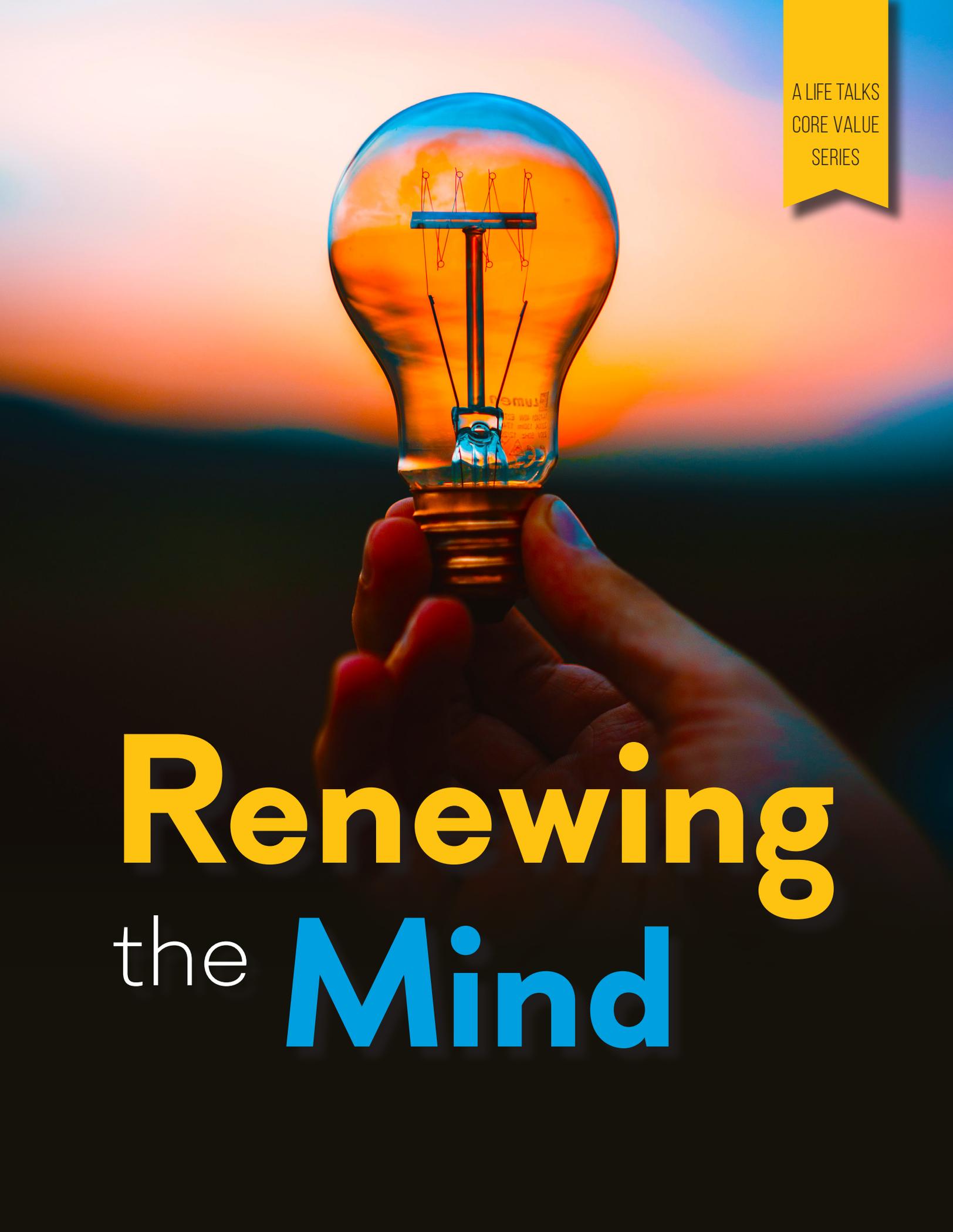


A LIFE TALKS  
CORE VALUE  
SERIES

A hand is shown from the bottom, holding a glowing lightbulb. The lightbulb is illuminated from within, casting a warm orange and yellow glow. The background is a soft-focus sunset or sunrise over a landscape, with the sun low on the horizon, creating a gradient of colors from orange to blue. The overall mood is one of inspiration and renewal.

