewrite?

QUESTIONS TO SURFACE OUR FUNDAMENTAL BELIEFS:

God is?

Life is?

People are?

I am?

The stories we tell ourselves
about the most important things in
life determine the quality and the
capacity of our life.

When we redirect our thinking,
we reframe our perspective
and are able to retell our stories.