

January 25, 2026 Worksheet

What are the empowering thoughts you are currently experiencing in your life?

If you do not have empowering thoughts, why? What are you focused on currently?

Do you have faith in God in and as you?

What are the limitations I believe in myself and my life?

How do you practice the teaching of Science of Mind?

What tools do you use to change your thinking? Do you use them consistently?

Are you willing to use repetitive statements such as affirmations to change our thinking?