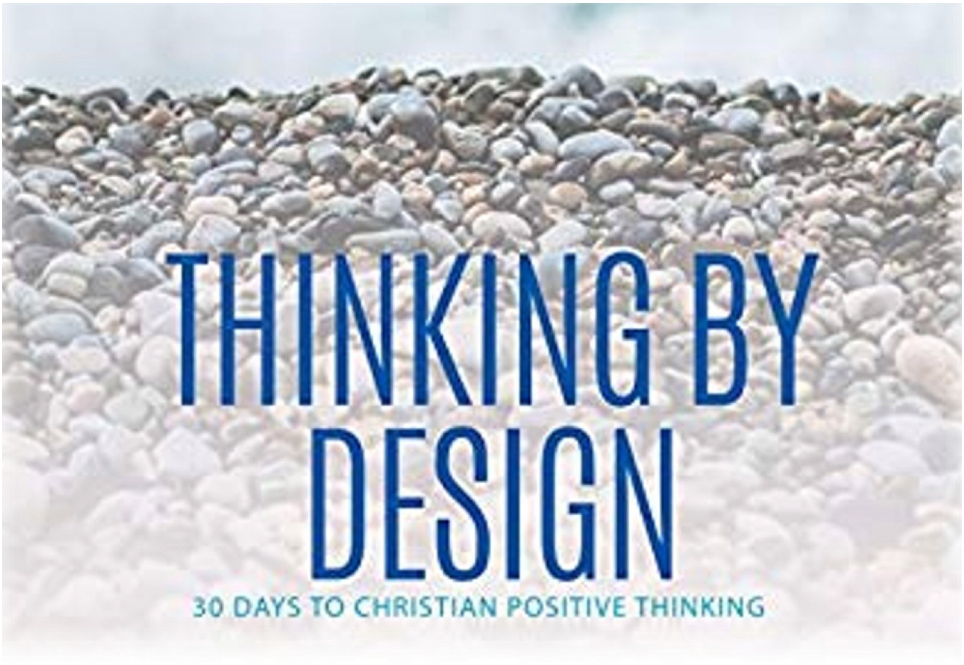


CONSECRATION

January 1 - 30, 2020

THE LIFE CENTER

ONE CHURCH TWO LOCATIONS

Bishop Brian D. Moore

Founder and Presiding Prelate

CATHEDRAL
7190 Cross County Road
North Charleston, SC 29418

CHARLOTTE
2435 Toomey Avenue
Charlotte, NC 28203



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CONSECRATION

January 1 - 30, 2020

MENU

No Meats

(Seafood In Moderation)

No Fried Foods

No Sweets/Desserts

Allowed:

Water

Sparkling Water

Fruit Juice

Herbal Tea

Caffeine Free Coffee

PERSONAL CONSECRATION

Social Media Detox (January 1—14)

Personal Limit To TV Shows

DAY 1 – SLOW DOWN & THINK

In a multitude of words transgression is not lacking, but he who restrains his lips is prudent. Proverbs 10:19

To think is to be human. It is a fundamental part of the human experience and we do it every single day we are alive. Given the fact of how important it is, we should not take the process for granted and should understand how much it affects every relationship, interaction and connection to other people.

Our thoughts and decisions can take only mere seconds to formulate in our mind, but have lasting impact through our entire lifetime. When we take the time to slow down and think clearly, we can make better decisions and see the lasting impressions through our lives. Knowing when to think through a decision will save you time, heartache and enrich your life. We should never take the act of thinking for granted.

When we slow down and think we have a chance to choose our words carefully. When the words are chosen carefully, we tend to communicate better.

When you are faced with a decision today, think to yourself what frame of mind you are in. Are you happy, mad or sad? Take your frame of mind into consideration and think about whether or not you should say something in your current state. If the decision is important and you are speaking with someone, request to get back to them in 30 minutes, that way you have time to think it through. Even if the decision is not big, allow yourself a few extra minutes to think it through today. Slowing down today will help exercise your ability to think more clearly and build patience inside your heart, mind and soul.

DAY 2 – THE DESIRES OF THE HEART

A calm and undisturbed mind and heart are the life and health of the body, but envy, jealousy, and wrath are like rottenness of the bones. Proverbs 14:30

The desire to be successful in life is stranger to none. We all have desires that are instilled within us; we want to be important, wealthy and genuinely happy. These desires originate in the recesses of our mind. While having desires is a healthy part of being human, we often set desires up as goals instead of being part of our already established life. Setting desires up as goals, keeps us from being content with our life.

This commonly happens when people connect their desires directly to how much money they have and their material possessions. Generally, people who connect their desires to money do not have money and think it is the key to being happy. Money does not make you happy, keeping a healthy, calm and undisturbed mind does.

Your desires can be morphed, changed and adjusted when you see fit. It's all in your mind. Finding the ability to be content while desiring to move forward is the key to maintaining positive thinking in your daily life. Oftentimes Christians feel bad that they have desires to move forward, but God wants us and encourages us to progress in life.

May He grant you according to your heart's desire and fulfill all your plans. Psalm 20:4

God loves us and wants us to be successful in our life. Does that mean will succeed all the time at everything we pursue? Of course not, we will however have help moving in the directions that are fitting four his design and purpose.
Today, determine what your desires are. Are you setting up

desires as goals? Find ways to connect your desires to your life you already live. Being content with where you are in life will equip you better to think clearly and positive daily.

DAY 3 – SOWING

[Remember] this: he who sows sparingly and grudgingly will also reap sparingly and grudgingly, and he who sows generously [[a]that blessings may come to someone] will also reap generously and with blessings. 2 Corinthians 9:6

When you want to plant a vegetable garden, you must first acquire the seeds. Once you have the seeds in hand, you can deposit the seeds into the designated area for your garden. The designated areas will consist of mounds of fertile dirt. It's a fairly common practice that has been around for all of human history. While this is general knowledge, many struggle to understand how this concept works in our everyday lives.

The seeds in our lives range in variety, just with vegetable seeds. There are seeds of kindness, peace, love, joy and so on; all which are good positive seeds. Then there are bad seeds of hatred, anger, disapproval, and so forth; all which should be avoided (negative). The garden area is our lives themselves and the mounds are the people who we come into contact with. Even our own mind has a mound in that garden.

The act of sowing is a daily occurrence whether we acknowledge it or not. Today, think about what types of seeds you are sowing into the lives of others and in your mind. What kind of seeds are you planting? Try to make an effort today to increase the amount of good positive seeds you plant and stay tuned for the results.