# Renewing the Mind

# Renewing the Mind

Your mind is the control center of your life. As you are transformed by renewing your mind to the Word of God, you will find God's will in every area.

**ROMANS 12:2** - Therefore I urge you, brothers and sisters, by the mercies of God, to present your bodies [dedicating all of yourselves, set apart] as a living sacrifice, holy and well-pleasing to God, which is your rational (logical, intelligent) act of worship. 2 And do not be conformed to this world [any longer with its superficial values and customs], but be [c]transformed and progressively changed [as you mature spiritually] by the renewing of your mind [focusing on godly values and ethical attitudes], so that you may prove [for yourselves] what the will of God is, that which is good and acceptable and perfect [in His plan and purpose for you]. 3 For by the grace [of God] given to me I say to every one of you not to think more highly of himself [and of his importance and ability] than he ought to think; but to think to have sound judgment, as God has apportioned to each a degree of faith [and a purpose designed for service].

## OUR THINKING CONTROLS OUR LIFE

*Proverbs 23:7; Isaiah 55:7-9; Hosea 4:6; Romans 8:5-8; Ephesians 4:22-24*

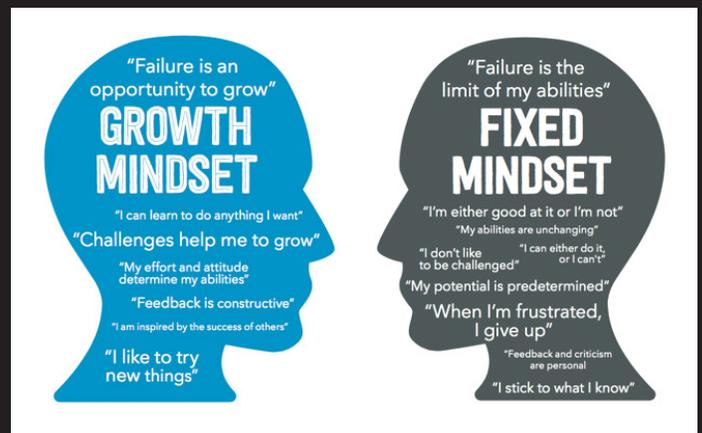
### The Importance of Your Mindset in Anything You Do in Life

There are two very different approaches to one's mentality and the results yielded from either one is usually going to be at opposite ends of the spectrum.

We see those with a "fixed mindset", and the other is referred to as a "growth mindset, and overwhelmingly, those with a growth mindset are often more successful in whatever venture in which they choose to participate.

- *What you think decides what you believe, what you believe decides how you act, what you believe, and act decides what you receive, what you receive decides how you live.*

Those with the "fixed mindset" frame of mind tends to feel their lives, skills, potential and abilities are pre-determined and are not able to be improved upon, whereas those with the latter mentality are open to the idea that there is always room for improvement if they are willing to work enough at it.



- *Every lack or problem in our life started as a wrong thought. Matthew 15:19-20*

There are a few other significant differences in relation to these two attitudes toward the concept of mindset and how much control any given person has over their own lives.

The primary one being how a person views mistakes or obstacles and the attitude that they foster when the inevitable hindrances arise....

For example, those with a fixed mindset are apt to become easily discouraged by impediments and are far more likely to "throw in the towel" so to speak at the first setback, whereas those with a growth mindset are far more optimistic in their outlook and adopt more of

an opportunistic approach to problems, meaning that they “make the best of it” and try to turn negativity into a chance to learn and hopefully grow from whatever hindrance they might encounter.

Given what is already understood about the two opposite approaches to mindset, clearly the fixed mindset does not leave much room for growth, learning or personal prosperity, while the growth mindset is the healthier, more positive option that is most likely to maximize an individual’s success and subsequent overall happiness in life.

