

# EMBARK ON A JOURNEY

REWIRE YOUR BRAIN

BUILD NEW HABITS

CREATE A NEW IDENTITY

*A group of people who are looking to find  
their true identity and by doing so  
finding God's true identity.*

YOU HAVE THE POWER TO CHOOSE

# THE 100FOLD JOURNEY





**WE  
HAVE  
THE  
MIND  
OF  
CHRIST**

I Corinthians 2:16

# The 10 Truths

**TODAY, RIGHT NOW, IS THE BEST MOMENT OF  
MY LIFE**

**ALL MY NEEDS ARE CONSTANTLY MET**

**I AM ALWAYS IN THE RIGHT PLACE, AT THE  
RIGHT TIME**

**GOD HAS GRANTED ME FAVOR, IN THE SIGHT OF  
THOSE AROUND ME**

**EVERYTHING MY HAND TOUCHES, PROSPERS**

**I HAVE AN ATTITUDE OF GRATITUDE**

**CIRCUMSTANCES DON'T MATTER, ONLY STATE  
OF BEING MATTERS**

**I HAVE UNLIMITED POSSIBILITIES & RESOURCES**

**I WILL BE GOD TO SOMEONE, TODAY**

**LIFE IS A MIRROR, WHICH REFLECTS BACK,  
WHAT I TRULY BELIEVE AND THINK**

Memorization

Application

Meditation

Share from  
last week



Having the Mind of Christ starts with Gratitude

which then leads to knowing our True Identity

which then causes us to want to Meditate

which then leads to us using our Imagination

which then shows us that we are Co-Creators with God

which then leads to more Gratitude

and around and around it goes!!!



# *Transformation Toolkit: Imagination*

## *& Co-Creator*



# Reticular Activating System

- Job of R.A.S.
  - A Filter System
  - Why?
  - How it works
  - FACT
    - These answers were always there, you just did not notice them before because of the program
    - How to use it / program it / take advantage of it / rewire your brain / renew your mind
- Be the CEO you were created to be - Create your program - Create S.M.A.R.T.E.R. Goals
  - Write these goals down - be very clear
  - Follow the breadcrumb trail - the path will light up for you - comes by way of rest
  - Gratitude for already achieving your goals
- Being a Co-Creator with God means
  - We get to choose the \_\_\_\_\_ God chooses the \_\_\_\_\_ & \_\_\_\_\_

**Psalm 139:13-17 For You formed my inward parts;**

**You covered me in my mother's womb.**

**I will praise You, for I am fearfully *and* wonderfully made;**

**Marvelous are Your works, And *that* my soul knows very well.**

**My frame was not hidden from You,  
When I was made in secret, and skillfully wrought in the lowest parts of the earth.**

**Your eyes saw my substance, being yet unformed. And in Your book they all were written,**

**The days fashioned for me,  
When *as yet there were* none of them.**

**How precious also are Your thoughts to me, O God!**

**How great is the sum of them! *If* I should count them, they would be more in number than the sand;**

**When I awake, I am still with You.**



# **What do you want for your life?**

**Am I satisfied with my current life experience?**

**What if true transformation is possible? Do you want to find out how to get there?**

**Money**

**Health**

**Work / Job**

**Friends**

**Spouse / Significant Other**

**Kids / Grandkids**

**Freetime**

**Being a Co-Creator - we get to chose the WHAT - God chooses the HOW & WHEN**





# Health....Mindset Shift

## Current Mindset....

- It's just in my DNA
- I was born this way
- I can't stop myself
- It's too hard
- I don't have the motivation
- I always have to watch what I eat
- I am always monitoring my weight
- I always get sick
- I feel bad about myself because I don't look and feel the way I would like to
- I can't afford to eat better
- I can't afford to belong to a gym or to exercise
- I will never be healthy

## New Mindset....

- My mind body and spirit is healthy, happy, fit and I feel great about how I look. I eat healthy and I am able to do all the things I want
- I am healthy, happy, fit and feel great and my mind feels the same. I am able to heal myself of any ailments.

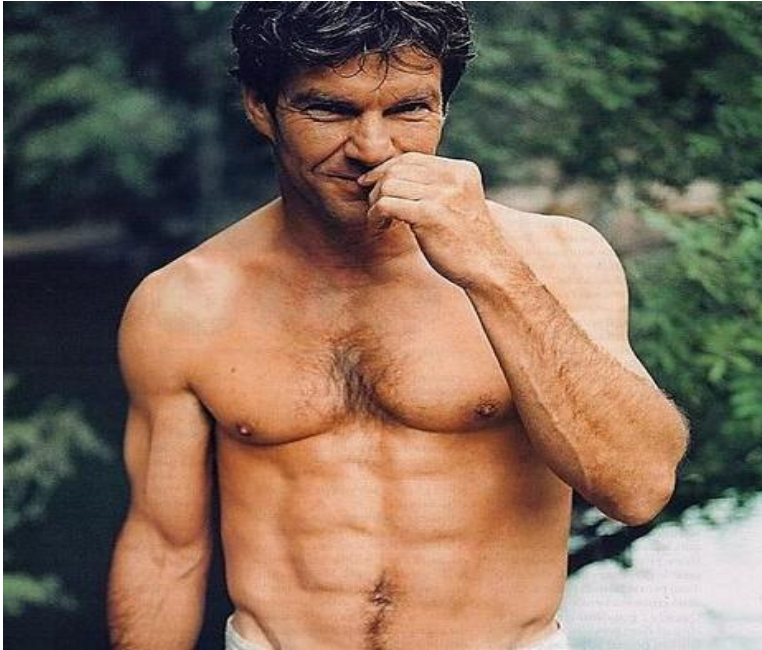
**S** - Specific  
**M** - Measurable  
**A** - Attainable  
**R** - Realistic  
**T** - Time Bound  
**E** - Exciting  
**R** - Risky

**Being a Co-Creator - we get to choose the WHAT - God chooses the HOW & WHEN**



Thank you for motivating me, inspiring me to maintain my perfect weight, fit, strong and full of energy, never sick.

Thank you that I feel, and look amazing .



**my weight today is perfect for me – fit –  
strong – full of energy - never sick**