

A Renewed Mind



The Practice of Living an Intentional Life

Objectives

1. Discuss who God created and called women to be

2. Explore...

Mindset = Outcome

Thoughts → Success

Mind & Thoughts :: Friend vs Foe

Power of +Mantra

3. Reveal planning and living intentionally

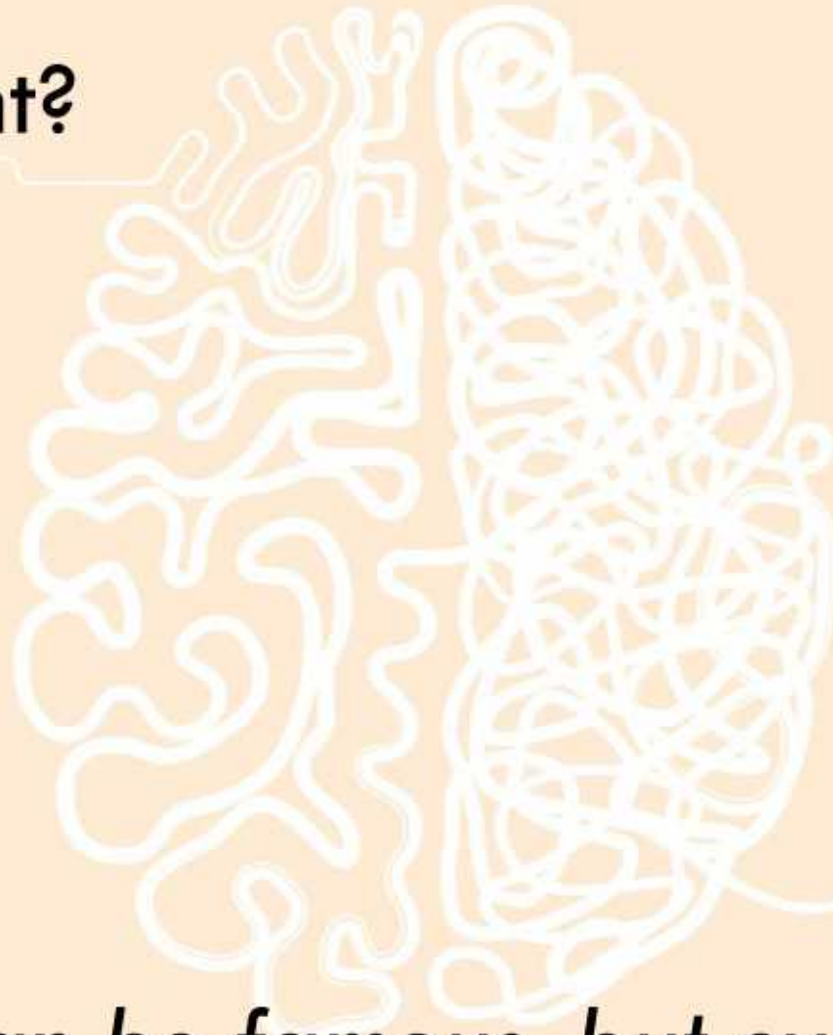
4. Tools for planning and living intentionally
(renewed mind, body and soul)

Must Know

Who are you?

What do you want?

Why?



Must Serve

*“Not everyone can be famous, but everyone can be great...
...greatness is determine by service.” MLK*



God made women to be solutions,
and to give birth to solutions.

