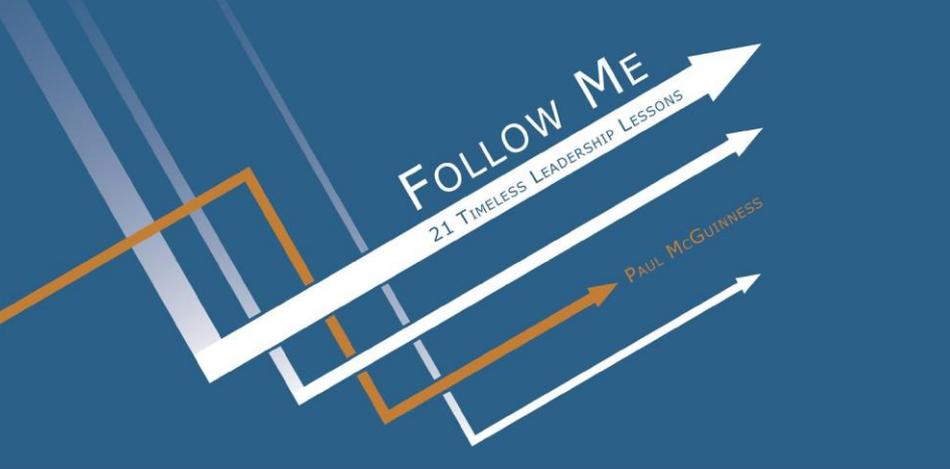
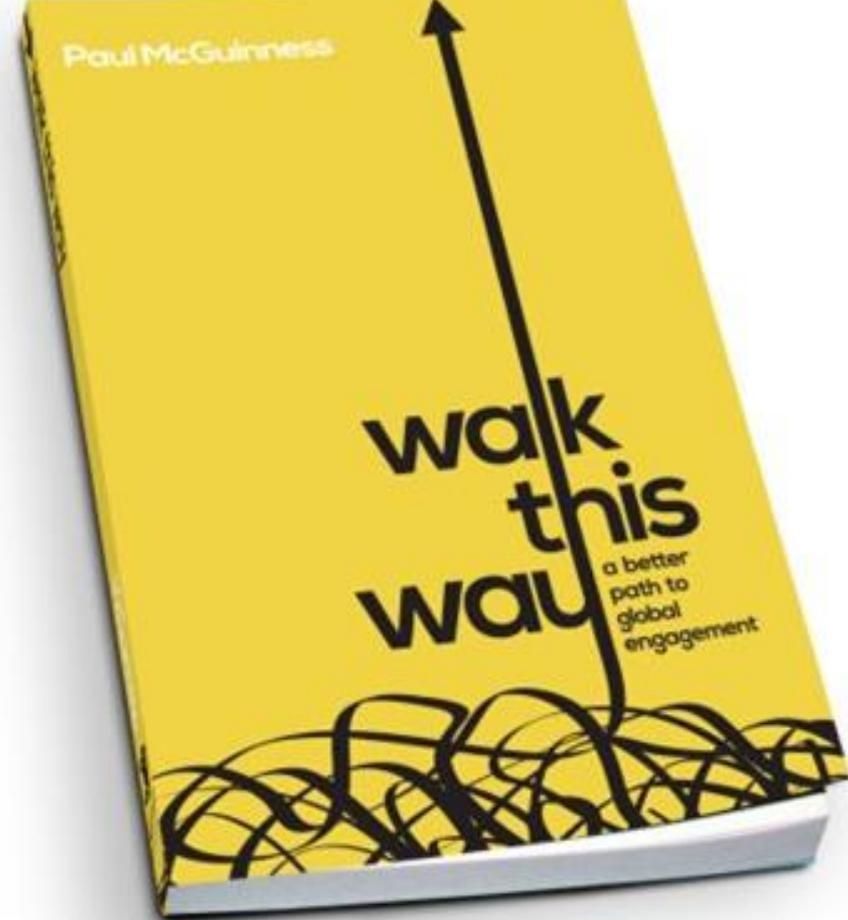


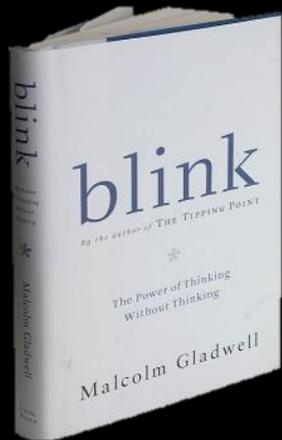
Let's
GO!





