

TRICIA ZODY

Another Beautiful Life

PODCAST GUIDE

This guide is intended to be used as a complement to my podcast “Another Beautiful Life.” It is best utilized after listening to the corresponding episode. Please take some time to be contemplative in your answers. My suggestion is to ask the Holy Spirit to lead you through it before you begin. I’m already praying you hear His voice clearly.

Episode 123 – Re-Write The Code

There are four steps we can implement daily in order to live in newness and freedom God intends for us. We know we can renew our minds based on Romans 12:2 by intentionally controlling our thought processes and bringing them in line with God's truth.

Step one: notice any negative thoughts we have every day. This is becoming aware, becoming a student of yourself, so that you can identify when you're entertaining a negative thought.

- 1) What are some thoughts you've had just today that you can recognize have been negative?

A thought is a suggestion to your brain to create or generating something to prove it true. You get to decide for yourself what you want to entertain and create in your life. You get to decide if you want to allow it to stay and take root or if you're going to challenge it. You're in control of your thoughts.

Step two: decide if the thoughts suggested to your brain to create in answer number one is what you want in your life.

- 2) Look at your answers in question number one and decide which ones you want to challenge:

Step three: Take those thoughts captive by saying something like, “No, I’m not going to believe that any longer.” Or “Nope, that’s not me anymore.”

- 3) What is your response to these negative thoughts?

Step four: Create new suggestions for new results for your brain to begin working on creating. That’s what it’s programmed to do; to generate results based on the code input. So make sure the code you’re using is what you want to see play out in your life. This is the exciting part, to realize that you have so much more say-so in what your brain is ruminating on and the results it’s creating in your life. You are in control of your thoughts. Say, “Instead, this is what I want to believe,” and let your brain know.

- 4) Write out your new “code” for your brain to follow and create:

If you need some further help, it would be my privilege to be your Life Coach and help you re-write the code that your brain follows. Feel free to email me at: coaching@triciazody.com.