

Living Your Greatest Life

Matthew 22:37-40



Jeremiah 29:11-14

For I know the plans I have for you," declares the Lord, "plans to prosper you and not to harm you, plans to give you hope and a future. 12 Then you will call on me and come and pray to me, and I will listen to you. 13 You will seek me and find me when you seek me with all your heart. 14 I will be found by you," declares the Lord.

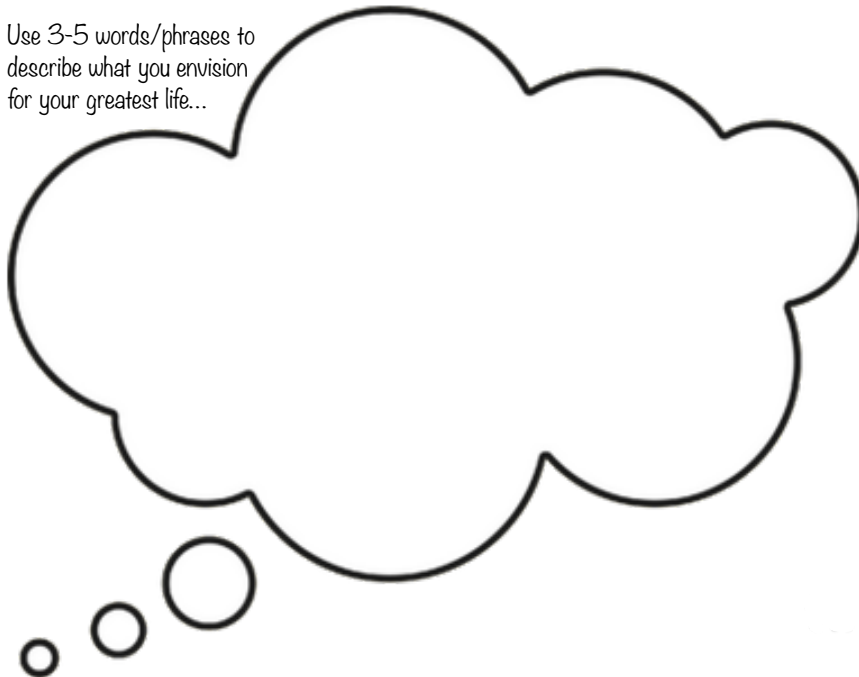
Self Worth

Your worth was given to you! It does not need to be earned or proved! You are good, valuable, beautiful, and significant! Your self-worth is unconditional, unchanging & objective.

Self Image

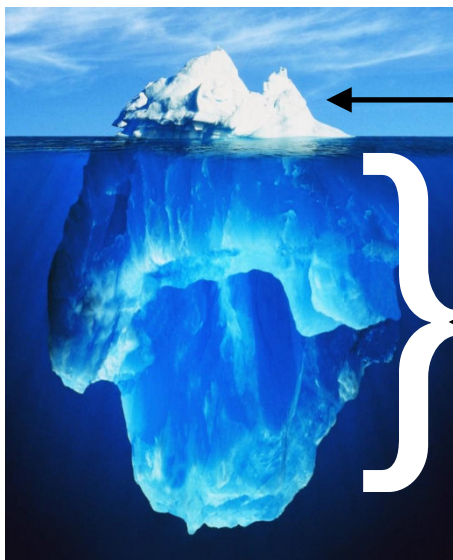
Your self image is how you see yourself and how you believe others see you. It was formed subjectively based on other people's opinions of you, how people spoke to and treated you. It has been wired into your subconscious. It can be changed and elevated through repetition of positive scripts.

Use 3-5 words/phrases to describe what you envision for your greatest life...



What do you think God wants for you?

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Conscious Mind = 5-10%

The thoughts you think about & decisions you make.

Example: LEARNING to type—you have to THINK about it; it starts as unfamiliar and difficult.

Subconscious Mind = 90-95%

Your beliefs about yourself have been neurologically wired into your subconscious mind. This forms your self-image.

Example: When you have MASTERED typing, it's familiar, easy & AUTOMATIC because it's been wired into your subconscious brain!