drpaulmcguinness.com
[@dr_pmcg](https://www.instagram.com/dr_pmcg)





blink

by the author of THE TIPPING POINT

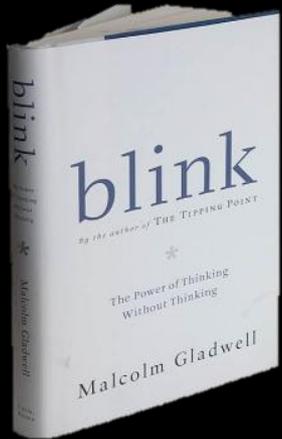
The Power of Thinking
Without Thinking

Malcolm Gladwell

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Malcolm Gladwell

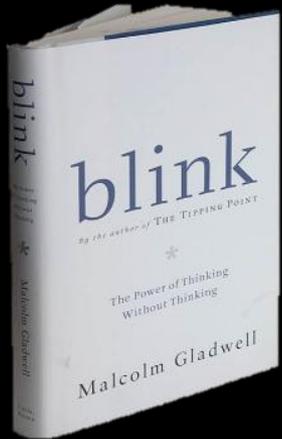
1. him was worried she always



1. him was worried she always

She always worried him.

She was always worried.



1. him was worried she always
2. from are Florida oranges temperature

1. him was worried she always
2. from are Florida oranges temperature
3. ball the throw toss silently

1. him was worried she always
2. from are Florida oranges temperature
3. ball the throw toss silently
4. shoe give replace old the

1. him was worried she always
2. from are Florida oranges temperature
3. ball the throw toss silently
4. shoe give replace old the
5. he observes occasionally people watches

6. be will sweat lonely they

6. be will sweat lonely they

7. sky the seamless gray is

6. be will sweat lonely they

7. sky the seamless gray is

8. should now withdraw forgetful we

6. be will sweat lonely they

7. sky the seamless gray is

8. should now withdraw forgetful we

9. us bingo sing play let

6. be will sweat lonely they

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8. should now withdraw forgetful we

9. us bingo sing play let

10. sunlight makes temperature wrinkle raisins

1. him was worried she always
2. from are Florida oranges temperature
3. ball the throw toss silently
4. shoe give replace old the
5. he observes occasionally people watches
6. be will sweat lonely they
7. sky the seamless gray is
8. should now withdraw forgetful we
9. Us bingo sing play let
10. sunlight makes temperature wrinkle raisins



1. him was **WORRIED** she always
2. from are **FLORIDA** oranges temperature
3. ball the throw toss silently
4. shoe give replace **OLD** the
5. he observes occasionally people watches
6. be will sweat **LONELY** they
7. sky the seamless **GRAY** is
8. should now withdraw **FORGETFUL** we
9. us **BINGO** sing play let
10. sunlight makes temperature **WRINKLE** raisins

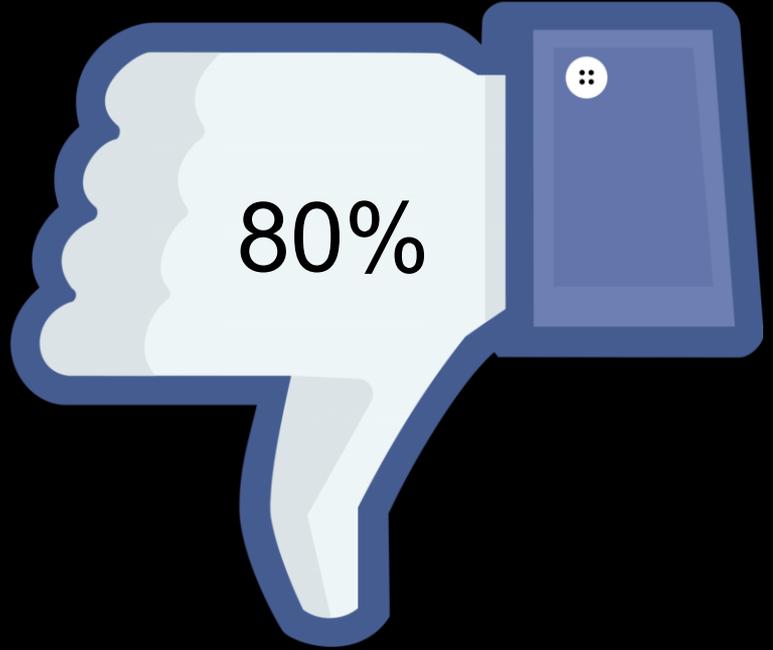


ONE thing
changes
EVERYTHING



My life will follow the direction of my strongest thoughts.





