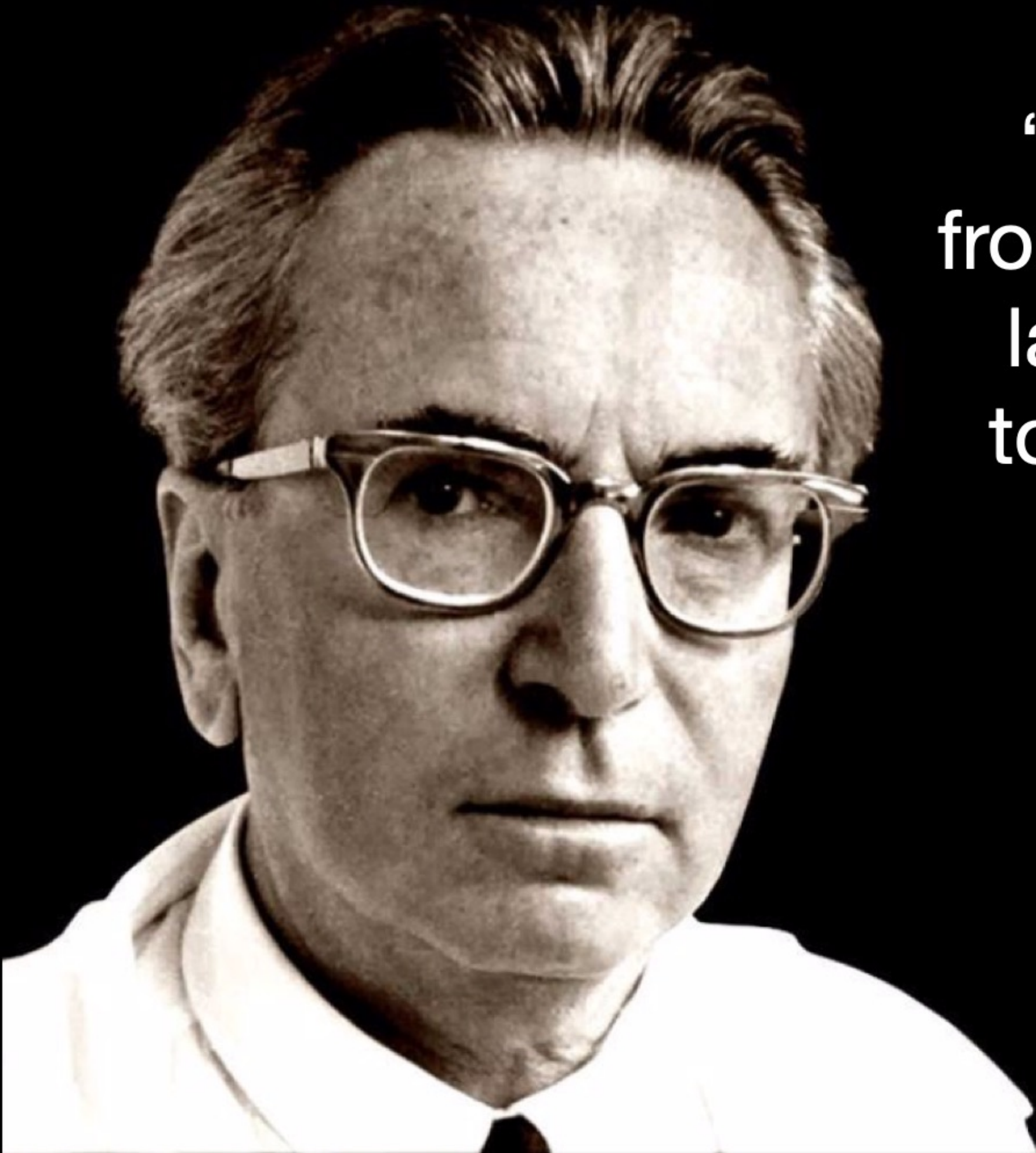
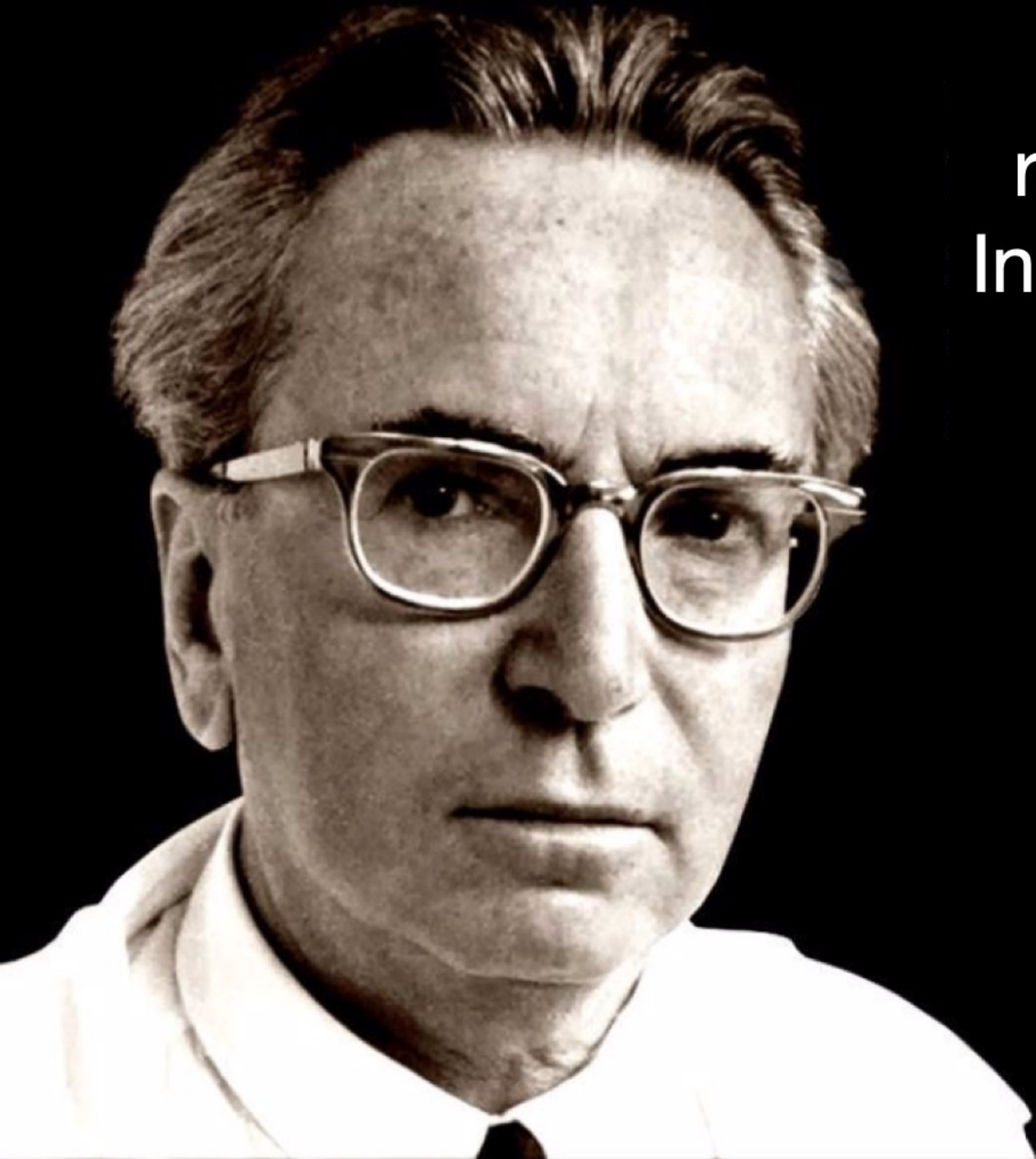


