Prayer: Dear Heavenly Father,

Thank you for everything you have done for us in 2018. We know you are in every detail and have already gone before us. Thank you that our past failures and victories do not define what 2019 holds for us. As we seek you for the next 4 weeks, we ask you to speak to our hearts in such an intimate way as we set new goals. We pray that we can know WHO you are even more, so we know exactly who we are as daughters of the King. Help us this week discover new ways and disciplines to put our health and positive mindsets first so that we can be the women that YOU have created us to be. Help us seek you first above all.

In Jesus name, Amen

Self-Care

Let’s focus on four areas of our life and set attainable goals for 2019.

|  |  |
| --- | --- |
| Area | Specific, Attainable, Time-bound Goal |
| Nutrition |  |
| Sleep |  |
| Stress |  |
| Exercise |  |

Self-Awareness- Red light Green light

Set goals for your mindset. What you believe about yourself matters, and your mindset can change your behavior. Knowing where you are and where you want to be will make it easier to find the right steps to take.

Green: Highlight the mindsets you want to keep in green.

Red: Highlight the mindsets you want to stop in pink.

Other: Fill in the mindsets you want to adopt in 2019.

|  |  |  |  |
| --- | --- | --- | --- |
| People Pleaser | Lazy  | Follower  | Greed  |
| Fear  | Insecure  | Gratitude  | Confident  |
| Dreamer  | Envy  | Creative  | Short-term Thinking |
| Leader | Negative  | Productive  | Angry  |
| Fill In Others |  |  |  |

Change Your Mindset

Now, let’s look at how we can move from one mindset to another.

The 4 steps to change your mindset.

1. Learn to hear your negative mindset voice.
2. Recognize that you have a choice.
3. Talk back with a positive mindset voice.
4. Take a positive mindset action.

Scriptures

**1 Corinthians 6:19-20**…Do you not know that your bodies are temples of the Holy Spirit, who is in you, whom you have received from God? You are not your own; 20 you were bought at a price. Therefore honor God with your bodies.

**Mark 1:35**… Very early in the morning, while it was still dark, Jesus got up, left the house and went off to a solitary place, where he prayed.

**1 Peter 3:4**…Rather, it should be that of your inner self, the unfading beauty of a gentle and quiet spirit, which is of great worth in God’s sight.

Journal a prayer to your Heavenly Father.

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