

MASTERING MINDSET

To Become Who God
Has Created You
To Be

A Soul Fitt

Free Training

WRITE IT OUT

DAY 1: WHAT DOES GOD SAY ABOUT MASTERING OUR MINDSET?

Verses of the Day: Philippians 4:6-9
1 Peter 5:7-9
Romans 12:2
2 Corinthians 10:5

*What do you worry about? Write out **all things** you worry about.*

*Commit to praying daily about your worries.
Commit to fixing your mind on Jesus first thing every morning.
Spend some time looking up the verses of the day and praying about them.*

***To take captive:** to take control over
Write down the lies in your mind & cross through them.*

***To Do:**
It's time to take captive your thoughts. Commit to changing them & taking back control of what you allow in your mind.*

MASTERING MINDSET

To Become Who God
Has Created You
To Be

A Soul Fitt

Free Training

WRITE IT OUT

DAY 2: THE POWER OF PURGING!

It's time to clear up some brain space to make time for what's important. I've got **6 practical steps** to help you do just that.

Step 1: Remove any & all unnecessary apps from your phone. You can live without that shopping app.

Step 2: Turn off unnecessary notifications. If you can't get through a thought process without a ding, there's a problem.

Step 3: Unsubscribe from junk emails. Ain't nobody got time for that!

Step 4: Declutter your house one area at a time. Your brain will thank you for the organization.

Step 5: Write out your 4 most important tasks of the day. Make time for what matters.

- 1)
- 2)
- 3)
- 4)

Step 6: Do a heart check. Spend some time in prayer with God asking Him what needs to be purged in your life.

MASTERING MINDSET

To Become Who God
Has Created You
To Be

A Soul Fitt

Free Training

WRITE IT OUT

DAY 3: PRIORITIZING TIME

Verses of the Day: Psalm 90:12
Ecclesiastes 12:7-8
Luke 10:38-42

Questions to ask yourself before committing your time.
The 5 F's of Decision Making by Alli Worthington

- Faith:** What does scripture say about it?
- Family:** How does it affect those most important to you?
- Future:** How will future you feel 5 weeks, 5 months, 5 years from now?
- Fulfillment:** Am I living in the gifts God has given me?
- Friends:** What do my wise, God-fearing friends think?

Remember those 4 priorities from yesterday?
Apply the 3 steps below to each priority.

- Step 1:** Set a time. (Ex. I'll workout at 6 am daily.)
- Step 2:** Set a place. (Ex. I'll workout in my basement).
- Step 3:** Have a plan. (Ex. I'll follow the Soul Fitt 6 week plan).

To Do:

Say no to things in order to clear up time to say yes to the best things.
Make a STOP doing list versus a to-do list.
What can you take off your list to free up more time?