Day 4 – Reaping

[Remember] this: he who sows sparingly and grudgingly will also reap sparingly and grudgingly, and he who sows generously [[a]that blessings may come to someone] will also reap generously and with blessings. 2 Corinthians 9:6

This is a continuation from yesterday. What seeds we decide to sow, we will also reap. If you deposit seeds into yourself and others that bring others and yourself down, you will have a down trodden life. You cannot expect to deposit poor mental attitude into every aspect of your life and expect a positive outcome to come forth. Every seed that is planted, whether good or bad will return a result, guaranteed.

Deposits of good will yield good results. It matters little whether you are actually are in a good mood. It might play a role on how well you communicate, but faking it to make it can be done.

An example of a good deposit would be a compliment to your spouse on something they did; maybe some encouraging words a brief argument. Staying positive and looking for those opportunities for good deposits will yield an excellent return.

God sees what we do with our life. He knows the number of hairs on our head and can listen to us all at once. When we sow goodness, God blesses us richly. He designed our entire world, universe, and the laws of gravity. He designed commonly known “For every action, there is an equal or greater reaction” which is a fundamental part of reaping and sowing.

For every seed you plant, there is a reaping of equal or

greater based on what you sowed. Sow good, positive concepts into your life and you will reap the blessings and benefits.

Today, think on what you have been reaping lately. Think back to the previous day and see if you are able to determine any seeds that harvested a good return. Do not be discouraged if you cannot find a yield, sometimes it comes down the line. There is always a return, even if you cannot see it.

DAY 5 – THE PREVIEWS

Keep and guard your heart with all vigilance and above all that you guard, for out of it flow the springs of life.
Proverbs 4:23

What kind of picture does your thinking life paint? Your thoughts and mental attitude is a preview of what's coming up next. If you do not think very often and go with the flow of life, you see a preview for what's up next in your life, nothing.

The thoughts of men and women are where the ideas that change the world are born into existence. It is where we make the decision to go, the decision to stay. The choices we have are endless every day, our decision has lasting impact in ways we see and sometimes don't see.

Years ago while my wife and I were dating long distance (ouch I know!) we fought about issues we had and we did not really have very good conversations. One day, my wife prompted me with a question—well, an ultimatum—which was: I was either to drop the petty topics about ex-boyfriends or she was done. After a quick 5 second moment of thought, I quickly agreed to drop it and the problem was

solved.

I decided not to let my thoughts focus there. That 5 second decision of thought rippled through my entire life. I ended up relocating to her state, marrying her, and starting our life together.

Today, stay consciously aware of what you are thinking about. Also be sure to pay close attention to your mental attitude towards what you are thinking about. Make a couple predictions on how a particular situation will turn out based on what your thought pattern is about it and your mental attitude towards it.

DAY 6 – THE NON-CONFORMIST

Do not be conformed to this world (this age), [fashioned after and adapted to its external, superficial customs]… Romans 12:2

Fitting in and running with the rest of the crowd is often the safest way to get through situations and life. This "safe way" worked well when we lived among the wild creatures of nature, but it does not work so well for current day affairs. If we want to think positive, we have to escape the chaos that is ever present in today's world and is the new running with the crowd.

Once a telegraphic operator had an idea; he formed this idea because he did not accept the reality that was all around him. He looked at the world and saw how it could be different; instead of conforming to the world around him, he told the world to conform to him. This man saw what the world could be, not what the world was. He believed there should be a different way to provide light in-

stead of just using gas lamps for lighting. This man was Thomas Edison.

Conforming to the world and the people around us will allow us to blend in. For every person that conforms, we should see a person that does not think for themselves. Our thoughts dictate our life, when we let others influence it; we lose so much of the power that controls our life.

Today, think deeply when in conversations with other. Are you conforming to the general consensus in order to blend in and be comfortable? Do a little thinking about areas of your life or situations where you have neglected to think for yourself and just went with others ideas.

DAY 7 – TRANSFORMATION

…but be transformed (changed) by the [entire] renewal of your mind [by its new ideals and its new attitude], so that you may prove [for yourselves] what is the good and acceptable and perfect will of God, even the thing which is good and acceptable and perfect [in His sight for you].
Romans 12:2

This is a continuation from the previous day. Once we are able to be a "non-conformist", then we are able to properly tend to our own mind's affairs. When we break the cycle of conforming to others and allow our mind to think for its own self, an amazing transformation begins to take place.

The mind is similar to a big yellow sponge. While it can hold a considerable amount of information, like the sponge, it is limited in its capacity. The mind, like the sponge, can only put out what it takes in, and thus we have to be sure to soak up positive thinking in order to produce the positive results. Now that we are allowing our mind to operate in-

stead of conforming, we are able to setup our positive thinking and push forward.

Now that you think on your own without others thinking for you, you can make the necessary moves. The world is full of opportunities to engage in positive interaction. For example, I've used Facebook to engage with others in order to deposit seeds of encouragement and good tidings. Sometimes they are not received in a positive manner, but the people seeing and reading the comment(s) that are left are encouraged. Oftentimes, we are depositing seeds not directly to the person we interact with, but those who are witnessing.

Today, analyze where you are depositing your seeds. Look for opportunities that you can help someone in a positive way, be sure to be consciously aware of the others that see your interaction, for your seed reaches them also.

DAY 8 – DWELLING POINTS

For the rest, brethren, whatever is true, whatever is worthy of reverence and is honorable and seemly, whatever is just, whatever is pure, whatever is lovely and lovable, whatever is kind and winsome and gracious, if there is any virtue and excellence, if there is anything worthy of praise, think on and weigh and take account of these things [fix your minds on them]. Philippians 4:8

We have inkling to dwell or ponder in our thoughts at certain times throughout the day. Sometimes they are good and sometimes they are bad. It's a natural occurrence that happens to everybody. If we dwell on something that is negative, our mind's mental attitude is going to be in a frame of negativity. If we instead focus on the positive and

good in our life and the world, it will frame our mind in positivity.

When we are worried, it's natural to focus our attention to that worry. While it is natural to dwell on such, worrying does not solve the problem. Instead of framing your mind around your worry and all the negativity associated it, find the positive and focus on it.

The world is full of chaos and we have to avoid it more now than ever. With instant news updates on our phones, computers and TV's of events happening across the world, it is easy to get sucked into all the bad that is happening. Remember, the news networks are in business and need viewers to make their money. To get more viewers, they have to report on the chaotic events across the globe.