Eve

Mary

Harriet Tubman

13th & 19th amendments

Our mindset determines our outcome

Average brain has 1,500 negative thoughts per day

Pivot attention away from distractions

Focus multiplies its target

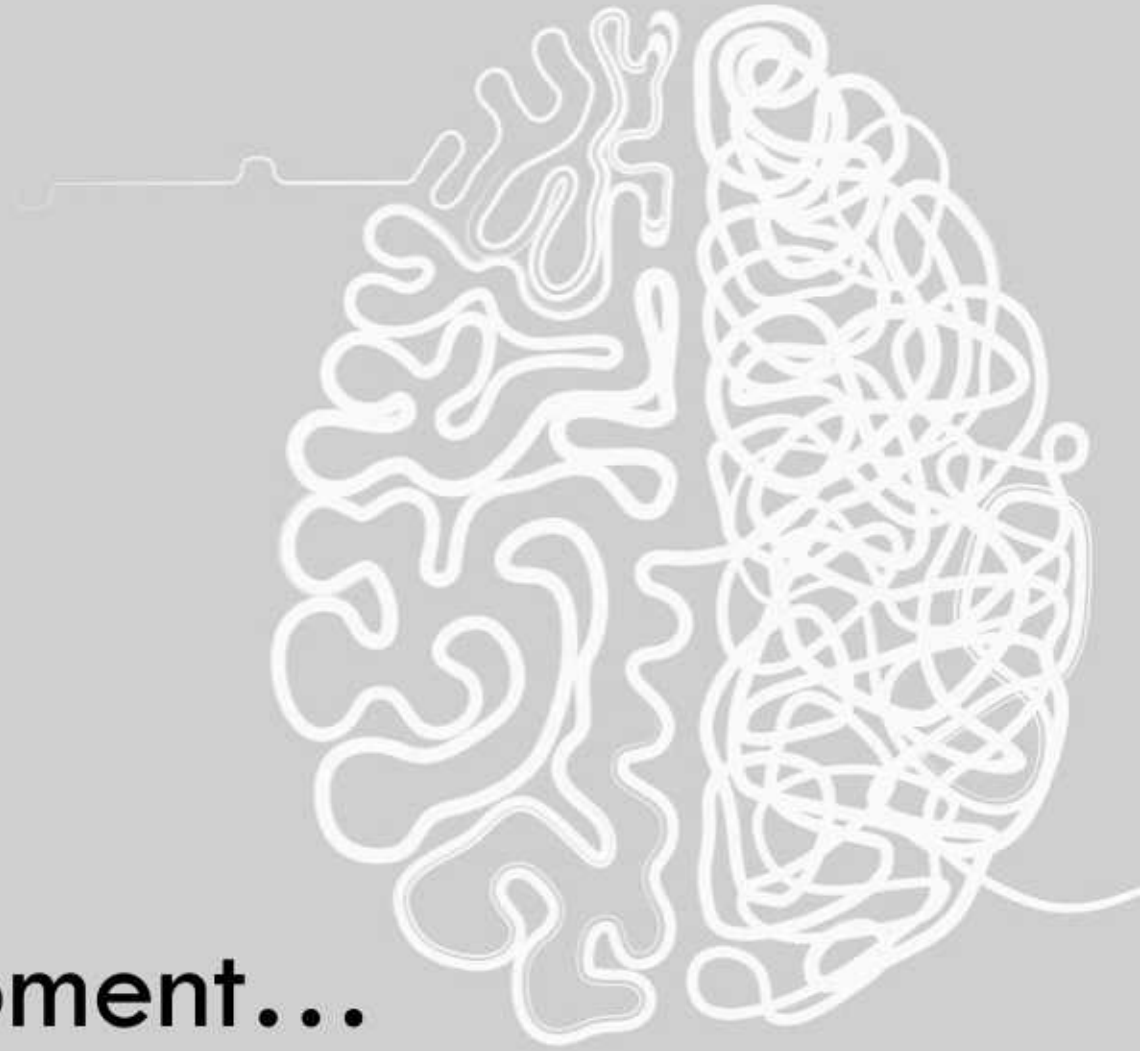
Focus on the good, perfect, & important

Take authority over issues seeking authority over us

Declutter our houses, closets, garages, emails, & minds



Failure is not a destination...
...if we keep going.



Everyone has a defining moment...
...don't let the wrong moment define us.

Healing and wholeness only happen
when
shame,
blame,
embarrassment,
and hurt,
are placed at the feet of God.



We are the solution, not the sacrifice.

Meditate on the truth and resist distraction by other random thoughts.

For as he thinketh in his heart, so is he...

