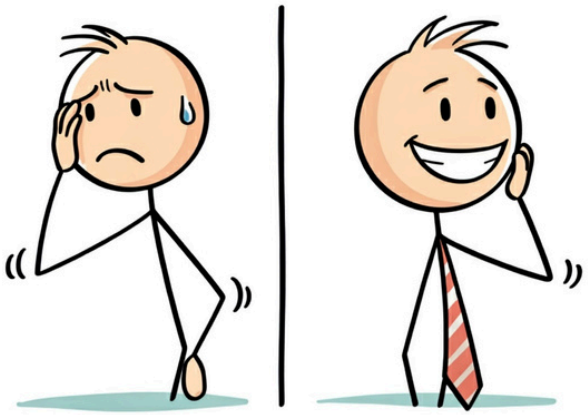


THIS MINDSET

MOOD SHIFT WORKSHEET

Our thoughts are shaped by our beliefs and past experiences, and they can significantly influence our mood and behavior. By taking the time to analyze our thoughts, we can gain valuable self-awareness and identify any underlying narratives that may be driving our emotional responses.

If you find yourself thinking "I'm not good enough to get that promotion," the main message might be about self-doubt and a perceived lack of competence. Pay attention to recurring thoughts or patterns. Do you frequently doubt yourself, expect the worst, or focus on the negative? If you consistently have thoughts like "I'm going to fail," "Things never go my way," or "I'm not lucky," the recurring theme might be pessimism or a fear of failure.

The purpose of this exercise is to tune in to the emotions associated with your thoughts. Do they evoke anxiety, sadness, anger, or frustration? Reflect on whether your thoughts are consistent with your core values and aspirations. Do they support your personal growth and well-being?

We are created in God's image, reflecting His divine qualities. This inherent worthiness is a part of our very being. God has a unique plan and purpose for each of us. Our lives have meaning and significance, regardless of our current circumstances. Remembering our infinite worth in God's eyes can bring comfort, hope, and a sense of belonging. It can empower us to face challenges with courage, knowing that we are loved and valued beyond measure.

Take a few minutes to complete the 5 steps in this workbook. Once you've identified thoughts and beliefs that are impacting your story and threatening your mood, it's important to take steps to lift your mood and cultivate a more positive outlook. Here are three things you can do:

1. Engage in activities that bring you joy and relaxation. This could include spending time in nature, listening to uplifting music, reading a favorite psalm, or spending time with loved ones.
2. Practice mindfulness and gratitude. Mindfulness exercises can help you become more aware of your thoughts and feelings without judgment, while gratitude can help you focus on the positive aspects of your life.
3. Challenge negative thoughts and beliefs. When you catch yourself thinking negative thoughts, challenge them with more realistic and positive thoughts. For example, if you're thinking "I'm not good enough," you could challenge that thought by saying "I'm capable and I'm always learning. God finds me to be of infinite worth" Positive affirmation will impact your mood.

Remember, it's important to be patient and kind to yourself. It takes time to change your thoughts and beliefs, but with effort, you can develop a more positive and optimistic outlook on life.

Philippians 2:5 says
“Let this mind be in you, which was also in Christ Jesus…”

And then in Philippians 3: 14 “I press toward the mark for the prize of the high calling of God in Christ Jesus.
15 Let us therefore, as many as be perfect, be thus minded: and if in any thing ye be otherwise minded, God shall reveal even this unto you. 16 Nevertheless, whereto we have already attained, let us walk by the same rule, let us mind the same thing.”

Romans 12:2
And be not conformed to this world: but be ye transformed by the renewing of your mind, that ye may prove what is that good, and acceptable, and perfect, will of God.

STEP #1

Explore what emotional zone you are currently in:

GREEN ZONE

CALM
FOCUSED
HAPPY
IN CONTROL
OKAY

BLUE ZONE

BORED
SAD
SICK
SLOW
TIRED

YELLOW ZONE

ANXIOUS
CONFUSED
EXCITED
FRUSTRATED
NERVOUS

RED ZONE

ANGRY
LOSS OF CONTROL
PANIC
SCARED
URGE TO YELL / DESTROY SOMETHING

STEP #2

Become aware of your thoughts. Set a timer for 3 minutes and write down every thought that comes up for you during that time.

STEP #3

SWOT analyze your thoughts and how they make you feel:

STRENGTH

ARE THESE THOUGHTS OR EMOTIONS IN ANY WAY BENEFICIAL OR CONTRIBUTING TO MY GROWTH OR SAFETY?

WEAKNESS

ARE THEY BENEFICIAL OR CONTRIBUTING TO MY WEAKNESSES?

OPPORTUNITY

WHAT OPPORTUNITIES ARE PRESENTED BY THESE THOUGHTS?

THREATS

WHAT OPPORTUNITIES ARE PRESENTED BY THESE THOUGHTS?

STEP #4

Read through all the thoughts you've just written down. Note the ones that could cause or further feed your unpleasant feelings.

STEP #5

Challenge each of these thoughts with the following questions:

YOUR THOUGHT
What is the story that my thought is trying to tell or ?
Is it true? Can I be 100% sure that it's true?
Is their evidence the thought is not true or that it means something else?
If there's no evidence the thought might be untrue - is it helpful?
What does holding on to this thought (or belief) do for me?
How could letting it go serve me better?
Am I going to allow this thought (or belief) to dictate my mood for the rest of the day?
Am I willing to give it more time and energy?
Is there deeper meaning behind this? Does scripture dispute the thought and it's story?
What thoughts/beliefs should replace this and serve me better?
Will this matter in three years? If so, what affirmation should replace this thought? Write it now!