

CHANGE
YOUR MIND

FILTERS

EVERYONE HAS FILTERS.

Our mind doesn't just perceive
the world around us, it creates it.

Don't confuse your experiences,
conclusions, and emotions
with absolute truth.

“It’s essential to recognize that mindsets are not peripheral, but central to health and behavior. If we truly want to tackle the diseases and crises of our time, we need to more effectively acknowledge and leverage the power of mindset....our minds aren’t passive observers, simply perceiving reality as it is...”

Alia Crum

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

Proverbs 23:7

I alone am responsible
for the quality of my life.

“...**Repent**, for the kingdom of
heaven has come near.”

Matthew 4:17 NIV

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

Romans 12:2 NIV

MINDSET

“No, in all things we are more than
conquerors through him who loved
us.”

Romans 8:37 NIV

Emotions are powerful.

Emotions are contagious.

Emotions are controllable.

I alone am responsible
for my emotions.

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

Our emotions come from our interpretations of what's happening.



**BLUE
AND
BLACK?**



**WHITE
AND
GOLD?**

Our emotions emerge out of the meanings and interpretations we give to all the moments of our life.

Those meanings and interpretations emanate from our core beliefs.

FOCUS

WORRIED

*“**Look** at the birds of the air...*

***See** how the flowers of the field grow.”*

Matthew 6:26,28 NIV

WORRIED

*“Do not let your hearts be troubled.
You believe in God; believe also in
me.*

John 14:1 NIV

ANXIOUS

*“You will keep in perfect peace all who trust in you, all whose thoughts are **fixed** on you!”*

Isaiah 26:3 NLT

ANXIOUS

*“Do not be anxious about anything, but in every situation, by prayer and petition, with **thanksgiving,**”*

Philippians 4:6 NLT

AFRAID

*“Then Peter got down out of the boat, walked on the water and came toward Jesus. But when he saw the **wind**, he was afraid and, beginning to sink, cried out, “Lord, save me!”*

Matthew 14:29-30 NIV

DISCOURAGED

“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

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

Ephesians 4:31-32 NIV

“Five times I received from the Jews the forty lashes minus one. Three times I was beaten with rods, once I was pelted with stones, three times I was shipwrecked, I spent a night and a day in the open sea,

2 Corinthians 11:24-25 NIV

I have been constantly on the move. I have been in danger from rivers, in danger from bandits, in danger from my fellow Jews, in danger from Gentiles; in danger in the city, in danger in the country,

2 Corinthians 11:26 NIV

in danger at sea; and in danger from false believers. I have labored and toiled and have often gone without sleep; I have known hunger and thirst and have often gone without food; I have been cold and naked.

2 Corinthians 11:26-27 NIV

If I must boast, I will boast of the things that show my weakness.”

2 Corinthians 11:30 NIV

“But he said to me, ‘My grace is sufficient for you, for my power is made perfect in weakness.’

Therefore I will boast all the more gladly about my weaknesses, so that Christ’s power may rest on me.”

2 Corinthians 12:9 NIV

We experience the
life we focus on.

“fixing our eyes on Jesus, the pioneer and perfecter of faith. For the joy set before him he endured the cross, scorning its shame, and sat down at the right hand of the throne of God.

Hebrews 12:2 NIV

Consider him who endured such opposition from sinners, so that you will not grow weary and lose heart.”

Hebrews 12:3 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.

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. 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.

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 energy. I have potential. I have gifts. I have purpose. My life has meaning. My future is bright. The best is yet to come!