The more bad and negative news that gets reported, the more people absorb it and become desensitized. The more they get use to the chaos, the news networks have to get more bad news stories in order to keep the viewer's coming back. In your mind relate this to someone who works in a morgue. You know that initially, it's going to be shocking to see bodies rolling through, but overtime they will be desensitized. If you are desensitized from the news, you can simply rollback the amount you digest and thus re-sensitize yourself.

Today, stay consciously aware of when your mind takes you to dwell on a specific thought, situation or idea. Take note on what the thoughts are related to; think about why your mind would take you to that spot. If you come across a worry, shift your directional focus to another area that is more positive.

Day 9 - Negativity for Positive

We are assured and know that [[a]God being a partner in their labor] all things work together and are [fitting into a plan] for good to and for those who love God and are called according to [His] design and purpose. Romans 8:28

People often avoid pain and seek pleasure. They call this hedonism. We are born into a hedonistic mindset, we cry when we want something until we get it. As we grow, we tend to allow a little more pain into our life like waiting to eat until dinner time when you are hungry. The more we grow and develop our minds; we should be able to accept more pain in. In order to maintain a positive frame of mind, we need to equip ourselves with the ability to consume negativity for fueling our positive mindset.

To better outline the act of consuming, here is a scenario. Jimmy has rent due next week and is running low on funds; he is also at the same time running a startup business. Jimmy consumes his problem of not having rent money to push him farther with his startup business. He uses and logs the negative experience (what he desires to avoid) for fuel to drive his startup venture.

Does this mean we should keep all the negative influences in our life and just consume them all for positive thinking? Nope, we cannot consume everything. It's for the unavoidable circumstances that require us to consume them for positive thinking. When something bad happens or jolts us, we tend to move away from the problem area; instead we should attempt to embrace it.

There is no situation in which you cannot gleam some positivity from. Our lives can be stressful and chaotic at times, but there's a powerful and loving God up above that is in

control. He can show us the good in life, but he cannot turn our head to look. Problems in life tend to work themselves out in the end. If the problem is still going on, it just simply is not the end.

Today, look across all the different areas of your life. Can you find some negativity that you cannot avoid? Try to determine how you could consume the negative for positivity. This might take some time, so do not grow faint in heart.

DAY 10 - POSITIVE AFFIRMATIONS

5 Let your moderation be known unto all men. The Lord is at hand. 6 Be careful for nothing; but in every thing by prayer and supplication with thanksgiving let your requests be made known unto God. 7 And the peace of God, which passeth all understanding, shall keep your hearts and minds through Christ Jesus. 8 Finally, brethren, whatsoever things are true, whatsoever things are honest, whatsoever things are just, whatsoever things are pure, whatsoever things are lovely, whatsoever things are of good report; if there be any virtue, and if there be any praise, think on these things. 9 Those things, which ye have both learned, and received, and heard, and seen in me, do: and the God of peace shall be with you. Philippians 4:5-9

The above passage is one of my favorite sets of bible verses that I memorized over the years. Memorizing scripture and writing them on the tablet of your heart is an affirmation. The word “affirmation” simply defined is the action or process of affirming something to be true. Many say the affirmations need to be spoken out loud, I don’t believe it matters.

Speaking the words can cause more of an emotional stirring

inside of you and that might be the reason they say to speak them out loud. Either way, memorizing the words of God and committing them to your mind is a great way to stay positive. God's word is a gift to you; the Creator of everything inspired the words in the Bible.

Memorizing hundreds of bible verses is a task that not many can accomplish, and that's okay. The goal is not to get a higher number of verses memorized than anyone you know, the goal is to adapt God's thoughts (The Bible) and thinking to our own mind.

Today, find a single verse that you want to commit to your mind. If you already know and memorized a collection, pick a new one or use your favorite. You will want to make sure the verse is relatable to positive thinking. For example, the passage outlined today (verse 8) or it can just be verses about God's plan in our life, etc… It needs to have a direct positive direction on the verse. With this verse, speak it out loud or in your head throughout your day. If you come across difficult situations think on the verse. Commit the verse over and over again.

Day 11 - Playing The Role

Therefore be imitators of God [copy Him and follow His example], as well-beloved children [imitate their father].
Ephesians 5:1

To live a positive thinking life, we need an example to follow. Who is a better example than Christ himself? God in the flesh without a flaw, loving and serving all people He came in contact with. A life of service to others is what Jesus lived and is easily the best example you can find.

How do we adapt to this imitation? We approach difficulties, situations and trials the way He did to the best of our ability. This requires us to slow down and think more thoroughly in critical moments of decision. Digesting God's word and changing our view on people to match that of God will help us in our ability to imitate.

The bible is full of stories and Jesus told parables to assist us in this life we live. Let your quiet time with the Lord direct your thinking and decisions. We know that Jesus spent the majority of his time serving and loving people, we also know he had quiet time in prayer away from others. These traits, when adapted in our own life can seem daunting, but God will help us adapt when we ask Him to help.

Today, think of someone you would like to imitate. What traits do you see in them that you would like to imitate? Write these traits down and try them out. If you prefer to stick to Christ, that's good too. When you come across a situation or decision, think to yourself how they would handle it. Do not get discouraged if it takes some time to adapt these principals. Small steps are better than no steps at all.

Day 12 - Sing & Dance

Let them praise His name in chorus and choir and with the [single or group] dance; let them sing praises to Him with the tambourine and lyre! Psalm 149:3

What is better than singing and dancing? Nothing! The act of singing releases endorphins, the brain's "feel good" chemicals. It's a free hit of positivity for your mind, so whenever you feel inclined to sing, sing away.

I am a horrible singer, but that does not stop me from sing-

ing at the top of my lungs at times. I usually don't sing around others though, since it doesn't feel as good to them as much as it does to me. You cannot help but feel good when you sing and it's a quick way to move your frame of mind into a positive one. It's a shortcut that works and should be utilized.

There was a 21-year study done of senior citizens 75 years of age and older, led by the Albert Einstein College of Medicine in New York City. The studies purpose was to see if any physical or cognitive recreational activities influenced mental sharpness. The study had activities such as reading books, writing for pleasure, doing crossword puzzles, playing cards, playing musical instruments. They also had physical activities such as: playing tennis and golf, swimming, bicycling, dancing, walking for exercise and doing housework. The physical activities offered little to no benefits except one, dancing.

Dancing blew the competition away, why? It has to do with being required to make split-second rapid-fire decisions instead of repetitive worn down paths. Dancing integrates several brain functions at once – kinesthetic, rational, musical, and emotional – further increasing your neural connectivity. Basically, when you dance, you are increasing your brain functioning power and making yourself smarter in the process.

