



MIND OVER MATTER

RENEWING YOUR MIND

IT'S TIME TO RECONDITION YOUR MIND

Choose to want to make a difference in your life.

❖ Take a self inventory

❖ Thoughts

❖ Attitude / Words

❖ Relationships

❖ Actions

For As He Thinketh In His Heart, So Is He (Ps 23:7)

The Effects Of Negative & Positive Thinking

- ❖ What is your morning mind frame?
 - ❖ Do you wake up positive or negative?
 - ❖ What is the results of your thinking?

- ❖ Thinking Negative
 - ❖ Provides negative results

- ❖ Thinking Positive
 - ❖ Provides positive results



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Negative Thinking

- ❖ Negative people will only try something once
- ❖ Negative people will only focus on the bad stuff
- ❖ Negative people will bring everyone else down!

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Positive Thinking

- ❖ Positive people will try over and over
- ❖ Positive people will learn from the negative and move forward
- ❖ Positive people are able to share a positive spotlight on their circumstance when no one else can

The You Go Girl / Boy Attitude

Your Attitude Can Make You Or Break You

- ❖ Always look at both sides of the situation
- ❖ Never let the negative cloud your judgment to the situation
- ❖ Words are powerful
 - The tongue has the power of life and death.
(Proverbs 18:21)
 - Always approach a situation expecting the positive
 - Speak positive

Relationships

How To Move Forward

❖ Divide Family and Friends into Categories

- ❖ The Dreamers

- ❖ The Dream Stealers

- ❖ The Naysayers

- ❖ The Get-With

- ❖ The Go-Getters

- ❖ The Sideliners

WHERE ARE YOU IN THE RELATIONSHIP?

- ❖ The Dreamers – Oh One Day!
- ❖ The Dream Stealers– Are you trying to till someone else's land? (because you think it is a money maker)
- ❖ The Naysayers – Are you the hater?
- ❖ The Get-With – Are you only around when things are good?
- ❖ The Go-Getters – Are you the unstoppable?
- ❖ The Sideliners – Are you the cheerleader?

Steps For Renewing Your Mind

- ❖ Thoughts – Are your thoughts positive or negative ?
 - ❖ Listen to a motivational CD or read a book.
- ❖ Attitudes /Words – Does your words speak life or death?
 - ❖ Say something positive out loud.
- ❖ Relationships– Are you running around with dream stealers/ Naysayers(haters)
 - ❖ Love at a distance.
- ❖ Actions– What are your goals?
 - ❖ Write them down.

Action

What Are Your Actions

Start With Small Achievable Goals

Write Your Goals Down

- ❖ Place them where you can see them
- ❖ Share your goals with a like minded friend

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Watch Yourself

Watch your thoughts; they become words.
Watch your words; they become actions.
Watch your actions; they become habits.
Watch your habits; they become character.
Watch your character; it becomes your
destiny. – Frank Outlaw

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THANK YOU FOR ATTENDING

MIND OVER MATTER, RENEWING YOUR MIND

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