• *Every blessing or positive change starts with right thoughts. Colossians 3:1-10*

It is also important when discussing this topic to consider the ways in which our mindset can affect us other than in our ability to grow and prosper and be successful.

For one, there is the knowledge that our mindset can have a major impact on our health and physical well-being, in that a person who tends to consistently be discouraged or depressed is far more likely to have that

morose mentality suppress their immune system, which in turn means that those with a fixed mindset are more prone to illnesses and tend to take longer to recover from whatever ailment to which their defeated attitude has subjected them.

People with a growth mindset tend to become sick less often and most certainly tend to be happier and healthier.

It is generally agreed upon among psychology and other professional experts on the subject that any person ultimately does have control over which mentality they choose to foster, meaning that simply because someone has been operating with the fixed mindset for any part or all of their lives, this in no way means that they can’t choose to make the transition to far more positive growth mindset, no matter what phase of their life they are in.

That means that there is hopeful news for those who find themselves stuck in the pessimistic fixed mindset in that their fatalistic attitude toward their accomplishments and success need not be permanent and can always be improved upon.

**KICK-UP,  
HOW YOU  
DO LIFE!**  
**WITH CURTIS & TINA NORTON**

FOR OVER 34 YEARS THESE SPIRITUAL  
LEADERS, AUTHORS AND COMMUNITY  
ADVOCATES HAVE SHARED THE MESSAGE  
OF VALUE, PURPOSE AND DESTINY.

# How to Create a Positive Business Mindset

Plenty of people will give you tips on how to succeed in business. But one of the most permeating and effective ideas is to keep a positive mindset. If you think negatively, you'll often simply discourage yourself and give up too soon. Keeping yourself positive will encourage you to keep going, keep trying, and eventually succeed. Here are just a few ways to turn your frown upside down and jump-start your success.

- **Positive affirmations.** This idea operates under the concept that if you repeat something enough times, you're eventually going to start believing that it's true. While it can seem silly when you get started, it's a proven method of changing your thought processes and giving you a better attitude.

There are a lot of different methods you can use for positive affirmations. A good one is to take time out of each day with a pencil and a piece of paper. Start by writing something positive about yourself. Be sure that what you write is about you, is good and affirming, and is in the present tense. You can continue by coming up with other phrases to say about yourself or by writing the same statement over and over.

To take this one step further, try writing your reactions to your statements next to them on the page. It doesn't matter if your reactions are positive or negative, it just must be honest about how it makes you feel. Eventually, you'll see your reactions becoming more positive (or at least less negative). That helps you know that you exercise are working and changing your attitude about yourself.

- **Surround yourself with positives.** If you are constantly surrounded by negative people who only focus on the bad things, sooner or later so will you. In your personal and professional life, try to maintain relationships with positive, affirming people. Maybe they aren't



successful, but they look on the bright side and make themselves feel successful. Eventually, their good attitude will rub off on you.

- **Prayer and Meditation.** If things aren't going well for you, or you're constantly surrounded by negative people and ideas, your mind is probably full of lots of thoughts, many of which aren't good. Clearing your mind of all the hassles can help you improve your mood, and meditation is a great way to accomplish this. It also can help you sleep better, feel better physically, relieve pain, and improve concentration.
- **Visualization.** Take a moment to think about why you're doing what you're doing. Is it to make money to buy your dream car, or is it to make enough to send your children to college? Whatever it is, keeping your goals in mind will help motivate you to work harder and keep going. It will keep you thinking about the good things that will happen from your work instead of your current setbacks.

So how do you keep these goals in your mind? Visualize them. If you can picture them, they'll be more real and tangible to you. To help you visualize, you may want to put visual aids in your work space. Find a free piece of wall space and put pictures of your goals in that space - whether it's a picture of the car you want, the house you want, or even just a picture of your children. Depending on your personality, staying positive might take some work, but it will be worth it in the long run.