We carry on a conversation in our heads that tends to help us or hurt us.

“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**.” [**Philippians 4:7-9**](http://www.biblegateway.com/passage/?search=Philippians+4:7-9&version=NIV)

**”**Why, my soul, are you downcast?  
    Why so disturbed within me?  
Put your hope in God,  
    for I will yet praise him,  
    my Savior and my God.” **Psalm 42:11**

**DO**

**What are my actions?**

### “Dear children, let us not love with words or speech but with actions and in truth.” 1 John 3:18

Negative actions -

Positive actions -

Negative feelings -

Positive feelings -

**FEEL**

How am I feeling?

**THINK**

What do I think about \_\_\_\_\_\_\_\_\_?

If I think negatively, I tend to feel discouraged and unhappy.

If I think positively,

I tend to feel confident, encouraged and happy.