Today, find a song you love and blast it. Sing your heart out and enjoy it. If you can involve dancing, that would be ideal. Participating in these activities will help assist you in keeping your mind in a positive mindset.

DAY 13 - LAUGH

A happy heart is good medicine and a cheerful mind works healing, but a broken spirit dries up the bones.
Proverbs 17:22

When we laugh, we change the physical state of our body. You cannot be negative and sad while you are laughing, it is impossible. The health benefits include: relaxation for your body, boosted immune system, triggered endorphins (the feel goods) & increases blood flow/circulation.

When you laugh, you cannot help but smile. That smile tells your mind that you are happy. If you smile even when you are not feeling up to par, it helps guide your mind and frame that positive mindset. I have never met someone that was able to maintain a sad/negative mindset during a laugh. To maintain sadness/negativity in the moment of a laugh is impossible.

Being happy is not a check box on a form, you have to actively take steps. Framing your positive mindset requires structural integrity to keep it up. Laughing is a great way to keep your mind geared towards positive thinking every day of your life.

Today, find something that can make you laugh. If you don't already follow anything funny on Facebook (assuming you have Facebook), you can check out https://www.facebook.com/verycleanfunnypics. There are more pages that are similar, but that is one I enjoy. You might want to look up some videos on Youtube that make you chuckle. Neature Walk is one of my favorite, but it's not for everyone. If you want to check it out, it's available here http://youtu.be/Hm3JodBR-vs.

DAY 14 - MENTAL CONDITIONING

The Lord is my Shepherd [to feed, guide, and shield me], I shall not lack. Psalm 23:1

Conditioning the mind to stay positive is essential to our success long term. Finding definitive truths in your life and keeping them locked in place will condition your mind to rely on them. Having these solid lines will help establish the structure needed to maintain positive thinking.

A perfect example of a definitive truth is the passage in psalms written by David. We read this verse and know from the stories of David, that this was a definitive truth in his life. We also can have these definitive truths.

Some other examples can be:

- I am not a victim and I will not let myself act like one.
- My boss is not in control of my life, I am in control and I choose to work for them and trade him money for my time.
- I can only control myself, not others.
- The Lord is my Rock, my Fortress, and my Deliverer; my God, my keen and firm Strength in Whom I will trust and take refuge, my Shield, and the Horn of my salvation, my High Tower. Psalm 18:2

Today, search your mind for truth. Find and discover hard line truths that you can draw from your life and thoughts. Dwell on them and re-enforce them to yourself. Knowing the boundaries and limitations will keep you in the game long term with positive thinking. It will also help you understand more about who you are to yourself.

DAY 15 - IDENTIFYING POSITIVITY

Every good gift and every perfect ([a]free, large, full) gift is from above; it comes down from the Father of all [that gives] light, in [the shining of] Whom there can be no variation [rising or setting] or shadow cast by His turning [as in an eclipse]. James 1:17

Becoming aware of where the positive influences are is important in thinking positive. To view life in a positive manner, it requires us to be aware of our surroundings in the fullest sense. To sense positive influences and draw on their power will keep your positive mindset in firmly in place.

As mentioned before, you can sing, dance and laugh to keep your influence of positive connection alive, but there is more that can be done. For instance, you can read the Bible and spend time in prayer. Not only are they positive influences in your mind, but they keep a healthy relationship with yourself and your Creator.

You can also venture into the world and see others in need. Fulfilling a need for another human being is a positive experience that will enrich your life beyond measure. Do not exploit helping others to just pump your positive thinking tank, do it because you genuinely care. Caring for others comes natural to some, while others it is a work in progress. You might need to start at a very small level and work on it overtime.

Becoming involved with others can simply be flashing a smile and a “hello” to a stranger. These small steps might seem insignificant to people who have extensive experience with interacting with others but it is a large step for the people who usually do not engage with others. If you are on a higher level of engagement, dig deeper and step out of

your comfort zone to identify ways you can further your involvement with others that can increase your positive influences.

Oftentimes to grow and develop, we have to step out of what's comfortable and venture into the unknown. This is part of growing and entirely natural. There is more available when it comes to positive influences. You can learn and research something of interest, read positive news articles, find out what local, national or worldwide groups are doing that are positive and helpful. Basically, consuming positive information is the main objective when identifying positive influences.

Today, identify an area that you can hook up your think tank and fill up on positivity. Filling your think tank with positive influences will help keep your mind at peace and on the right track. Small steps in the right direction will still get you to the destination, but no steps at all won't get you anywhere.

DAY 16 - IDENTIFYING NEGATIVITY

Be well balanced (temperate, sober of mind), be vigilant and cautious at all times; for that enemy of yours, the devil, roams around like a lion roaring [[a]in fierce hunger], seeking someone to seize upon and devour. 1 Peter 5:8

Our enemy is not a big red guy with horns and pitch fork that we can pick out of a crowd. While the depictions of the "Devil" worked well over the years for cartoons and illustrations, it's blurred a line of what we think our enemy looks like. It is not a physical battle we fight, it's a spiritual battle.

For we are not wrestling with flesh and blood [contending

only with physical opponents], but against the despotisms, against the powers, against [the master spirits who are] the world rulers of this present darkness, against the spirit forces of wickedness in the heavenly (supernatural) sphere. Ephesians 6:12

Our enemy loves to use negative thinking to distort and blur reality from what God has designed our life to be. If a monster walked up to you on the street that was red and had a pitch fork, would you listen to anything he had to say? Chances are you would be running as far as you can from the monster.

Satan is evil and a totally bad dude, but that does not make him stupid. He knows the Christians are not going to give into a lot of the seductions of the world. He knows he has to get into their thinking life. That involves doubts, fears, loose lips and more. If he can successfully plant a seed of his liking into your thinking life, he can unravel a lot of who you are. Being on guard and identifying the negative influences is important to fight the good fight.

Today, do some thinking about what areas of your life you could approach with a little bit more light and less negativity. Are there any spots in your life that are negative? What could you do about it? People are often a source of negativity, we'll explore that next. Knowing where the negative spots are in life will help keep your mind from going there and you are better equipped to stay positive in your day.

DAY 17 - DEALING WITH DIFFICULT PEOPLE

May the Lord judge between me and you, and may the Lord avenge me upon you, but my hand shall not be upon you. 1 Samuel 24:12

To take matters into our own hands is a dangerous path to go down with people. People are flawed and will make mistakes; it is not our place to avenge ourselves. Have you ever been in an argument and said something you later wished you could revoke from saying? We all have been there; it can be difficult to hold our tongue and vengeance against those we feel wronged us.