CHANGE  
YOUR MIND



“Everything can be taken from a man but one thing: the last of human freedoms... to choose one’s own way.”

Viktor E. Frankl



“Between stimulus and response there is a space. In that space is our power to choose our response. In our response lies our growth and freedom.”

Viktor E. Frankl

We don't get to choose *what* life  
throws our way, but we do get to  
choose how we respond to  
*whatever* life throws our way.

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

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

**Proverbs 23:7**

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

**Matthew 4:17 NIV**

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.



RETHINK OUR THINKING

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Repentance

RENEW OUR MINDSET

---

New Patterns

“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, and we **take captive every thought** to make it obedient to Christ.”

**2 Corinthians 10:5 NIV**

REFRAME OUR PERSPECTIVE

---

New Interpretations & Meanings

REDIRECT YOUR FOCUS

---

New Experience

REDEFINE YOUR BELIEFS

---

New Truth



REWRITE OUR NARRATIVES

---

New Identity

RESET YOUR VOCABULARY

---

New State

**“The tongue has the power of life  
and death...”**

**Proverbs 18:21 NIV**

# STRATEGY FOR LASTING CHANGE

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1. Rethink Your Thinking
2. Renew Your Mindset
3. Reframe Your Perspective
4. Redirect Your Focus
5. Redefine Your Beliefs
6. Rewrite Your Narratives
7. Reset Your Vocabulary

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ROUTINE AND RITUAL

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 it 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.