



**IQUIT!**

I Quit:

Lying

I Quit:

**Blaming**

I Quit:

Negative  
Thinking

# Philippians 4:8

**<sup>8</sup>Finally, brothers, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things.**

# Philippians 4:9

**<sup>9</sup>Whatever you have learned or received or heard from me, or seen in me—put it into practice. And the God of peace will be with you.**



# **3 Ideas To Win The Battle For The Mind**

**1. Pay Attention  
To Your Thoughts**

# **3 Ideas To Win The Battle For The Mind**

**2. Put Quality  
Thoughts Into Your  
Mind**

# **3 Ideas To Win The Battle For The Mind**

## **3. Practice Right Thinking**



IQUIT!