

Stay Positive: from *Pray Up Your Life Self-Exploration Companion Workbook*, Charline E. Manuel

We have the power and ability to choose the thoughts we think. Our thoughts shape our outer experience.

Reflection questions:

What do you spend most of your waking hours thinking about? Are you a worrier? Do you daydream? What is the quality of your self-talk?

Bring to mind some desire or goal you are working toward. Take 15-20 moments to surround that idea with positive thoughts. Think only positive things about it and write your response below.

What would be different about you, your life, or your affairs if you were able to “stay positive” all the time, no matter the circumstance you found yourself in? Think of some specific examples.

Write your own positive statement, incorporating the principle of “Staying Positive.” See how many of the words in the Word Search (on the back of this handout) you can include.

Word Search:

Find and circle the hidden words within the lettering below:

CHOICE

DECISION

FAITH

MENTAL

MIND

PERSISTENT

POSITIVE

POWER

THINKING

WORTHY

C	Z	D	N	I	M	L	E	T	P	R	G
P	H	P	D	E	X	L	F	T	E	L	Z
Z	D	O	N	A	P	G	W	W	R	K	V
F	K	T	I	H	U	D	O	W	S	Y	Z
P	A	N	U	C	D	P	R	T	I	O	L
L	O	Q	F	V	E	R	T	H	S	F	Z
T	W	S	I	A	C	G	H	I	T	Z	H
A	Z	V	I	J	I	X	Y	N	E	X	J
J	L	B	N	T	S	T	D	K	N	D	R
R	I	F	M	U	I	V	H	I	T	Q	V
W	V	L	B	F	O	V	F	N	T	N	J
K	A	G	Q	Q	N	B	E	G	R	Z	Y

Prayer Anchor: Philippians 4:8 (NRSV): Finally, beloved, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is pleasing, whatever is commendable, if there is any excellence and if there is anything worthy of praise, think about these things.

Sources: *Pray Up Your Life* and *Pray Up Your Life Self-Exploration Companion Workbook*, Charline E. Manuel