Proverbs 23:7

Our self talk must be truth talk.

Too bad we can't rub tired minds like we rub tired feet.

Free our minds of negative thoughts.

Then what do we think about?

Whatsoever things are...

Honest...

Just...

Pure...

Lovely...

Of good report...

Any virtue...

And any praise...

Think on these things.

Philippians 4:8



Let's be intentional with our minds, bodies, & souls



Mental, physical, spiritual, emotional, social, financial

Word for the year

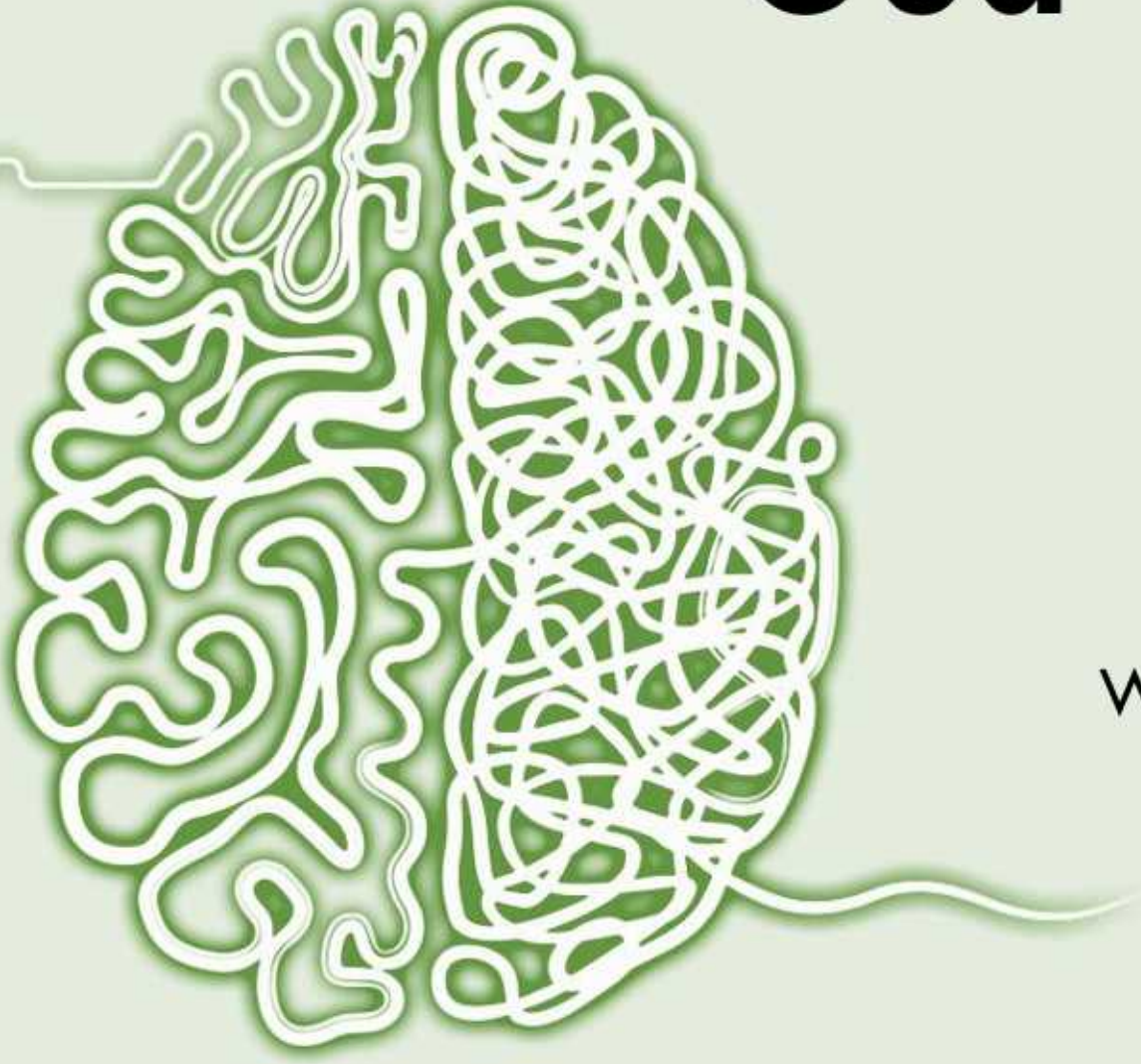
Word for the month

Bible memory verse for the week

Feed our brains

We will stop *going* through things, and will *grow* through things.

