

Answer seven self-reflective questions to help you examine where you could benefit from redefining certain thoughts, beliefs, and perspectives to align with God's love and wisdom:

1. **What beliefs or thoughts are currently causing me the most stress?**
 - *Example:* "Do I believe that I must be perfect to be valued? How is this belief affecting my mental health?"
2. **How do my current beliefs impact my relationships with others?**
 - *Example:* "Do I hold any assumptions about others that might be causing misunderstandings or conflicts? How can I address these?"
3. **Are there areas in my life where I feel stuck or unfulfilled?**
 - *Example:* "Am I dissatisfied with my career path because I'm following a predefined success model rather than my true passions?"
4. **What aspects of my life could benefit from a fresh perspective?**
 - *Example:* "How might viewing my personal goals through a lens of grace and patience change my approach and results?"
5. **How do my beliefs about failure and success align with God's teachings?**
 - *Example:* "Do I view setbacks as punishments, or can I see them as opportunities for growth and learning?"
6. **What are some negative thought patterns I need to challenge or change?**
 - *Example:* "Do I frequently think that I'm not good enough? How can I replace this with a more affirming belief?"
7. **What new practices or habits can I introduce to support my journey towards a redefined perspective?**
 - *Example:* "Should I start journaling or meditating to help align my thoughts with my values and goals more effectively?"