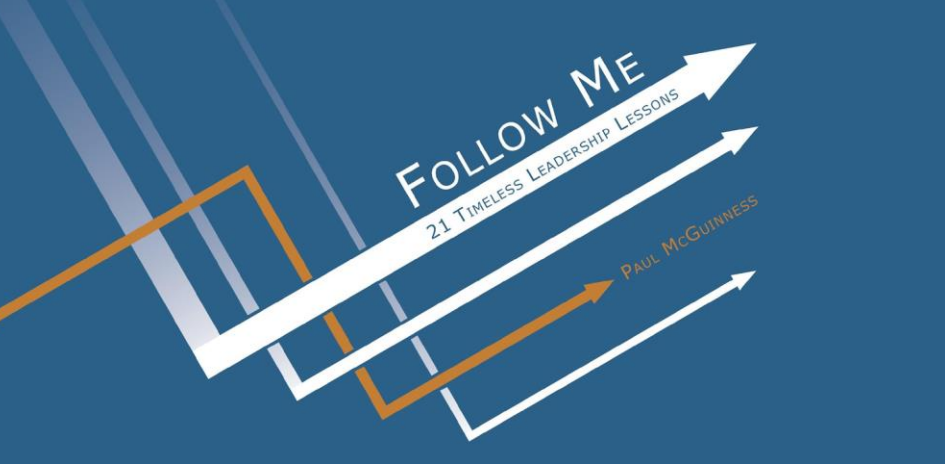
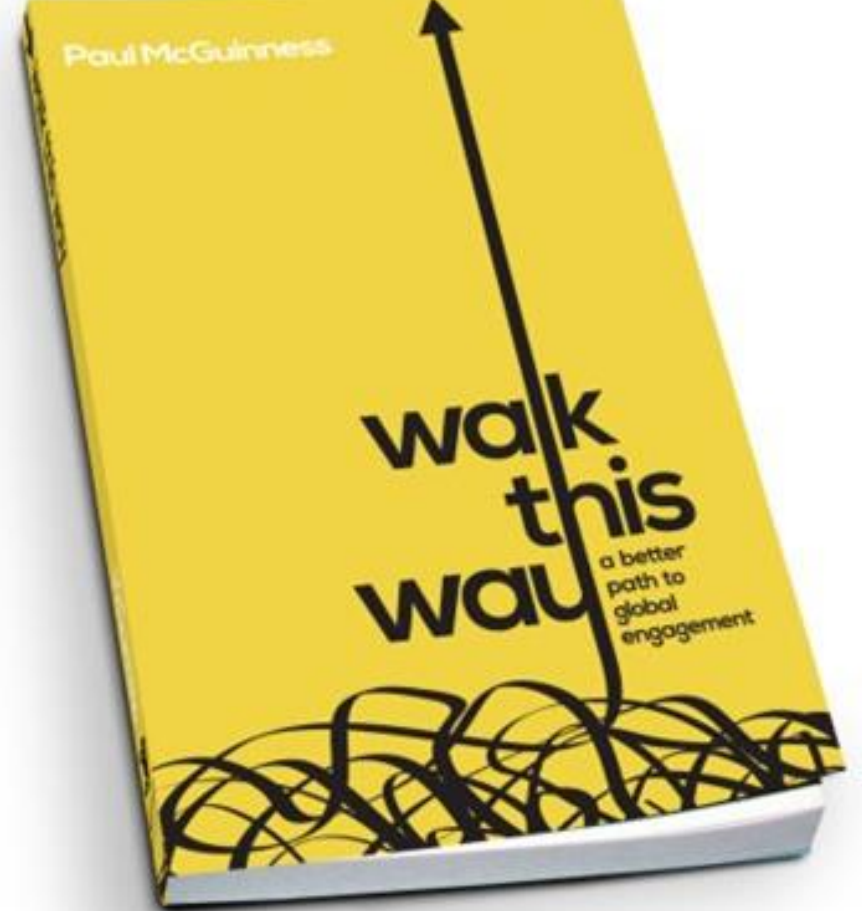


TRUE NORTH
N



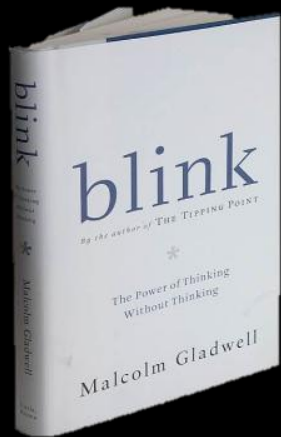


drpaulmcguinness.com
[@dr_pmcg](https://www.instagram.com/dr_pmcg)





