



MONDAYS

with Mike

AULTCARE

Weekly PLAN

monday

Guiding our thought patterns

Dwight Mason, Lead Pastor of the NewPointe Church Campuses, recently shared a unique reflection about how our thought patterns shape the way we think, feel and act.

We are in total control of our thoughts, and we become what we think about. Every day, we have approximately 60,000 thoughts, and most of them are repeatedly negative.

No matter what situation we find ourselves in, change is always possible. There is a way out of every difficulty if we choose to cultivate the right thoughts. Growth begins when we acknowledge that we have the power to change our thoughts and make minor adjustments to our course. As we choose to shift our perspective on challenging situations and discipline our thoughts, life can go from ordinary to extraordinary.

An undisciplined mind leads to tension.
A disciplined mind leads to tranquility.

An undisciplined mind leads to conflict.
A disciplined mind leads to confidence.

When we don't control the way we direct our thoughts, we experience a great deal of stress. However, a disciplined mind leads to strength, security, and serenity.

We cannot act inconsistently with how we think.
So, this week, let's take responsibility for our thoughts and cultivate a growth mindset.

Thinking of you in the most positive way possible!

Have a great week!

