

from: "How To-Do Everything & Have Spa-Like Peace"

# {Mind}

Today's Date: \_\_\_\_\_

*Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable--if anything is excellent or praiseworthy--think about such things.*

Philippians 4:8

1) I am a the apple of God's eye (Ps 17:8).

I am robed in His Righteousness (Is. 61:10)

I have beauty instead of ashes (Isaiah 61:3).

2) I am a \_\_\_\_\_ mom.

I am a \_\_\_\_\_.

I am a \_\_\_\_\_.

3)

Directions:

1) Fill your mind with these biblical truths by reading each one out loud.

2) Write down adjectives to describe the unique traits you have as a wife, mom, friend, sister, daughter, etc.

3) Write down a compliment you received once that you treasure in your heart.