God was a planner



God made plans for us.

Learn the plans.

Know the purpose of the plans.

Will God not establish our plans for us?

God is intentional and purposeful.

We should follow his example.

Many are the plans in a person's heart, but it is the Lord's purpose that prevails.

Proverbs 19:21

Commit to the Lord whatever you do, and he will establish your plans.

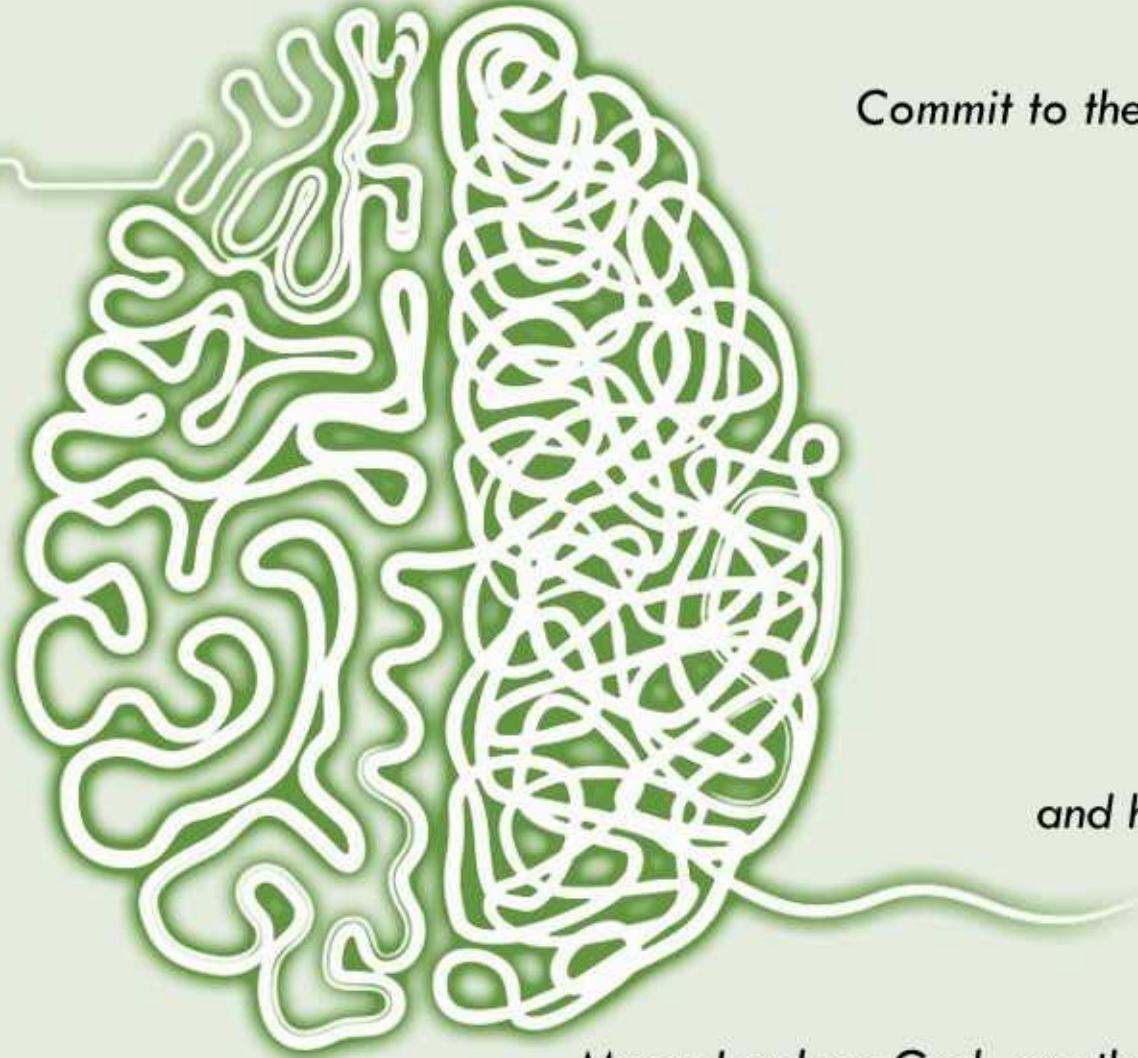
Proverbs 16:3

*All this also comes from the Lord Almighty,
whose plan is wonderful, whose wisdom is magnificent.*

Isaiah 28:29

*"All this," David said,
"I have in writing as a result of the Lord's hand on me,
and he enabled me to understand all the details of the plan."*

