

# Mindset Tool

1. What is on your mind? Is it positive or negative?

- Use your 5 senses to know where you are at the moment. What do you see, smell, hear, taste, feel?
  - If joyful here and at peace then thank God for how you feel and remember this moment.
  - If a negative thought comes to mind, ask God to turn it into a positive or give you something positive in return for processing the negative thought in a calm way.

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2. Think and journal about things that brought you joy in your early childhood years.

- What places, things, people and experiences make me smile?
- What activities could I engage in for hours and feel like no times passed?
- What things did I enjoy doing or some natural abilities that I had?

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3. Journal several things that bring you joy today.

- Swimming, dancing, reading books, spending time with family/friends, prayer, etc
- Take a moment and thank God for all these things. Describe what each thought and feeling meant to you. How do they relate to childhood joys?

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4. The relation between you and God

- Lord, what does this tell me about you and your characteristics?
- What about me spending time with family or walking in nature relates to you and your heart?

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5. Last question to ask God:

- Why did you share this part of yourself with me when you created me?
  - Journal the things you felt the Lord impress on your mind and heart. You must choose to believe what you hear!

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6. Lastly, declare the good things He recalled.

- Use the characteristics God placed in you in your prayer because it is part of your identity.
  - Thank you Lord for giving me clarity and peace when I walk outside. I know those are characteristics of yours that you have shared with me, and your Word declares the way to you is by living a Christ-like life. I choose to engage in peace and clarity today.

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