



Take back your mind.

THE RENEW · RESET · REPEAT FRAMEWORK

① RENEW

Interrupt the thought.
Replace it with the Word.

“Be transformed by the renewing of your mind.”
— Romans 12:2

② RESET

Rewire the pattern.
Your brain can change — science.
It is not fixed. Neither are you.

③ REPEAT

Every day. Consistency is the method.
Transformation is the result.

*My default can be reset.
Any time. Starting now.*

YOUR DAILY MIND RESET PRACTICE

MORNING

Before you scroll.

Pray first. Declare:

“My mind is being renewed today.”

CHECK-IN

When a thought hits.

Ask: Is this true? Is this God?

Interrupt. Replace. Move forward.

MIDDAY

One minute reset.

Breathe. Recite Romans 12:2.

Reset your posture — inside and out.

EVENING

Before you sleep.

Write one thought God corrected today.

Write one truth you choose to keep.

Renew. Reset. Repeat. Every day.

DECLARATIONS FOR YOUR MIND

My mind is being renewed.

— Romans 12:2

I take every thought captive.

— 2 Corinthians 10:5

I am not conformed to this world.

— Romans 12:2

*God has not given me a spirit of fear,
but of power, love, and a sound mind.*

— 2 Timothy 1:7

I have the mind of Christ.

— 1 Corinthians 2:16

My default can be reset.

Any time. Starting now.