ONE thing
changes
EVERYTHING



blink

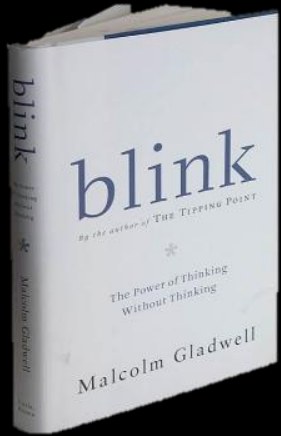
by the author of *The Tipping Point*

*
The Power of Thinking
Without Thinking

Malcolm Gladwell

blink
*
Malcolm Gladwell

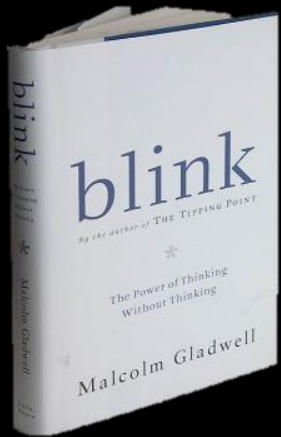
1. him was worried she always



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
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3. ball the throw toss silently
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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

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8. should now withdraw forgetful we

9. us bingo sing play let

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10. sunlight makes temperature wrinkle raisins

1. him was worried she always
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7. sky the seamless gray is
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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

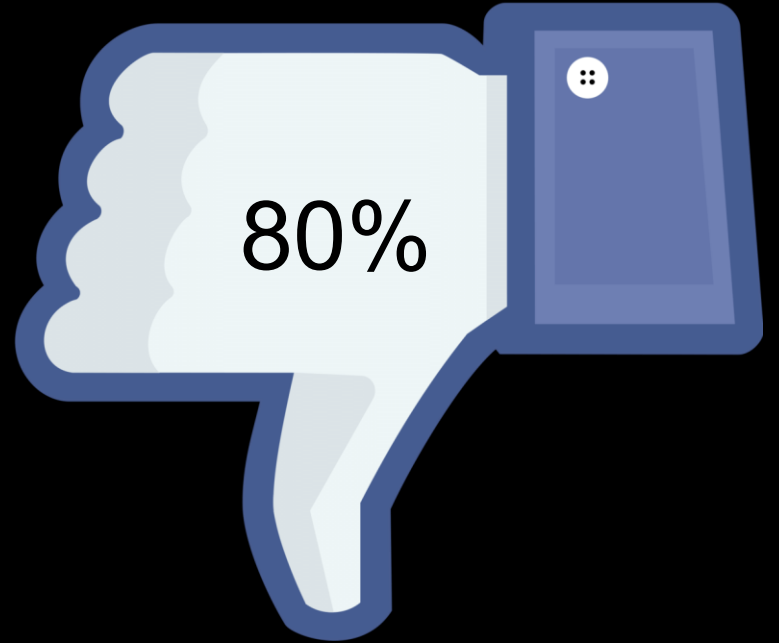


ONE thing
changes
EVERYTHING



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 is viewed from a side profile, moving towards the right. The sky is clear and blue, and the water is dark blue with some whitecaps. Several crew members in yellow shirts are visible on the deck.

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





I am not enough.



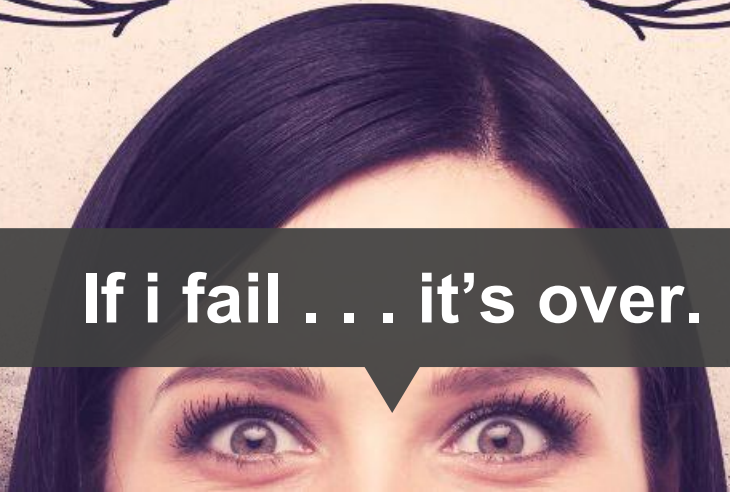


Everyone else has this all figured out.