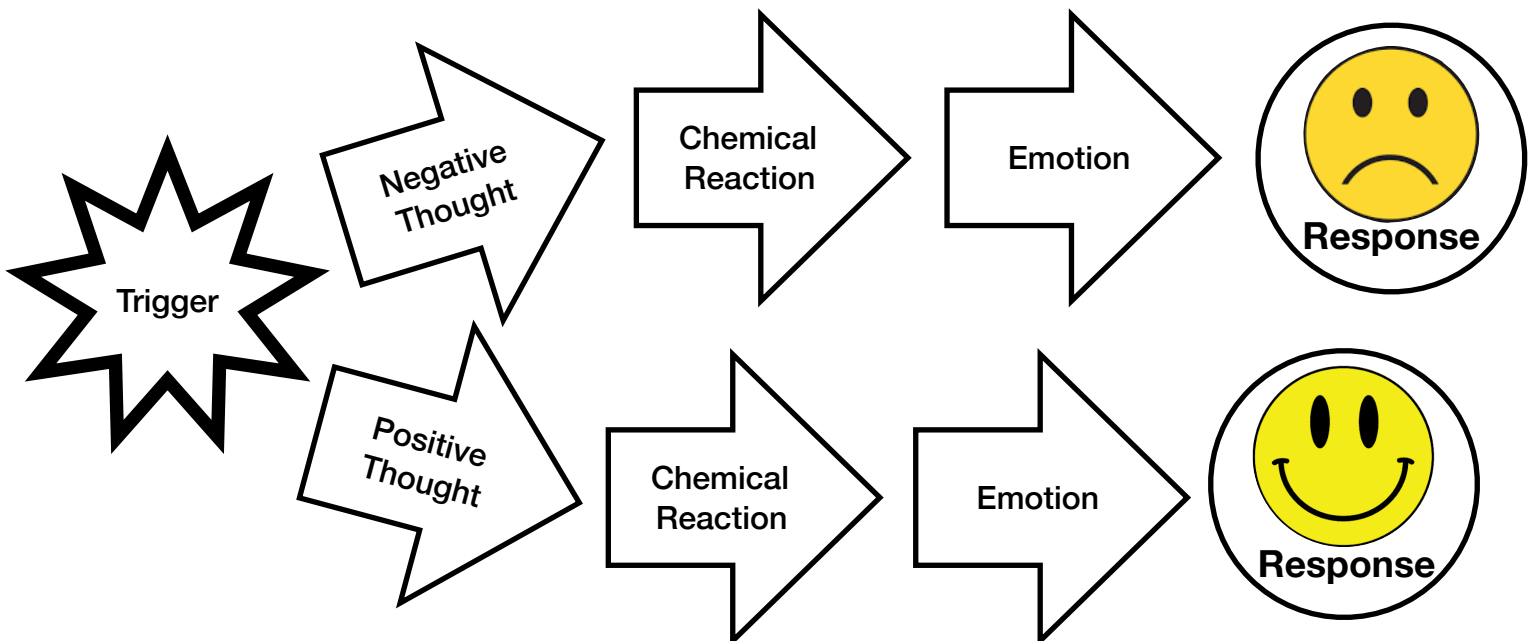


Describe yourself in 5 to 10 words.
Write down some of the positive things you like about yourself as well as some of the things you're not so happy with.

This helps you grow in awareness—which helps you know where you're starting!

New Scripts






- ★ *I am valuable, significant, and worthy of my greatest life.*
- ★ *I do not need to prove or earn my worth because I am a child of God.*
- ★ *I am loved unconditionally!*



Say: "I am worthy of..."

- ✓ *I am worthy of unconditional love, affirmation and acknowledgment that I am good, not because of what I do but because of who I am!*
- ✓ *I am worthy of genuine friends that appreciate me and help me to become my best self!*
- ✓ *I am worthy of peace of mind. I do not have to live in fear of rejection, or failure, or any type of emotional or physical harm!*
- ✓ *I am worthy to pursue my interests and develop my talents so that I can share my strengths to help others!*

How to Rewire

1. **Write** the positive scripts 
2. **Recite** your scripts 
3. **Repeat** consistently  
4. **Retreat**- feel it being true 

Powerful scripts must be:

✓ Positive

✓ Hopeful

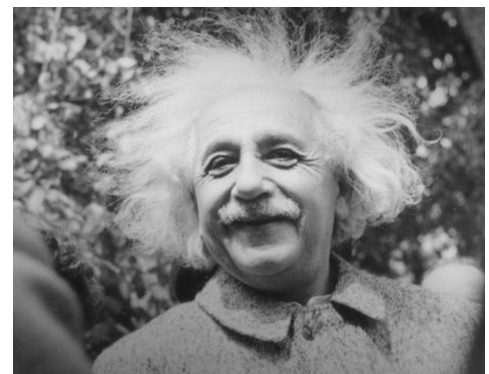
✓ Daring

✓ In **PRESENT TENSE**

"I am so happy and grateful now that..."

"Thank you, Jesus, for helping me to become..."

Imagine your **BEST** self!
What do you want to be?
Describe it here:



"Imagination is more powerful than knowledge. Knowledge is limited. Imagination encircles the world."—Albert Einstein

Example Scripts:

Start with where you are feeling discouraged or wanting to change/grow:	Re-write using only positive, hopeful, daring words in PRESENT TENSE:
I'm not good at Math. I'm going to fail this test.	I'm grateful for being able to understand Math. I feel proud I did so well on my test.
I am not attractive. I don't like the way I look.	I am a beautiful person on the inside and outside. I am happy with myself.
I don't have enough money to buy the thing I want.	I make smart decisions with how I spend my money. I am grateful for always having enough money.
I'm so unmotivated; I am a procrastinator.	I enjoy learning new things. I am fully present and motivated to take action on my responsibilities.

Your Scripts:



Schedule in 5-15 minutes EVERYDAY to read, recite, write out, and/or listen to your scripts!
Consistency and repetition will cement & re-wire them into your subconscious mind!

I commit to working with my scripts every day by:
