



The Renewed Mind Worksheet

"Be transformed by the renewing of your mind." — Romans 12:2

The "Who" Before the "Do"

Neuroscience shows that your brain follows your identity. Who are you becoming in Christ this year?

- The Old Label I'm Dropping:

- My New Identity Statement: * Example:
"I am someone who prioritizes my peace."

- I am:

The Habit Stack

Don't rely on willpower; rely on your current routine. Attach your new goal to an existing anchor.

The Formula: After I [Current Habit], I will [New Holy Habit].

- My Stack: After I

-----, I will
-----.





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Designing Your Environment

Lower the "friction" for your new habit. How will you change your space to make success easier?

- Example: Putting my Bible on my pillow.
- My Environmental Shift:

The Dopamine Breakdown

Big goals create stress; small wins create momentum. What is the 5-minute version of your goal?

- The "Micro-Goal":

The Advocate's Invitation

In the space below, write a short prayer asking the Holy Spirit to remind you of your identity when you feel like giving up.

Prayer:

