## **BETTER ATTITUDES** FOR LIVING A BETTER, HAPPIER, MORE SUCCESSFUL LIFE! (Part 3)

Ephesians 4 <sup>23</sup> Your <u>ATTITUDES</u>... <u>must</u> all be constantly changing for the <u>BETTER!</u> TLB

## YOUR ATTITUDE WILL DETERMINE YOUR ALTITUDE

Philippians 2 <sup>5</sup> Live with JESUS' ATTITUDE... <sup>14</sup> LIVE A CHEERFUL LIFE... TPT/VC

Romans 14 <sup>17</sup> The Kingdom of God is... living a life of... JOY! NLT

Ecclesiastes 8 <sup>15</sup> **PURSUE JOY**... **ENJOY LIFE**... **BE HAPPY**! **IF** this is your **ATTITUDE**, **JOY** will carry you **through** vc

Romans 15 <sup>5</sup> God makes us... CHEERFUL... with the ATTITUDE of Christ. CEV/TLB

### A CHEERFUL ATTITUDE MAKES YOU MORE POSITIVE, OPTIMISTIC, AND FULL OF FAITH!

Romans 12 <sup>2</sup> ...Be **changed** by the **entire renewal** of your... **ATTITUDE**,

<sup>3</sup> ...**THINK**... **IN LINE** with **FAITH**...! AMP/NTE

2 Corinthians 9 8 **GOD** IS **READY** to make... **EVERY FAVOR** and **MORE BLESSINGS** than you could ever **imagine overwhelm you** with **ABUNDANCE**... under **ALL** circumstances! AMP/VC

THINK BETTER, LIVE BETTER! The way you think has incredible power over your destiny... Reprogramming your mind enables you to reach new levels of achievement and purpose. You are equipped to handle anything... but if you dwell on discouraging thoughts, you will see limits instead of opportunities. Scripture gives you the tools to overpower defective thinking, take control of your thoughts, and live a victorious life! A victorious life begins in your mind! (portions from Think Better, Live Better by Joel Osteen)

Psalm 1 <sup>1-3</sup> <u>HAPPINESS</u> and <u>BLESSINGS</u> await you at every turn <u>when you</u>...

THINK about <u>God's Word</u> day and night... No matter what you do, you <u>PROSPER!</u>

Everything you do will <u>SUCCEED!</u> VC/NCV

Acts 3 <sup>19</sup>... Change your mind... so God can... send you... showers of BLESSING TLB/MSG

## YOUR MIND EITHER REPELS OR RELEASES GOD'S BLESSINGS

Phil 4 <sup>4</sup> <u>BE CHEERFUL</u>... in <u>every</u> season of life... <sup>6</sup> Do <u>not worry</u> about anything, but be <u>saturated</u> in <u>PRAYER</u>... <u>FAITH-FILLED</u>... with <u>overflowing GRATITUDE</u>... <sup>7</sup> <u>then</u> God's <u>wonderful peace</u>... will make the <u>answers</u> known... <sup>8</sup> <u>Keep</u> your <u>THOUGHTS</u> <u>continually fixed</u> on the <u>best</u>, not the worst, on all that is <u>excellent</u> and <u>BRINGS PEACE</u>... on <u>every glorious work of God</u>, praising Him always...! TPT/MSG/AMP

Proverbs 4<sup>23</sup> Carefully guard your <u>THOUGHTS</u> because they determine the course of your life! CEV/NLT

A <u>pessimist</u> is one who <u>makes difficulties</u> of his <u>opportunities</u> and an <u>optimist</u> is one who <u>makes opportunities</u> of his <u>difficulties</u>. Harry Truman

IF YOU <u>CHANGE</u> THE <u>WAY</u> YOU LOOK AT THINGS, THE THINGS YOU LOOK AT <u>CHANGE</u>!

Once upon a time there was a happy little dog who loved to wag his tail. He came to a house, peeked inside, and saw a thousand other happy dogs, tails happily wagging. He thought, "Wow! What a wonderful place! I must visit often!" Another dog was less happy. He often growled at passersby. He too visited the house — and saw a thousand unfriendly dogs all growling at him! He thought, "What a horrible place! I'll never go back!" Why did each dog see a different house of dogs? Because it was actually a house of mirrors. THE LESSON: WHEREVER YOU GO, THERE. YOU. ARE.

OUTWARD PERCEPTIONS ARE OFTEN A REFLECTION OF WHAT'S INSIDE US.
WHAT WE EXPERIENCE IS INFLUENCED BY OUR ATTITUDES.

# PEOPLE WHO WONDER WHETHER THE GLASS IS HALF FULL OR HALF EMPTY MISS THE POINT. THE GLASS IS REFILLABLE. SEE THROUGH THE EYES OF POTENTIAL!

## WHEN YOU CHANGE YOUR THOUGHTS, YOU CHANGE YOUR FUTURE

DETERMINE THAT YOUR OPTIMISTIC, FAITH-FILLED THOUGHTS WILL WILDLY OUTNUMBER NEGATIVE THOUGHTS. HOW? Positive affirmations! Positive Affirmations are positive phrases you repeat to yourself boldly declaring what the promises of God's Word say. Scripture tells us to meditate, which means to "think about over and over." Neuroscientific studies show that positive affirmations, when consistently repeated, sink into the subconscious mind, transforming a person's self-image and their behavior. Positive thinking changes your brain in a real physical way. The <u>science</u> is called <u>NEUROPLASTICITY</u>. It means that <u>thoughts change</u> the <u>structure and function</u> of our brains. It is life-altering! Repetitive positive thought can rewire your brain and strengthen brain areas that stimulate positive, HAPPY FEELINGS. The brain can form new neural pathways — IF we do the work. Just like exercise, the work requires repetition. When you first start saying positive affirmations, they may not be a reality yet, but with repetition they sink into your subconscious mind, you really start to believe them, and eventually they become a reality. Over time, with repetition they overwrite limiting beliefs and replace them with positive thoughts and beliefs which instill confidence, ambition and much more. Using positive affirmations gives you back control of your thoughts. It lets you FLOOD your mind with powerful, God-inspired, prophetically positive thoughts! You will be FAR MORE INCLINED to think optimistic thoughts, which lead to positive habits, leading to a positively HAPPIER and MORE SUCCESSFUL life!

(some portions from "Think Happy" by Karen Salmansohn and "How Positive Thinking Re-Wires Your Brain" article by Barrie Davenport)

Colossians 3 <sup>2</sup> Don't be <u>absorbed</u> with the things right in front of you. Look up... See things from <u>His perspective</u>. Fix your <u>THOUGHTS</u> on things above... <sup>15</sup> Let the <u>anointed peace</u> of Christ control your <u>THINKING</u>... <sup>16</sup> Let the <u>WORD OF CHRIST FLOOD</u> you with all wisdom! Apply the Scriptures... with <u>festive praises</u>, and with prophetic songs... with hearts full and spilling over! <sup>17</sup> Let your... <u>EVERY</u> <u>WORD</u> be <u>drenched</u> with the... Anointed One! And bring your <u>constant praise to God</u>...! MSG/EXB/JCED/TPT/VC