We have to be mindful of the fact that the Lord says throughout the Bible to leave the judging and revenge up to Him. Who's a better Judge than God of the universe? Our ability to judge right from wrong is slanted by our imperfect minds.

Difficult people are often the same ones that are negative. People who are stuck in a poor mindset often are there by their own doing and they like it (even if they do not admit it). You can never help someone who does not want help. To help ourselves with positive thinking, we have to avoid and cut short the pity party and/or negative conversations.

Firm lines with difficult people can cause them to vanish out of your life, but if your relationship only existed for your involvement in a continuous pity party, you are better off in the long run. Family can be more difficult to draw firm lines with and if it's unavoidable, try to direct conversations to positive topics or bring up a positive point of view to the negative conversation. We cannot help people who do not want help, so do not be discouraged if you are met with rejection and attacks.

Today, identify some difficult people that are in your life. Identify ways you can steer the bad conversations into positive ones or start creating some distance between you and that person if that is an option. You always have choices and drawing those solid lines and boundaries will help keep your positive thinking mindset intact.

DAY 18 - THE UPSIDE OF "YES"

18 As He was walking by the Sea of Galilee, He noticed two brothers, Simon who is called Peter and Andrew his brother, throwing a dragnet into the sea, for they were fishermen. 19 And He said to them, Come [m]after Me [as disciples—letting Me be your Guide], follow Me, and I will make you fishers of men! 20 At once they left their nets and [n]became His disciples [sided with His party and followed Him].
Matthew 4:18-20

When we choose to say "yes", we make a choice to change from our current state of living. Whether it's following Christ or choosing to participate in a family game night. We choose to embrace the change we are being called to when we say "Yes".

We are faced with a multitude of Yes and No questions daily and our decisions while many seem small but are impactful and shift our life in one direction or another. Saying it can open up other possibilities and opportunities for more chances for changes that are needed.

When Peter and Andrew were called, they probably never fathomed their decision would live on through the ages of human history in the pages of the Bible. They had no clue people would be reading about their decision on their iPad's sipping on a mocha from Starbucks some 2000 years later.

Knowing when to "yes" requires you to have a understanding of many of the principles already discussed in previous days. When you can see the positive influences that can result from a "Yes", you need to hop on the decision quickly. If we get into a mindset of always saying "No", we will never know what positive influences we are missing out on.

Today, stay aware of the Yes/No decisions you come into contact with. Take a moment to weigh the positive influences that can come into play by a "Yes" and act accordingly. If needed, feel free to think on a past Yes/No situation that has come up.

DAY 19 - THE DOWNSIDE OF "YES"

Do not be so deceived and misled! Evil companionships (communion, associations) corrupt and deprave good manners and morals and character.
1 Corinthians 15:33

When you are apt to say "Yes" to everything that comes at you, you'll spend yourself dry. People who only take will find you and drain your energy by having you do too much for them. Each time you say "Yes", you are electing to forfeit and sacrifice something that is very important, time.

If we say "Yes" to people who are of the darker side of the world, we run the risk of corrupting ourselves. We can have the best morals in the world, but in the company of those who are lacking and do not care as we do, we can slip and run the risk of damaging our character.

Many people pleasers feel a need to say "Yes" to everybody who has a request of them. Saying "Yes" all the time limits their ability to spend time where they actually have a desire to spend their time. This lack of time will cause stress, worry and discontentment with areas in their life. For instance, always doing stuff with friends can cause relationships within your family to suffer from the lack of time being spent with the family. The situations and scenarios vary, but there is already a sacrifice of time elsewhere when we elect to say "Yes" to others.

Sacrifice is always a part of saying "Yes" and should be noted when deciding when to say it. Our time is limited and should be spent properly to maximize efficiency. Knowing the difference between a good time and bad time to say "Yes" will enrich your life beyond measure.

Today, when you come across decisions that are of a "Yes" or "No" nature think a little longer about the request. Weigh the decision of a "Yes" before accepting or agreeing to the request. If needed, feel free to think on a past Yes/No that has come up.

DAY 20 - THE UPSIDE OF "NO"

So teach us to number our days, that we may get us a heart of wisdom. Psalm 90:12

Telling people "No" is not as dramatic as we paint it out in our mind. We often fear losing a friend, hindering a relationship or losing a job by doing so. Those fears if true prove the friend, relationship or job really was not that great to begin with if you cannot say "No" once in a while. We need to be able to tell people no when appropriate.

When we choose to say "No" to other people's request we are in fact saying "Yes" to our own lives. When we put the brakes onto other people's demand we open up our own life and free up the precious commodity of time. Our lives should never revolve around other people's requests of us. The boundaries are needed in order for healthy relationships to blossom.

When you tell people a firm "No", you are drawing a line in the sand. You are showing the person you are dealing with where you stand and that you are not a just a pushover that

will do anything and everything. You are showing that you think for yourself. These lines are important to establish with every relationship we have.

Today, when you come across decisions that are of a "Yes" or "No" nature think a little longer about the request. Think on what you will gain by saying "No", there's always an upside to not forfeiting time. If needed, feel free to think on a past Yes/No that has come up.

DAY 21- THE DOWNSIDE OF "NO"

And He sat down and called the Twelve [apostles], and He said to them, If anyone desires to be first, he must be last of all, and servant of all. Mark 9:35

The downside of "No" comes into play when you overuse it and do nothing for anyone but yourself. What happens when you never agree to anything? You stop being approached with requests. How are we to be of a servant heart if we never do anything for people? We have to agree when the time is right.

Christians are called to be a servant to all people. While many people will think that means never saying "No", it's far from the truth. The fact is, if you are part of a local church body and agree to everything that is asked, you might deem that good. When you tell someone "Yes" you are in turn telling your family "No" at the same time. Your family is going to be neglected if you are never spending time with them because when you are not working, you are volunteering at the church. While we want to help the local body, we do not want to forfeit our responsibilities and duties on the home front.

Each time we give somebody a "No" response, we are closing the door of an opportunity. This should be part of our thought process when determining the correct response to the individual making the request of us. Careful thinking can go a long way when deciding on the right course of action.

Today, when you come across decisions that are of a "Yes" or "No" nature, dwell a little longer on them. Think about whom it will affect and weigh the pros and cons of each decision. What kind of opportunities would it open up? If needed, feel free to think on a past Yes/No that has come up. Knowing when to use a "Yes" or "No" is a key piece of thinking positive.