Romans 12:2

Do not conform any longer
to the pattern of this world,
but be transformed
by the renewing of your mind.

Romans 8:5-6

Those who live according to the flesh have their minds set on what the flesh desires; but those who live in accordance with the Spirit have their minds set on what the Spirit desires. The mind governed by the flesh is death, but the mind governed by the Spirit is life and peace.

Colossians 3:2

Set your minds on things above,
not on earthly things. . .

Romans 8:5-11

2 Corinthians 10:5

Galatians 5:16-25

Romans 12:1-2

Ephesians 4:21-24

Philippians 4:8-9

Colossian 3:1-14

The Americas' Cup
53-mile race
Rhode Island
1853 – 1982
NY Yacht Club



A white sailboat with a green flag featuring a kangaroo is sailing on the ocean. The boat has a white hull with a yellow stripe and a white mast. Several crew members in yellow shirts are visible on the deck. The background is a clear blue sky and dark blue ocean.

1983: Best of 7
US 3 – Australia 1

Australia II: 3 straight
Final by 40+ seconds

“Athlete of the Year”
-ABC Sports



KA-6

042
USA

US 40

Liberty

A white sailboat is shown from a side profile, sailing on a dark blue sea under a clear sky. The boat has a tall white mast and a green flag with a yellow figure of a person on it. Several crew members in yellow shirts are visible on the deck. The boat is moving towards the right of the frame.

2x daily / 3 years

2,190 victories

Recognize



Recognize

We demolish arguments and every pretension that sets itself up against the knowledge of God, and we take captive every thought to make it obedient to Christ.

2 Corinthians 10:5

Recognize
Replace



Replace

Finally, brothers and sisters, 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 4:8

Replace

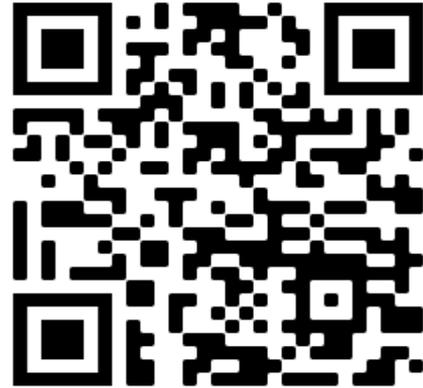
“No one is more influential in your life than you are because no one talks to you more than you do.”

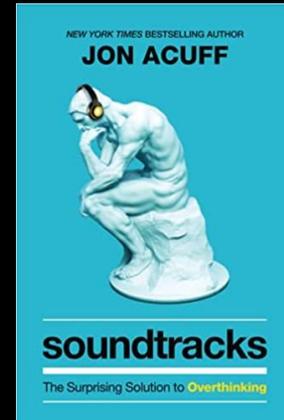
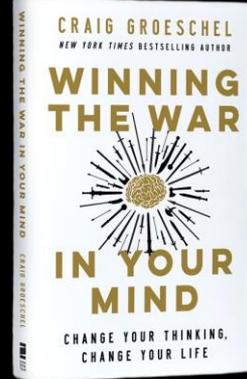
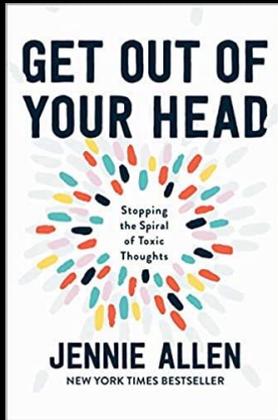
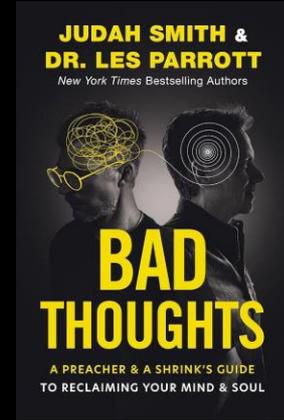
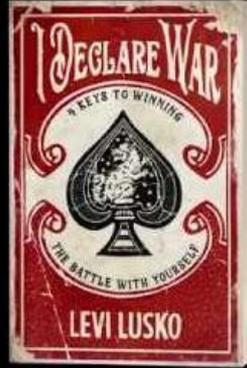
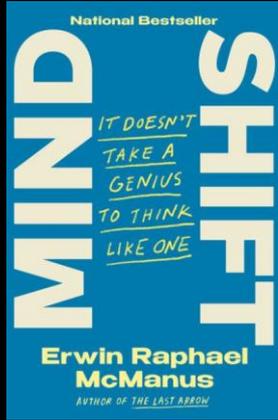
- Paul Tripp

