**WHE Group**

**Week 9 of 10: The M For Mental – As a (wo)Man Thinks, so (s)He is.**

This week you’re being challenged to think about what you think about.

Choose a verse from the accompanying sheet that best resonates with you

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During the Whole Health Week, we cover the Importance of Attitude, Identifying Triggers, RATS vs CATS, and Daily Affirmations and my Collection of Quotes to Gain Peace of Mind. We also discuss Palming and techniques for Natural Vision Improvement. Are there any topics from this list that you’d like to discuss and review?

What RATs (real, awful thoughts) have you been identifying in your life lately? Are you able to identify “stinking thinking”?

Let’s read Philippians 4:8 as a group. In what ways can we apply this passage to our everyday lives?

Tonight, we’re going to introduce a powerful technique from Natural Vision Improvement. I will be reading affirmations and a collection of quotes as we palm.

How did that make you feel?

Select a goal for this next week and make it SMART

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**“No area of your life is untouched by your thoughts.” Tommy Newberry**

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