DAY 22 - THE INTERNET CAN BE GREAT

The internet is the greatest technology development that man has possibly ever had in its entire history. Today, you can sit in classrooms and have all your required reading on one screen thousands of miles away from your instructor. You can learn how to play a musical instrument at home. You can sip on your coffee while still in your pajamas and increase your knowledge by leaps and bounds through some lite research online around a particular topic. The internet is full of positive activities and information that can help us.

The information age is here and it is huge. We've all heard people reflect on the times before the internet and say it was the "good ole days", I say bull honky on that analysis. If someone needs information on a specific topic it takes them literally seconds to pull up a list of resources. In the "good ole days" to get information of any degree, you had to get in your car and go to the library and dig through books to find what you needed, and even then it was very

limited.

If a library was not available, you would be required to send a letter requesting information on where to get information. The Wright Brothers had to write letters inquiring on who they should write another letter to get information on what they were after. This process took incredible amounts of time. The internet has saved us time and provides us with instant access to incredible amounts of information. It also provides the ability for us to connect with loved ones we under normal circumstances would never see. We should be thankful for the good it provides and properly use the amazing resource that it is.

Today, think about the benefits the internet has provided in your life. Think about the before and after and what effects it has had on your reality. Do you use recipes from the internet? Connect with distant loved ones? How has the internet improved your life and helped you?

DAY 23 - THE DOWNSIDE OF TECHNOLOGY

With all the good the internet and technology brings, there are also downsides. These downsides can be avoided and controlled with proper knowledge and awareness. The number one downside of technology would be the toll it has taken on many relationships and how humans interact with each other.

Have you been in a room of people, possibly at a gathering and everyone is on their cell phone? Glued to the screen and checking their social media sites, playing games or scrolling pins. It's all consuming for some and it is a dangerous road that we should be consciously attempting to avoid.

What we can do in these situations is simply put the smart phone away. If you are eating dinner, silence the phone and keep it away from you. This small step will often trigger other people to follow suit. People feel uncomfortable when others are not participating in what they are doing and it can trigger a chain reaction.

When we are directing our focus off of people and onto our technology, we are unable to see the world around us. We are limiting our focus to one area and we can miss a lot we never knew existed. When our focus and thoughts are constantly bombarded with the flow from our connected lives in the palm of our hand, we are unable to receive inputs fully from the outside world. Finding and keeping a balance is important when it comes to technology and how it interacts with our lives.

Today, analyze your technology consumption habits and see if there is an issue of overuse. Think about the times and how often you are on your smart phone, tablet or computer. Could relationships and connections be suffering from the amount of time spent on these devices? It is possible that everybody does it around you; see if you can start a chain reaction by setting the phone down a little bit more. Explore and discover how technology is interacting with your life and relationships. Be of good cheer; don't be discouraged if others do not want to participate with you. They'll eventually come around. Technology is good and bad, finding happy ground will contribute to your positive thinking life.

DAY 24 - A HEART FOR LEARNING

The wise also will hear and increase in learning, and the person of understanding will acquire skill and attain to sound counsel [so that he may be able to steer his course rightly]
Proverbs 1:5

A heart for learning is important to keep your mind growing and developing down the path of positive thinking. With the endless resources available to us, we should have no struggle in learning and expanding our minds. Through daily bible reading, books and internet research our resources we have available to draw from is endless.

Learning is to the mind what exercise is to the body. If you do not work your brain out, it's going to become weaker and break down overtime. Our minds are our most valuable asset we own, but this understanding is blurred in today's culture. Society places value on things which require money to acquire; our brains did not cost us a cent. Our brain was part of the package deal that we acquired in our mother's womb.

To get your mind growing and learning, you can find something you have passion about and do some light research around the subject matter. Go to YouTube and listen to some videos, find some good research conducted by reputable sources. Just reading this book on the daily is expanding and nurturing your mind, so you are already rocking it!

Today, think about anything in the world you would like to learn more about. It can range from how termites live to how to program in C sharp programming language. Learn about anything that can expand your understanding on a specific area.

DAY 25 - HAVING GOALS

The thoughts of the [steadily] diligent tend only to plenteousness, but everyone who is impatient and hasty hastens only to want. Proverbs 21:5

The best way to think about having goals in life is similar to being a captain of a ship. If you do not have a destination and are unwilling to steer the boat, you'll just spin around and drift until you hit rocks or a shore line. If you have a destination, than you are able to steer the boat to where you want to go.

Goals, whether broad or specific, are vital to being successful in everything we do. People often do not set goals because they feel they are un-needed and they don't want to sound stupid with a goal. Goals are personal and it is understandable people have a hard time setting them up.

The best thing you can do to setup goals would be to think about situations, relationships or whatever else you can think of that does not exists in your life currently you desire. Examples could be: one solid week of no fighting with spouse, a new car, write a novel and so on. Your goals are just that, "Yours", so make them your own by setting them up in a way that you want.

If the goal is large and will take some time to complete, just make stepping stones along the path that mark milestones towards your overall goal. Once you have goals in place and start to hit the milestones, you'll never go back to not having goals in your life.

Today, think about the goals you have. If you do not have goals already in place, come up with a couple long term goals for your life. With your goals, break them down to

milestones points that you know will signal that you are progressing. When you visualize and have directional goals, your mind will be able to head that direction and guide your thoughts, actions and behaviors.

DAY 26 - CALCULATION

Look carefully then how you walk! Live purposefully and worthily and accurately, not as the unwise and witless, but as wise (sensible, intelligent people), Ephesians 5:15

Carefully calculating and being aware of the world around you is critical to your success not only in thinking positive, but your life overall. Life is a series of calculated and non-calculated decisions. These decisions when not calculated can be destructive in nature and leave scars across the lives of many, so we should attempt to calculate as much as possible.

The calculation takes place in the mind when you think deep about the decisions you make. In this time, your mind will test the decision again and again to make sure the right decision is made based on everything you know instead of acting hastily.

When we quickly make a decision in the heat of the moment or without taking time to think clearly, we make decisions that we often later regret. Instead of being caught up with the emotions that are currently surging through your body, take the time to think clearly and make the needed calculations.

If you have not been careful with the choices and decisions in your life, these changes are going to be exhaustive until you get use to them. Do not be discouraged, the act of

thinking is natural and with time you will be comfortable with the changes.