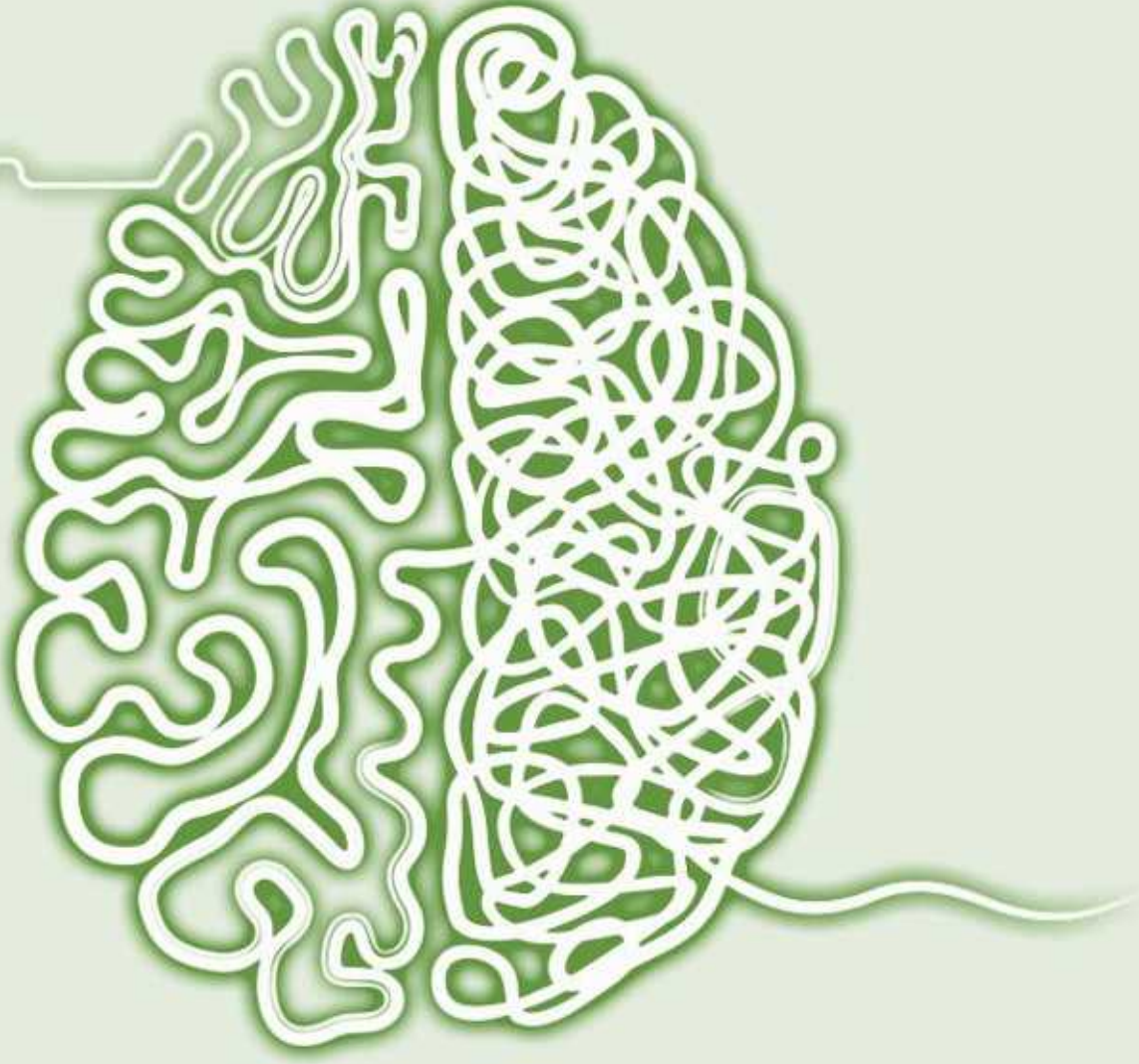
1 Chronicles 28:19



*Many, Lord my God, are the wonders you have done, the things you planned for us.
None can compare with you; were I to speak and tell of your deeds, they would be too many to declare.*

Psalms 40:5

Spiritual growth plan
Retirement plan
Wellness plan
Success plan



Plan today's work, then work today's plan.
Set meaningful goals.

Goals don't change our lives. Knowing what matters does. Goals just get us there.

