



Change Your Mindset—Change Your Life

Session Guide and Review Notes

Change Your Mindset—Change Your Life

5 min Welcome and Introduction

PowerPoint Presentation: Short (10-15 min.) or Long (30 min.) version

Summary: Change Your Mindset—Change Your Life

- Mindset can be defined as your established attitudes, a particular way of thinking that affects your daily decisions, health, and outlook on life.
- Dr. Carol Dweck has described the “fixed” versus “growth” mindset.
- **Fixed mindsets** believe their traits are “set in stone.” They view themselves as smart or dumb, winners or losers, successful or failures.
 - ✓ Fixed mindsets avoid challenges and give up easily when confronted with problems. If it was “meant to be”, it would be easy.
- **Growth mindsets** believe that although people differ in aptitude and temperament, everyone can change, grow, and improve.
 - ✓ Growth mindsets have a “what can I learn” instead of “how will I look.”
 - ✓ They persist through obstacles, and see effort as the path to mastery.
- Mindset is tunable and trainable. The fixed mindset can learn to replace faulty, failure-based internal monologues.
- God promises to renew our mind, thinking, desires, and aspirations. 2 Corinthians 5:17. Time with God, prayer, and patience are key.

10 min Discussion Time 1: What are your thoughts?

- ✓ How can a growth versus a fixed mindset affect your relationships, job, school, or personal growth?
- ✓ What are some practical steps for developing a growth outlook?

5 min Discussion Time 2: What is your story?

- ✓ You or someone in the group may have a “delivered story” that pertains to the session topic. Take a few minutes for you or a guest to share.

5 min Freedom Journey: Present the following thoughts for reflection prior to next discussion periods to encourage positive discussion for change.

- **Reflect:** “The brain is constantly reshaping itself according to what it learns” Dr. John Ratey. God has engineered you for spiritual renewal, mental restoration, and physical recovery.
- **Recalculate:** Courage, hope, sympathy, faith, and love promote health. Habitual grief, worry, anxiety, discontent, bitterness, anger, and guilt tend to break down mental and physical health. Ministry of Healing 241
- **Reframe:** Have you noticed that when you purchase a new car, all of a sudden you notice the same make and model where ever you go? What we dwell on gets bigger—solutions or problems.
- **Remember:** Jesus invites us to trust Him fully. With His help your thoughts, emotions, and mood can become more healthy and balanced.

10 min Discussion Time 3: What have you learned?

- ✓ What did you hear that deeply moved you?
- ✓ What did you learn that makes you stronger in your resolve?

Lifestyle Links: Lifestyle links for building physical, mental, emotional, and spiritual strength.

Reboot and Rebound: Daily choices build a better brain, body, and habits.

- **Create a Lifestyle:** healthy food choices, exercise, adequate sleep, stay hydrated.
- **Create an Environment:**
Create a positive internal environment in how you think.
List five “thank you” items each day in your **Better Way Journal**.
- **Create a Connection:**
Locate a Bible promise to memorize and repeat several times each day.
Seek out someone to help or encourage each day.

10 min Discussion Time 4: What will you do?

- ✓ What is your reason for hope today?
- ✓ Which of the **Lifestyle Links** will be your focus?
- ✓ What is your first step?

5 min Group Promise, Affirmation, and Prayer to Close Session

Pray and Say: Divine power and daily practice change the brain.

- **Prayer:** “Dear God, thank you that by your power and strength, I am Living Free!”
- **Promise:** “I can do all things through Christ who strengthens me.”
Philippians 4:13.
- **Affirmation:** “Thank you God for my freedom journey to better physical, mental, and spiritual health!”
- **Encourage** participants to review their handout.
- **Close** with prayer.

Handout: Balanced Living Tract: Change Your Mindset—Change Your Life

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