Today, calculate decisions you come across. You do not overthink this and think through every decision such as which socks and shirt to wear. Spend more instead on those decisions that have a more impact on your life and the life of others.

DAY 27 - EXECUTION

Better is the end of a thing than the beginning of it,
and the patient in spirit is better than the proud in spirit.
Ecclesiastes 7:8

You can have the most impressive back swing in golf, but that doesn't matter if you cannot putt. Our intentions and desires to think more positive in life are a moot point if we cannot adapt and see the results of the positive thinking frame of mind.

The follow through and end result of positive thinking is a life of positivity at every turn. The lives that are affected by positive thinking do not stop with you or the last page of this book. Every person you come in contact with will benefit from these changes you have adapted to your own life.

You being in a positive frame of mind will result in your communication remaining positive throughout your day. Your spouse will benefit from your positive communication and take it with them throughout their day, along with your children and friends. The positive thinking mindset is not for one person to adapt to themselves, it designed to be shared.

Today, think about the days you've read through so far. Have you been applying the principals as much as you can to all areas of your life? If so, have you seen a change from interactions with the people you come in contact with frequently? If you need to turn back and try some more techniques out, do so, it's encouraged.

DAY 28 - SELF-DISCIPLINE

He who has no rule over his own spirit is like a city that is broken down and without walls. Proverbs 25:28

To think positive day in and day out requires self-discipline. It is essential in the building blocks of getting anything accomplished that requires a little effort to massive amounts. Holding yourself to your commitments and goals is going to benefit you in more ways than just positive thinking; it will enrich your life deeply.

The structure integrity of your positive thinking mindset requires you to hold up the walls which represent self-discipline. The days can seem long and sometimes painful, but your ability to sustain the walls will make all the difference in the building not collapsing. Being positive and happy is not very difficult when everything is going good in life; it is however when life seems to be cramming lemons down your throat.

The self-discipline that is needed comes in those moments where you feel weak and desire to be negative in your thinking and life. Self-discipline is required on your part to keep yourself moving forward with your positive thinking and disciplining yourself to stick with the positive thinking aspects that you have learned.

Today, think about the self-discipline you have already have exercised in the previous days. Remember that you need to keep yourself going on the positive thinking road even when it becomes difficult. It is in the moments of difficulty that it truly comes into play.

DAY 29 - MINDSET

[For being as he is] a man of two minds (hesitating, dubious, irresolute), [he is] unstable and unreliable and uncertain about everything [he thinks, feels, decides]. James 1:8

The days previous outlined the structure of positive thinking. Today, we discuss the mindset which is dependent on all the previous elements discussed. The mindset of positive thinking is not a check box we mark on a form, there is no phone application for it; it's a lifestyle of positive inputs and outputs. A mindset of positive thinking is what God intends us to have by design.

The bible outlines instruction for life. We are to dwell on what is good; we are to be kind to the needs of others. We are called to be servants with a loving heart that is willing to help. His love is poured out throughout all the pages of the Bible. We are called to be beacons of light and of truth.

How is a fallen world going to be attracted to Christianity if we live a life of worry and discontentment? We cannot be the beacons of light we are called to be without thinking positive and being positive every day of our life.

Today, think about your overall mindset. Think of the positive thinking shape your mind is being molded into. God wants the best for you in your life and it begins in your mind. Dwell on these positive points and your mindset.

DAY 30 - RENEWAL

Therefore we do not become discouraged (utterly spiritless, exhausted, and wearied out through fear). Though our outer man is [progressively] decaying and wasting away, yet our inner self is being [progressively] renewed day after day. 2 Corinthians 4:16

This book does not end with day number thirty, it ends with the day we are called into glory. We need to be renewing our minds and souls daily so we do not get rusty. Through Bible reading, research, biblical based books and so on we are able to keep our mind refreshed with the springs and joys of God.

If you enjoyed this book, you can reread it over and over again to help you progress down your path and journey in positive thinking. Every single day we are on this earth is an opportunity to be positive and be a beacon for Christ. Even if you only smile at someone in the grocery store, you are depositing good seeds.

Do not let the negative of this world discourage you, the Lord sees and knows all that you do. Your life is short and the time you spend here should be enjoyed and a positive experience to the best of your abilities.

Today, develop a plan to renew your mind. It can be a daily reading plan with the Bible, re-reading this book or a variety of different things. God wants us all to experience a positive thinking life and enjoy our life.

BONUS CHAPTER: CONSUMPTION JUNCTION

This is a bonus chapter from Directional Thinking: 10 Steps to Positive Thinking "Happy people produce. Bored people consume." ~ Stephen Richards

The mind is the core of our body; it directs everything about our bodily functions. Most of the processes it runs, we have no clue on how they operate, but our brain does. It runs the show and asks for nothing in return. We provide our minds with all the information and data they need in order to operate properly. Our minds continuously process information throughout our daily lives. The mind does not care if something is positive or negative, it will consume whatever it is fed. It can be books, music, food, TV shows, computer games, conversations, work, etc… The list is endless, and the positive and negative thoughts associated with each avenue are also. What we are feeding into our minds manifests in our decisions and actions every day.

These can be subtle and not so subtle, but they are ever-present. If we watch the news and consume large amounts of news which tends to be negative, how's our outlook on the world? I've never met someone who watches the news and has a positive outlook on life; they tend to worry and fret about ideas that circulate via the news, while the news company profits on people's fear. These corporations are in the business to make money and playing on fears and pain is how it's done in their business, primarily. There's a lot of crap in the world, but that does not mean you need to consume crap. Just like you would not eat a literal piece of crap, you shouldn't let your mind munch on it.

What kind of mental food are you allowing your mind to consume? Is your mind healthy and on a strict diet or is it consuming loads of crap?

Our body (when something is digested that does not provide nutritional value) has organs that assist in filtering out the waste and excreting it. Our mind does not have that ability; it is required to process what is pressed upon it. The more negativity you take in, the more it will be pressed upon your subconscious and into your thought processes. While avoiding negativity is important, there will be countless times during which you will not be able to avoid the negativity. The trick to use here is to consume more positive input than we consume negative input. That way, when negative ones come, we can withstand them because the majority of our thoughts are positive.

