

# The 4S's

What are you **saying** to yourself? These are the thoughts in your head or the words you're saying out loud.

**SAYING**

What's **settling** in your heart? This is what you're believing based on what you're saying to yourself.

**SETTLING**

How are you **stepping** into action? What action are you taking based on what you're believing & thinking?

**STEPPING**

What are you **seeing** as a result of this? Outcomes that you're getting based on the actions you're taking.

**SEEING**

# The 4S's Backwards

What is the result you want to **see**?

**SEE**

What are the **steps** you need to take to see it?

**STEPS**

What needs to **settle** in your heart (believe) to take those steps?

**SETTLE**

What do you need to **say** to yourself to settle that in your heart?

**SAY**

# R.E.N.E.W. Your Mind

Use this sheet to work through any lies or rationalizations that pop up while you're on this journey of choosing *Christ Over Cookies*.

**Recognize the lie or rationalization.** Write it down below.

**Erase it.** Go back up and put a line through or scribble through that lie.

**New thought.** Write the new thought that you want to have instead.

**Echo it.** Repeat that new thought out loud right now 7 times

**Word of God.** Find verses that confirm that new thought & write them below.

# 67 Day Tracker



1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	
31	32	33	34	35	36	37	38	39	40	41	42	43	44	45	46	47	48	49	50	51	52	53	54	55	56	57	58	59	60	
61	62	63	64	65	66	67																								

**Listen to your recording in the morning and evening.**

# 90 Day Tracker



1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	
31	32	33	34	35	36	37	38	39	40	41	42	43	44	45	46	47	48	49	50	51	52	53	54	55	56	57	58	59	60	
61	62	63	64	65	66	67	68	69	70	71	72	73	74	75	76	77	78	79	80	81	82	83	84	85	86	87	88	89	90	

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# Scriptures

I Want To Remember



# Vision for My Life

Write down the vision that God is showing you for your life, your purpose, or your calling.

A large grid of small dots for writing, covering most of the page below the instruction. The dots are arranged in a regular pattern, providing a guide for handwriting.

# My Truth

Use this page to journal anything the Lord has been speaking to you or scriptures He leads you to during this journey of choosing Him.

A large area of the page is filled with horizontal dotted lines, providing space for journaling. At the bottom of this area is a grid of small dots.