GOAL SETTING

S

SPECIFIC

M

MEASURABLE

A

ATTAINABLE

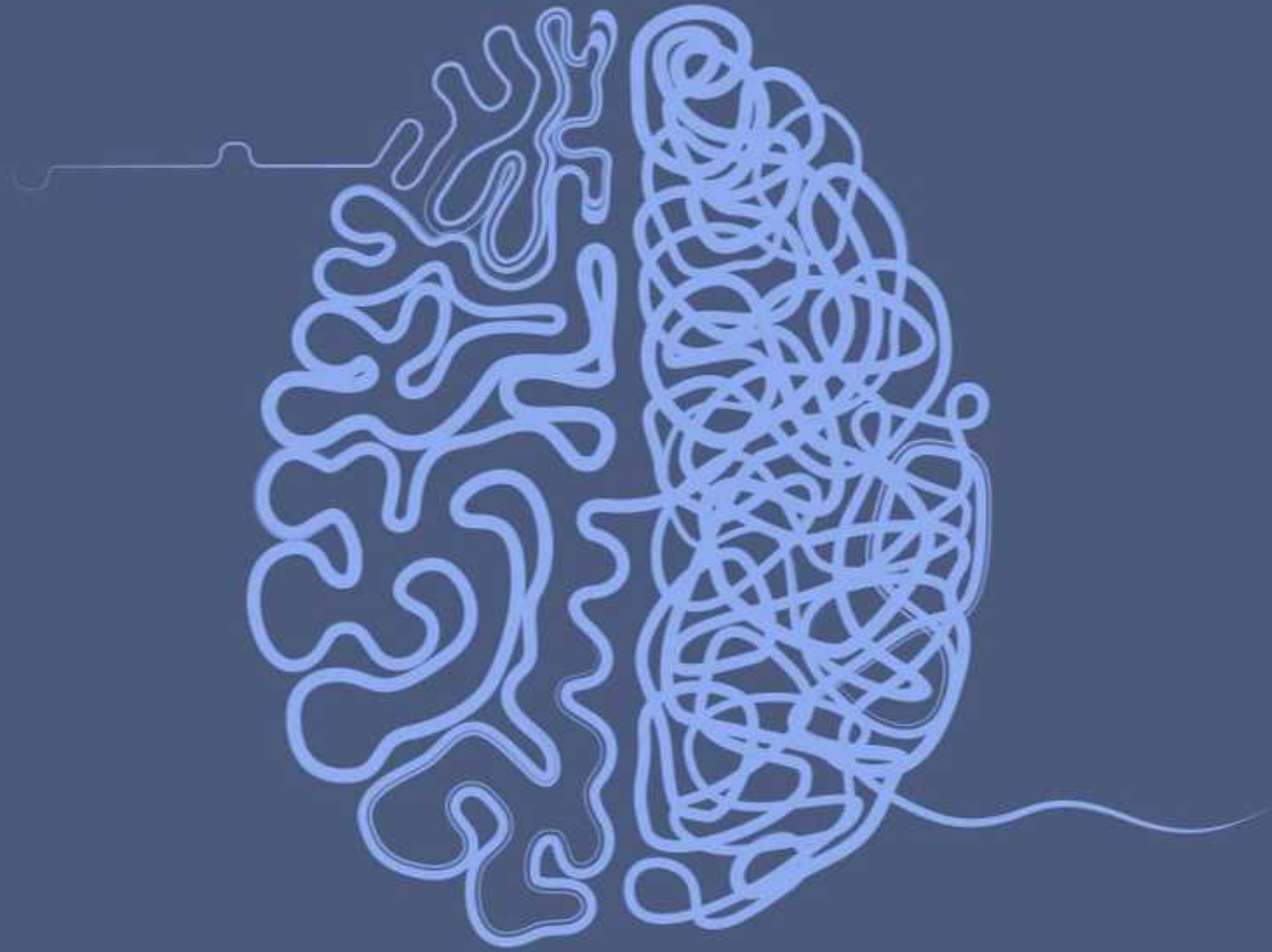
R

