

5-Day Mindset Reset for the Christian Woman

Renew your thoughts
Anchor your heart in truth
Reconnect with God

one simple step at a time

If you've been feeling overwhelmed, stuck in your thoughts, or distant from God in the middle of daily life, you are not alone.

This workbook is designed to help you stop emotional talk and invite God into your thought life again.



DAY 1: Awareness

Theme:

What am I thinking?

- Too often, we brush over what we are thinking and move right to justifying the reasons why. Day one is to focus on the WHAT!

Scripture:

Romans 12:2: *“Do not be conformed to this world, but be transformed by the renewal of your mind that by testing you may discern what is the will of God, what is good and acceptable and perfect.”*

Reminder:

You can't change what you don't notice. Most of us are living from thought patterns we've never slowed down to examine.

Prompt:

- What thoughts have been on repeat lately?
- What feels heavy or overwhelming?

Action Step:

Write down 3 recurring thoughts today.

- Only write three.

Prayer:

Lord, help me become aware of the thoughts I've been carrying. Show me what needs to change. In your name I pray, Amen!

DAY 2: Identify the Lies

Theme:

Is this actually and completely true?

- We tend to focus on what small portion of a story that “might” be true.

Scripture:

John 8:32: *“And you will know the truth, and the truth will set you free.”*

Reminder:

Not every thought you think is true—and many aren't from God.

Prompt:

- Which of your thoughts feel negative, limiting, or heavy?
- What lie might be underneath them?

Action Step:

Circle one thought that isn't aligned with truth.

Prayer:

God, reveal the lies I've been believing and give me clarity.

DAY 3: Replace with Truth

Theme:

What does God say?

- Day three invites The Supreme voice into the conversation.

Scripture:

2 Corinthians 10:5: *“We destroy arguments and every lofty opinion raised against the knowledge of God, and take every thought captive to obey Christ.”*

Reminder:

You don’t just remove a lie—you replace it with truth.

Prompt:

- What would God say about this situation?
- What truth do you need to hold onto?

Action Step:

Write one truth statement: “Even though I feel ____, the truth is ____.”

Prayer:

Lord, help me hold onto Your truth more than my feelings.

DAY 4: Practice Renewal

Theme:

Repetition creates change

- Challenge yourself to not just state God’s truth but to repeat it over and over again.

Scripture:

Philippians 4:8: *“Finally, brothers, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is commendable, if there is any excellence, if there is anything worthy of praise, think about these things.”*

Reminder:

Renewing your mind is not a one-time moment—it’s a daily practice.

Prompt:

- What truth do you need to repeat today?

Action Step:

Repeat your truth throughout the day (write it on your phone or mirror)

Prayer:

God, train my mind to return to what is true.

DAY 5: Living it Out

Theme:

Walking in a renewed mindset

Scripture:

Colossians 3:2: *“Set your minds on things that are above, not on things that are on earth.”*

Reminder:

A renewed mind leads to a different way of living—more peace, more clarity, more trust.

Prompt:

- What feels different after these 5 days?
- What will you continue?

Action Step:

Choose one daily habit to continue (journaling, scripture, truth statements)

Prayer:

Lord, help me continue walking in this renewed mindset.

Continue the Journey

You do not have to do this alone. If this reset helped you see how powerful your thoughts and emotions can be—and how hard it can be to shift them on your own—this is exactly what I walk women through in coaching. Together, we identify patterns, replace the enemy’s lies, and create a renewed mindset rooted in truth and aligned with God.



Taking a Biblical approach, my coaching approach partners with you to identify and overcome limiting beliefs and self-doubt to confidently live out the life God intended.

- Renew your mind through scripture
- Break free from limiting beliefs
- Develop daily rhythms with God
- Move to intentional, Spirit-led living