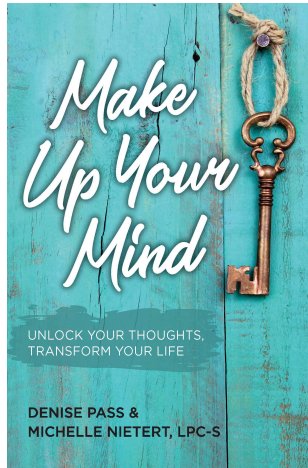


# The State of My MIND Annual Review

The **State of My Mind Annual Review** is a tool designed to help you gain a clear picture of your mindset over time and how your mindset is impacting you. Look back over the past year and record the results and your thoughts in the chart on the second page and compare. Use this tool going forward to keep centered. Below are some tips to get you started as well as some of the typical mindsets encountered in this life.



## Examine yourself in light of God's perspective, not yours.

2 Corinthians 13:5 (ESV)

Examine yourselves, to see whether you are in the faith. Test yourselves. Or do you not realize this about yourselves, that Jesus Christ is in you—unless indeed you fail to meet the test.

Use God's word as a litmus test to challenge your thinking. Philippians 4:8 is a great guide.

Philippians 4:8 (NIV)

"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."

We can make up our mind through the power of the Holy Spirit and God's word. We get to choose our thoughts, which lead to mindsets. As you think go through each month, you can jot down on your daily calendar what driving emotions or thoughts you are experiencing. Below are 10 chief negative mindsets in our book, "Make Up Your Mind: Unlock Your Thoughts, Transform Your Life". As you think over each month, what impact did your emotional, physical, relational, spiritual, and vocational aspects of your life have on your mindset. Write down which mindset dominated that month and jot down some Scriptures to counter that mindset.

3. The Angry Mindset—Battling Bitterness and Unforgiveness
4. The Anxious Mindset – Battling Fear and Worry
5. The Depressive Mindset—Battling Discouragement and Disillusionment
6. The Discontented Mindset—Battling Comparison and Pride
7. The Doubting Mindset—Battling Unbelief and Hopelessness
8. The Helpless Mindset—Battling Apathy and Weakness
9. The Hurried Mindset—Battling Overcommitment and Margin
10. The Lonely Mindset—Battling Grief and Loneliness
11. The Scarcity Mindset—Battling Covetousness and Lust
12. The Victim Mindset – Battling Insecurity and Rejection

You can use the attached form to pray and think what the overriding mindset was that you operated in for each month as a review over the past year, but it is likely that this might be something you use going forward.