RELEVANT

T

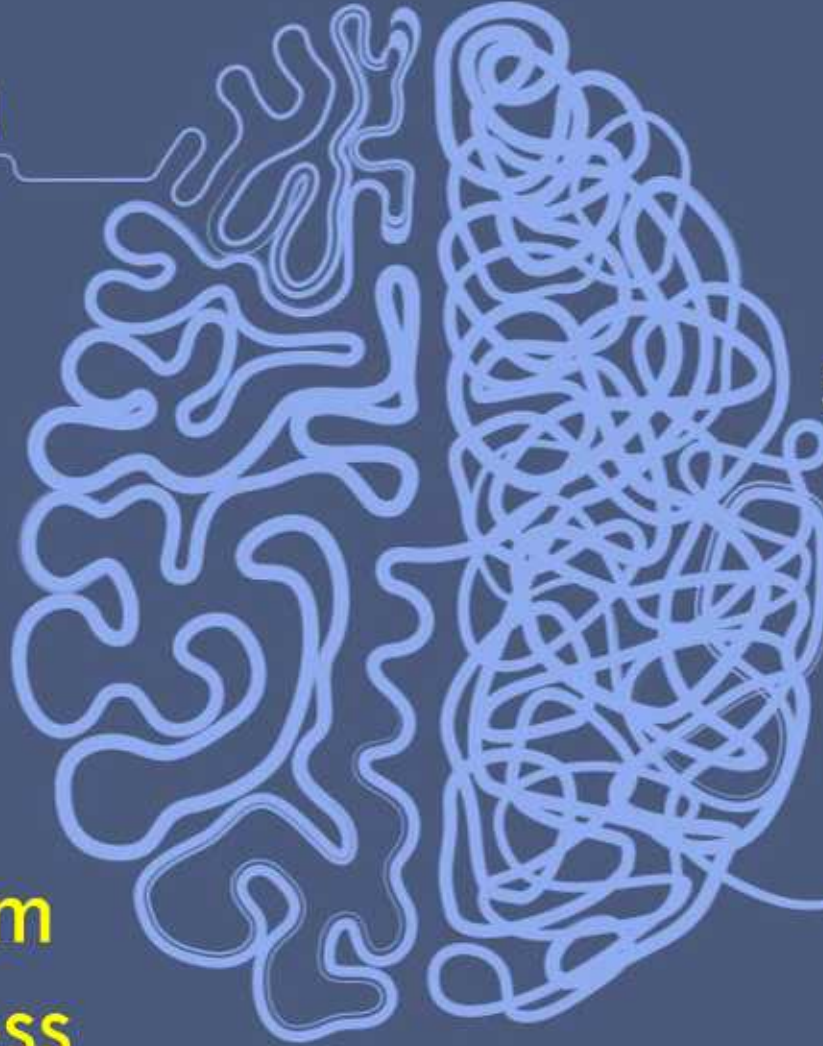
TIME-BOUND

Predict the future by creating it.



