



Week 1: Attitudes

We all have to keep our attitudes in check. Here is the list of bad attitudes from Psychology Today. If you struggle with one of these, list the person or situation that your attitude is towards on the line.

1. Self-defeating talk _____
2. Negative assumptions _____
3. Negative comparison with others _____
4. Negative rumination about the past (stuck in the past) _____
5. Disempowering beliefs about difficult people _____
6. The desire to blame _____
7. The struggle to forgive yourself _____
8. The fear of failure and making mistakes _____

I challenge you to pray through each one of those. Forgive those who have wronged you and ask God for His heart about the situation. Next, look up the scriptures next to the positive attitude traits below.

1. Encouraging self-talk – Philippians 4:8
2. Positive assumptions – 1 Corinthians 3:17
3. Celebrating others – Romans 9:15 (read 9:12-31 because it is awesome!)
4. Healthy appreciation of the past and hope for the future – Philippians 3:13-14
5. Empowering beliefs about people who need grace – Galatians 5:22-23
6. Take responsibility – Galatians 6:5-18
7. Forgiving yourself – 2 Corinthians 5:17
8. Trusting God – Proverbs 3:5-6