Positive thoughts begin with positive consumption. These positive inputs can be found anywhere you are willing to look. The price? A little bit of your time, but the investment is well worth it. The fastest way to consume positive input is turning to loved ones in life. Treating the people you love with love and kindness will return a positive investment to yourself (most the time). If you want to increase your positive input regarding a specific goal you have, find the positive inside of, and centered on, that goal. For instance, if you are seeking to start a business but your thoughts are clouded by rough economic times and a down economy, start studying about how to start a business in a tough economy. Google and YouTube are hugely useful resources in your tool belt that you can utilize to help further you goals and desires by the positive consumption of their resources. These positive inputs build up your confidence and help shape the vision you want for your future. As your mind consumes the positive reinforcements, it will shape that vision into reality. Your mind holds the key to unlocking the direction of your life—you just have to feed it good fuel.

Consuming negative input sounds like a crappy thing, but it

doesn't have to be all bad. If you consume the negativity and don't let it consume you, you will unlock a diamond the size of your fist (figuratively of course). You see, when we are faced with a trial, problem, or difficulty, we tend to stress out and shut down our input receptors. This is not the correct approach; instead we need to consume the negativity for fuel. I know it sounds insane, but it's true. Here's a great example from my own experience: If you are running short on rent this month and are also trying to build a business, you have two options. You can let this short coming destroy you and cast doubt and fear into your thoughts, or you can consume and digest the issue/problem as fuel. It becomes fuel because you look at the problem as "This is exactly what I want to avoid, I want to make sure this does not happen in my life." That is fuel to push the business venture further.

The funny thing about problems is they usually always work themselves out; I've had financial issues in the past, but I've never died from one. If you can take a negative thought, feeling, or situation and take control of it, you can use it to fuel your desired direction in life. This fuel is often more powerful than the fuel you get from positive energy. When we can consume the problem as a whole, we control the problem, and we can use that to fuel our passions. When issues arise, instead of running in the opposite direction, we analyze the situation in order to solve it and just gobble it up for fuel as we move past the problem. It's a strange concept, but I've used it for direction and fueling in my own life and it works wonders.

The reason it works is because people are driven by passion, and that passion requires a fuel. That fuel has to be consumed in order to keep the passion driving in the forward direction. What is your passion? What are your desires for your life? Aspirations and dreams help paint a clear perspective on what we desire to achieve. Oftentimes,

these goals appear silly and outrageous when we have negative thoughts and emotions consuming our mind. Our thinking life steers our life; our decisions identify our consumption habits.

If someone wakes up just in time to grab a cup of coffee and head out the door to work, sits at a desk for 8 hours, and comes home just to sit in front of the television until they go to bed, what do you think they are consuming? Digestively they are consuming coffee as far as we know, but mentally, they are tuning out of positive consumption opportunities. They have no time in the morning to have time for themselves before heading out the door to work. Once off of work, they tune out in front of the television and consume hours of programming. The television provides information for our mind to consume. The shows we watch, the news we tune into, etc… All of that is feeding our mind positive or negative thoughts and feelings. Even though you might feel "tuned out," you are never truly tuned out.

Your mind is always feeding and processing information. Everything you feed your mind is processed and stored. Even if you cannot recall what you watched last night on TV, your brain stored it away. The brain is an amazing instrument and is the greatest tool we will ever own in our lives. In order to remove the junk out of life we have to identify where the junk is located. We've already covered how to identify the good and the bad, so now it's time to start cleaning house and replacing the negative with the positive.

A useful consumption habit I personally have developed over time has been experimenting with music. Music tends to draw on emotion and make us feel in different ways. Music also has been known to help organize thoughts. Certain kinds of music tend to induce certain emotions; these can vary from person to person. Upbeat and positive music energizes me and I can feel the blood coursing through my

veins. I embrace these emotions and am fully aware of them so I can experience them more powerfully. The reason the music creates these emotions and makes positive energy more intense is because I'm directing my focus into it. Where we put our focus is where our mind will consume and absorb the most. That's why it's important to give focus to the positive as much as you can. Focus is one of the most fundamental pieces of the puzzle when it comes to learning how to be more positive.

Learning is another excellent way to consume positive information. Pick a topic that interests you and learn everything you can about it. If you have religious beliefs, like me, read your bible or whatever holy documents/history books you have. I personally spent many months studying the bible. I started out reading it, but found myself not able to spend much time doing so, and wanted to listen to something instead, so I found audio recordings, live sermons, and other resources on specific topics I wanted to dig into more. I would listen to hours upon hours—at home, in the car, at work, everywhere I went—and it kept feeding my mind. This positive food I was providing to my mind helped me get out of the negative sinkhole I was in and transformed how I think. I found something that I was interested in and gave my focus over to it.

When you identify a positive thought, emotion, or experience, give your focus over to it. Doing so is kind of like pumping gas into your car. It's not something you announce to the people around you, it's something you do consciously at first (being a new driver), but over time it becomes natural. The more you practice directing your focus to positive sources, the more you will grow, and it'll become part of who you are. You will be naturally drawn to positive resources you can see and automatically start pumping. Conversations and situations that are negative will become uninteresting and you will be able to avoid

them easily. If you cannot avoid them, you'll figure out how to use that situation for fuel, like we discussed earlier.

Another consumption resource we encounter on a daily basis is the internet. Social media, news sites, games, etc… All are areas that feed the mind. Some of the areas of the internet are amazingly excellent for being a positive resource; others take the mind down a dark road and if you are not careful, you can end up with more negativity than when you started. This is important to keep in mind, because when you are conducting research and learning about all the ideas and information you are interested in, you will see articles and information (which is negative) that is trying to capture your attention so that you click on it. The internet is packed with people who think they were abducted by aliens, believe in secret societies, and believe the world ended in 2012. All of these groups, individuals, and stories distract us from being able to feed our minds with positive resources. We need to avoid these types. It does not make us weak to avoid things which we do not want a part of. I once heard of a very successful man who had special requests whenever he would stay in a hotel. He would request candy and alcohol removed from his room before his arrival. That is one case of someone successful knowing what he cannot handle, and so he will not even have the temptation near him. This is not because he is weak-minded, but he is protective of his greatest asset: his mind. He didn't want the thought of partaking in those items to cross his mind.

Remember, you are what you think. Your life is determined by your thoughts. Your actions and the decisions you make every day are a direct result of your thought life. If you study your daily habits and keep the positive influences coming in at a higher rate than the negative ones, you will progress forward in the direction you desire for your life. It's not a chance, it's what will happen. A determined mind that is fully aware of the positive and negative influences in

the world is a mind that can direct and steer their life the direction they want. You will become proactive and no longer be reactive to the world around you.

QUESTION & ANSWER

How much time is spent consuming negative influential thoughts and energy?

Do you feel as if you need to change your consumption habits?

Did this chapter influence you to change your thinking on consumption habits of the mind?