

40 Days

to a *Joy Filled Life*

Think This, Not That

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*I am free to choose  
my thoughts.*

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*I believe God has  
a great plan for my life.*

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*I choose to see the  
blessings that surround me.*

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I will start my day on the  
foundation of God and joy.

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Today I will keep my thoughts lined  
up with God's promises for me.

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I am choosing, writing and striving toward  
goals compatible with God's Word so that I  
can walk in who He made me to be.

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We become what we behold.

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I will remind myself of my  
true identity in Christ.

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I am making a plan for joy.

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Joy follows joyful thinking.

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I am choosing gratitude  
and gratitude releases joy.

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I will be proactive  
about praising and  
appreciating those in my life.

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Joy is an outward sign  
of inward faith in  
God's promises.

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God created me with a  
powerful mind.

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Gratitude is a conviction, a  
practice and a discipline.

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I filter my feelings through  
God's promises.

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I will identify my negative thinking  
patterns and learn to release those  
thoughts.

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God rules my life, not my emotions.

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I will preoccupy my mind with  
whatever is true, noble, lovely  
and right.

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I envision a beautiful future  
for myself.

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Compassion preserves my joy.

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I improve the quality  
of my life  
by improving the quality  
of my thinking.

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What am I thankful  
for right now?

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Whatever is on my  
calendar for today,  
that is my ministry.

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What has been working lately?  
I look back to reflect  
so that I can move forward with  
wisdom.

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I automatically disrupt  
destructive thoughts.

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I will discover the treasures  
within the troubles of today. I  
will see the good.

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Today I will agree  
with God about who I am  
and what I think.

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I find joy when others succeed.

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I affirm God's goodness  
and the joy that He  
promises His children.

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I will act my way into my  
feelings but acting on what I  
know is true.

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I focus on my strengths and  
who God made me to be.

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Today I will focus on the goal  
of who I want to be!

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I have the mind of Christ  
and am learning to think like  
He thinks.

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There are no extra humans. I  
have a true path and place  
that God created me for.

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I choose to take responsibility  
for how I think.

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I am gaining mental  
discipline by learning to focus  
my thoughts.

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I am making gratitude a habit.

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I am cutting the mental  
clutter from my mind.

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He is here, right now, waiting for me.  
I choose to remind myself of God's  
presence in my life in every moment.

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