



# freshstarts

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## Thoughtercise!

5 Mental Exercises to Promote a Healthy Thought Life  
& Move from Angry 2 Patient  
"As a man thinks, so is he."  
-Proverbs 23:7, NIV

### 7 Thoughtercises to a Brand New "Patient" You!

TRUTH TALK
Monday: Hebrews 12:1
Tuesday: Hebrews 12:2
Wednesday: James 2:19-25
Thursday: Proverbs 16:32
Friday: Proverbs 15:1
Saturday: Proverbs 29:11, ESV
Sunday: Ephesians 4:29



**"Be not angry that you cannot make others as you wish them to be; since you cannot make yourself as you wish to be."  
-Thomas Kempis**

1. Be as committed to "thoughtercising" as you are to physical exercise. What good is a body that is in shape, if your mind is a mess? Take it from a woman who "appears" confident and yet "disappears" into a world of self-doubt. Set aside time (1 minute, 2 minutes) to thoughtercise. Then, command a repeat performance throughout your day.
2. Take out the "mental" trash. Write down every stinkin' thought (from family of origins, workplace, peers, etc) you have about yourself, tear it up, throw it in the trash bin, and destroy it! Then, write down the truth, as seen through the eyes of God's Word, about yourself. For example, Trash Talk: "Janell, you should never have been born." Truth Talk: "Janell, you are fearfully and wonderfully made" (Psalm 139:14).
3. Shut down all negative self-talk. Read "Negative Self-Image" & "Anger and Unforgiveness" by my friend Dr. Linda Mintle ([www.drindamintle.com](http://www.drindamintle.com)). For example, Trash Talk: "If you were a better mother, your children would...." Truth Talk: "Today, I am the best mother I can be...." Commit to self-growth and self-improvement.
4. Read the Bible every day. Why didn't I put this first? Because you need to take out the trash first and then start with a fresh mental canvas. They work hand-in-hand, actually! Start with a week of fresh thoughts (in the sidebar).