

SPRING CLEANING CHECKLIST FOR RENEWING YOUR MINDSET

"BE TRANSFORMED BY THE RENEWING OF YOUR MIND." — ROMANS 12:2



1. Clear Out Negative Thought Patterns

- ☐ Identify recurring negative or limiting thoughts
- ☐ Confess and release thoughts of fear, guilt, shame, or comparison
- ☐ Replace lies with God's truth (use scripture)
- ☐ Practice forgiveness—yourself and others
- ☐ Write down toxic phrases you say to yourself and reframe them with truth

2. Refresh Your Thought Life with God's Word

- ☐ Choose a scripture to meditate on each day
- ☐ Post uplifting verses around your home or workspace
- ☐ Read one chapter of Proverbs or Psalms each morning
- ☐ Memorize 1 new Bible verse a week
- ☐ Start a "renewed thoughts" journal for scripture reflections

3. Declutter Emotional Baggage

- ☐ Journal out emotions you've been bottling up
- ☐ Pray daily for healing of past wounds
- ☐ Let go of grudges and unresolved anger
- ☐ Seek peace over perfection
- ☐ Celebrate progress over perfection

4. Cultivate a Growth Mindset

- ☐ Speak affirmations rooted in faith
- ☐ Surround yourself with encouraging people
- ☐ Read a book or devotional that challenges your thinking
- ☐ Try something new that stretches your faith
- ☐ Reflect weekly on what God is teaching you



5. Reorganize Priorities

- ☐ Re-evaluate your daily schedule—what drains you? What feeds you?
- ☐ Make time for stillness, prayer, and gratitude
- ☐ Set 1–3 mindset goals for the season (e.g., “I will speak kindly to myself”)
- ☐ Eliminate distractions that cloud your focus (e.g., social media, worry)
- ☐ Keep the main thing the main thing—Christ at the center

6. Invite the Holy Spirit to Guide Your Mind

- ☐ Begin each day with a prayer of surrender
- ☐ Ask the Holy Spirit to renew your thinking daily
- ☐ Be sensitive to conviction and gentle correction
- ☐ Journal any nudges or insights from God
- ☐ Thank God for His grace in your transformation journey

Bonus: Create a "Mindset Reset" Space

- ☐ Designate a quiet space for reading, praying, or journaling
- ☐ Add inspiring décor (flowers, scripture art, candles)
- ☐ Keep your Bible, journal, and favorite pen nearby
- ☐ Visit this space regularly for intentional mindset renewal

**REMEMBER: MINDSET RENEWAL ISN'T A ONE-
TIME EVENT—IT'S A DAILY INVITATION TO
PARTNER WITH GOD IN BECOMING WHO HE
CREATED YOU TO BE.**