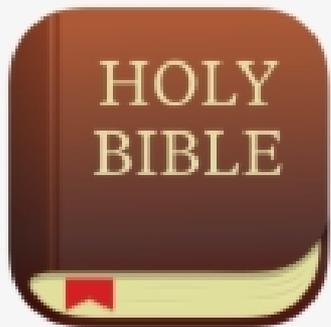
Replace

**TALK to yourself more than
you LISTEN to yourself.**

Recognize
Replace
Repeat







YouVersion



One Minute Pause App

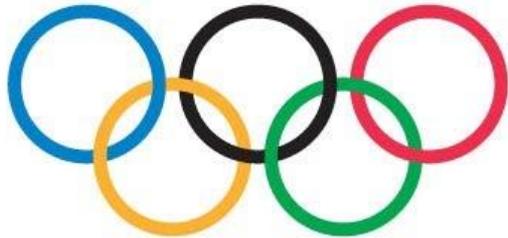
A simple way to connect with God in the middle of your busy day.



Dan Jansen

‘the heart-break kid’

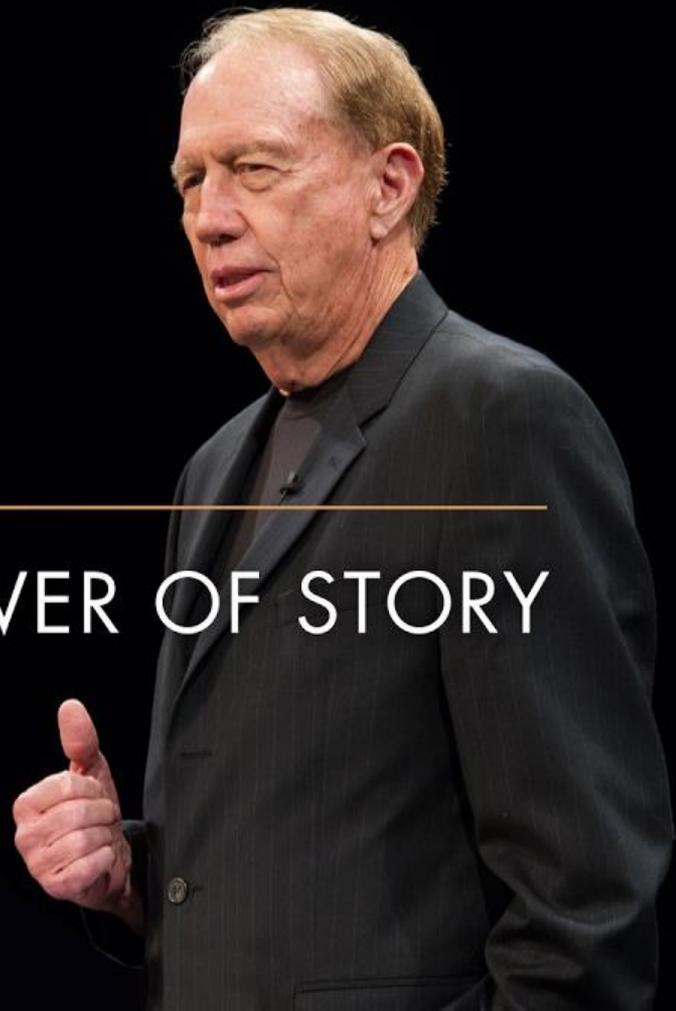
1994: last chance



DR. JIM LOEHR

World-Renowned Performance Psychologist

THE POWER OF STORY





ONE thing changes EVERYTHING.

**My LIFE will follow the direction of my
strongest THOUGHTS.**

**TALK to yourself more than
you LISTEN to yourself.**

Philippians 4:8

Finally, brothers and sisters, 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.