

12 HACKS

WIPE OUT NEGATIVE THOUGHTS



FACT CHECK

IS THE THOUGHT GOOD FOR YOU?

PHIL 4:8 - true, right, noble, excellent, praiseworthy



PROACTIVE FAITH

FAITH-BASED AFFIRMATIONS

Do daily faith infused positive affirmation. Record to play or read.



FACT CHECK

IS THE THOUGHT SOMETHING GOD, WHO UNCONDITIONALLY LOVES YOU, WOULD SAY?

Pray for clarity and rebuke things not of God.



PRACTICE WISDOM

PRACTICE WISE FREE WILL

You only have so much rental space in your heart, mind, and soul today. Who will you sell it to, dark or light?



FILL UP

EQUIP YOURSELF

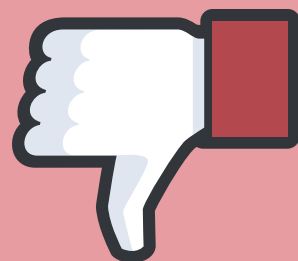
Fill up with a constant stream of good and right. Podcasts, praise music, Christian talk radio, Bible reading.



CALL ON GOD

IN THE NAME OF JESUS & WITH ALL YOUR HEART

Rebuke bad in the name of Jesus. Call on God for Armor to withstand it all.



AVOID THE NEGATIVE

PRIORITIZE YOUR TIME

By removing margin for toxic thoughts to be by you, others, TV, music



DON'T DITCH ROUTINES

BE ADAMANT

Once you make a schedule for positive training do not miss a day or postpone steps.



DO NOT IGNORE

STEP INTO THE TRINITY

If you feel yourself getting fearful, stressed or negative...never push it down. Also, go make right what YOU can & ask God for what is too hard



DO NOT NUMB

STAY CLEAR OF CHEAP TRICKS.

Alcohol, shopping, needy sex...these will not fill.



DONT COMFORT BAD

NEVER BABY YOURSELF BY AGREEING WITH THE NEGATIVE THOUGHTS. That is the easy way out... THEY ARE NOT TRUE.



DON'T FEED BAD

NEVEN CONSUME YOURSELF WITH REPEATED THOUGHT.

This just feeds the negativity. Go replace it with positive music, Bible, podcast...