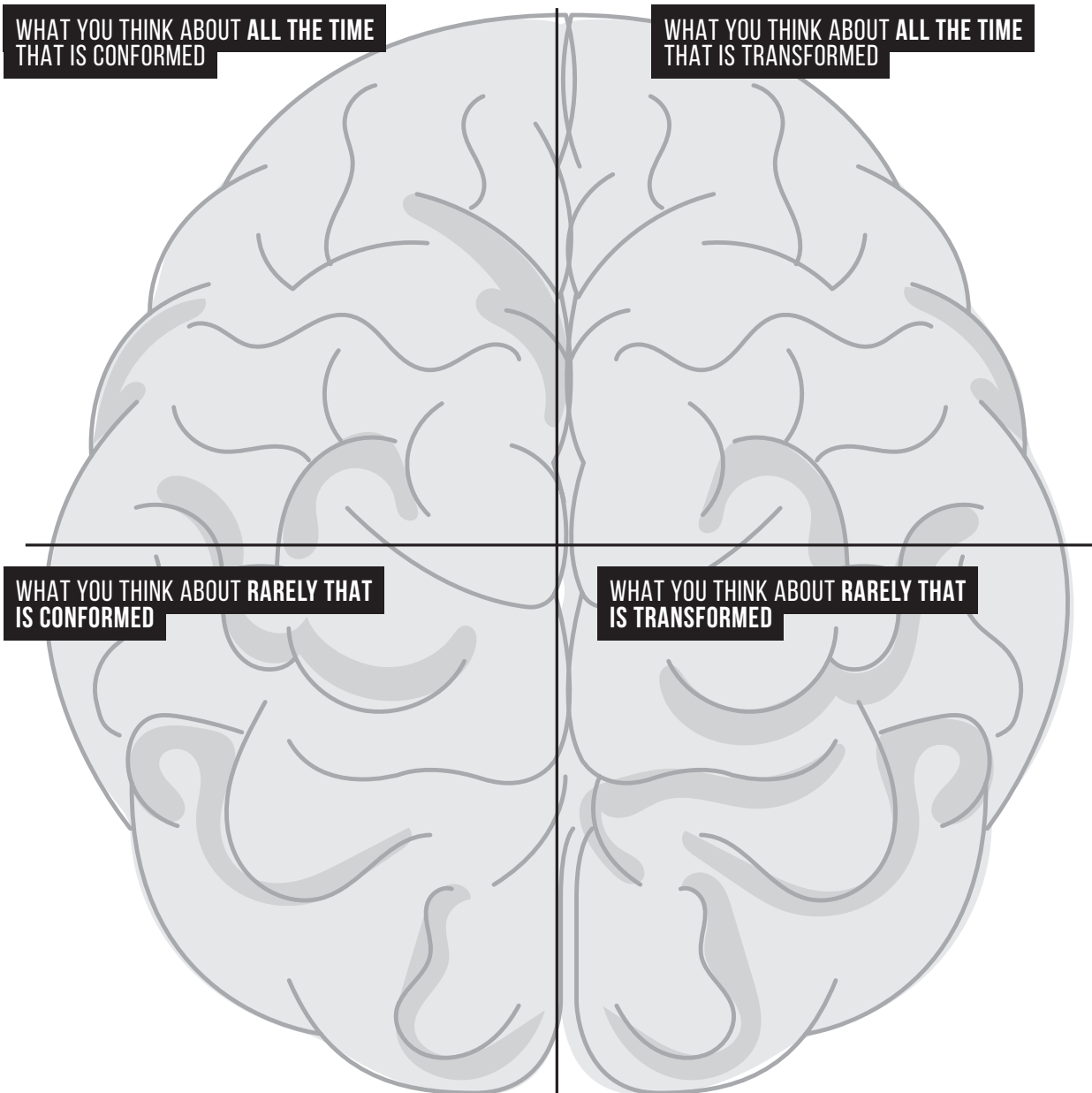


# WORKSHEET: WHAT IS ON YOUR MIND?

Take some time to carry out a **thought audit** of your mind. It may be easiest to do this by casting your mind back over the past twenty-four hours, or the past week, month or year. What is on your mind a lot? What thoughts only pop up occasionally? Which of these ways of thinking seem to be **conformed to the pattern of this world** and which would you say are **being transformed**?

Write them on an appropriate place on the mind chart.



Now, ask the Holy Spirit to show you one or two ways of thinking He is challenging you to change – to think about more, or less, or to be transformed in how you think about them. Mark some arrows on the chart to show this.