TOOLS

- ☐ Positive mantra
- ☐ Bible
- ☐ Journal
- ☐ Self-care
- ☐ Environment
- ☐ Eat healthy
- ☐ Exercise
- ☐ Pray for wisdom
- ☐ Practice kindness
- ☐ Practice positive self-talk



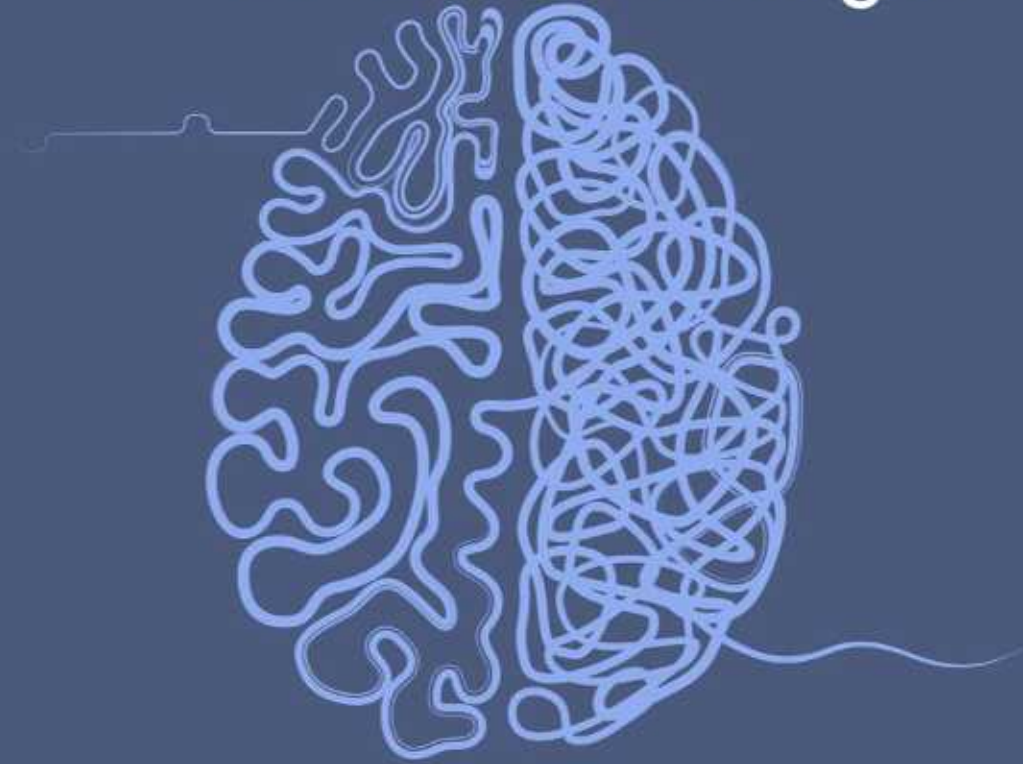
We find what we seek.

Look for the best in others.

See others as kings and queens.

Close the gap between
who we are
and
who God called us to be.

Desire to fulfill the highest & truest expression of ourselves,
everyday,
as human beings.



“We can accept finite disappointment, but must retain infinite hope. Can’t fly? Then run. Can’t run? Then walk. Can’t walk? Then crawl. But whatever we do, we must keep moving forward.” MLK

Vision/Purpose/Plan

**...clothed with strength and dignity...
She laughs without fear of the future.**

Proverbs 31:25

**Look around, and know, we are at least part of the solution to
all the problems we encounter. We are not the sacrifice.**

...with God everything is possible.