



HEALING WITHIN TRANSFORMATION CENTER™

— HEAL. PURPOSE. TRANSFORMATION.™ —

*A Place to Heal.
A Plan to Grow.
A Future to Thrive.*



RENEW YOUR MIND

RESOURCE GUIDE

TRANSFORM YOUR THOUGHTS. TRANSFORM YOUR LIFE.

God's Word teaches us to renew our minds daily.
When we fill our minds with truth, we experience peace,
purpose, and a better future.

Be transformed by the renewing of your mind.

— ROMANS 12:2 (NKJV)



10 STEPS TO RENEW YOUR MIND

- FEED YOUR MIND WITH TRUTH**
Read Scripture daily and meditate on God's Word.
- REPLACE NEGATIVE THOUGHTS**
Take every thought captive and replace it with God's truth.
— 2 Corinthians 10:5
- PRAY WITHOUT CEASING**
Talk to God throughout your day.
Prayer changes your perspective.
- PRACTICE GRATITUDE**
Thank God daily for His goodness.
Gratitude shifts your focus.
- WRITE IT DOWN**
Journal your thoughts, prayers, and breakthroughs.
- SURROUND YOURSELF WITH WISE PEOPLE**
Choose relationships that encourage, uplift, and strengthen your faith.
- WORSHIP DAILY**
Worship aligns your heart with God and renews your spirit.
- TAKE CARE OF YOUR BODY**
Eat healthy, exercise, get rest, and reduce stress.
Your body impacts your mind.
- LET GO OF WHAT DOESN'T SERVE YOU**
Release past hurts, unforgiveness, and toxic patterns.
- FOCUS ON YOUR PURPOSE**
Stay connected to God's plan for your life.
Purpose strengthens your mind.



YOU ARE NOT ALONE.

You are seen.
You are valued.
You are loved.
You have purpose.
You have a future.



DAILY DECLARATIONS

- ✓ I think on what is true, noble, and right.
- ✓ I am strong in mind and spirit.
- ✓ God's thoughts about me are good and perfect.
- ✓ I walk in peace and mental clarity.
- ✓ I will not be anxious; I will pray.
- ✓ I choose joy, not worry.
- ✓ I am renewing my mind daily.
- ✓ I release what no longer helps me.
- ✓ I am becoming the best version of me.



Your mind is a powerful thing.
When you renew it with truth,
your life will change.



PRACTICAL HABITS THAT SUPPORT A RENEWED MIND

- GET ENOUGH REST**
Rest restores your mind and helps you think clearly.
- EAT NOURISHING FOODS**
Good nutrition supports mental well-being.
- LIMIT NEGATIVE INFLUENCES**
Guard what you watch, read, and listen to.
- SPEND TIME IN NATURE**
Nature reduces stress and refreshes your mind.
- ASK FOR HELP**
It's okay to talk to a counselor, mentor, or trusted friend.



REFLECTION & JOURNALING

- What thoughts do I need to replace with God's truth?
- What areas of my life cause me stress or anxiety?
- What is one habit I can build to support a renewed mind?
- What Scriptures speak life to me today?
- How can I rest more and worry less?



Write your thoughts. Release your burdens.
Replace them with God's truth.



HELPFUL RESOURCES



CHRISTIAN COUNSELING
Find a faith-based counselor in your area:
cccf.org/find-a-counselor
focusonthefamily.com



MENTAL HEALTH SUPPORT
National Alliance on Mental Illness (NAMI)
1-800-950-NAMI (6264)
nami.org



988 SUICIDE & CRISIS LIFELINE
Call or Text 988
Chat online at 988lifeline.org
24/7 free and confidential support.



FAITH & ENCOURAGEMENT RESOURCES
YouVersion Bible App
Joyce Meyer Ministries
Lifeway Women
BibleGateway.com



SCRIPTURE FOCUS

*"Do not conform to the pattern of this world,
but be transformed by the renewing of your mind."*

— ROMANS 12:2 (NKJV)



*You matter.
You have purpose.
You are becoming.*

KEEP GOING. GOD IS WITH YOU.

- ✓ Small steps lead to big change.
- ✓ You are stronger than you think.
- ✓ God is not done with your story.
- ✓ Choose truth.
- ✓ Choose peace.
- ✓ Choose you.



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You are worthy of peace, joy, and healing.

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