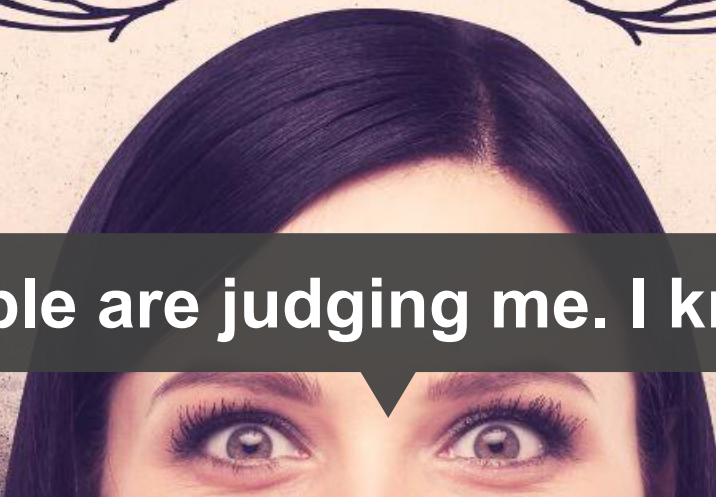


If i fail . . . it's over.





People are judging me. I know it.





I'll never change.



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



~~I am not enough.~~

>>>

Jesus is enough.
And I'm with Him.

~~Everyone else has this
all figured out.~~

>>>

I'm growing at my own pace.

~~If I fail, it's over.~~

>>>

Failure is not fatal.

~~People are judging me.~~

>>>

**God's voice is louder
than their opinions.**

~~I'll never change.~~

>>>

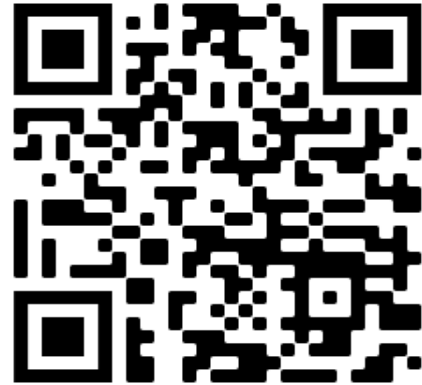
Jesus is making me new.

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

Recognize
Replace
Repeat



Repeat

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

- Paul Tripp

Repeat

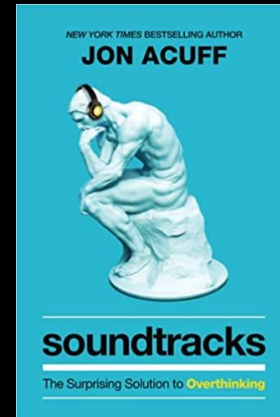
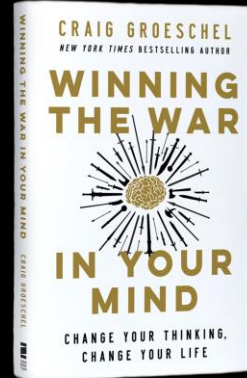
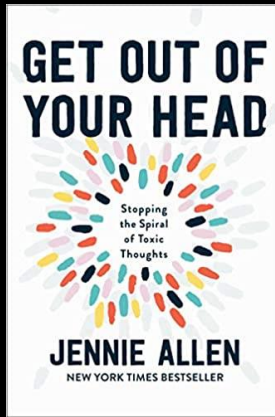
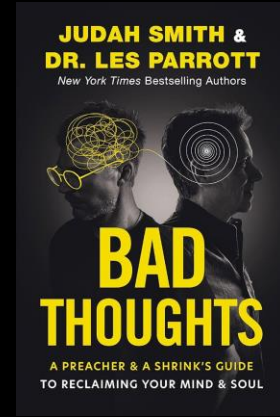
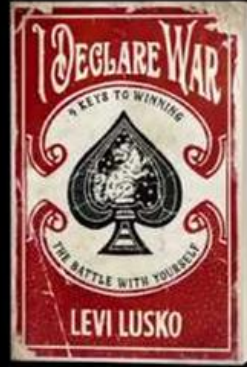
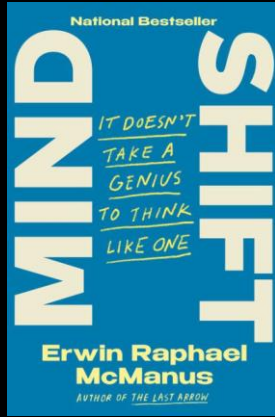
**TALK to yourself more than
you LISTEN to yourself.**

I am loved.

I am growing.

I am not my mistakes.

God is not finished with me.



DON'T GIVE THE ENEMY A SEAT AT YOUR TABLE

IT'S TIME TO WIN THE BATTLE OF YOUR MIND . . .

LOUIE
GIGLIO

THE STUDENT'S GUIDE TO TAPPING INTO
THE SUPERPOWER OF MINDSET

YOUR NEW PLAYLIST



New York Times
Bestselling Author


JON
ACUFF

WITH L.E. ACUFF
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BIBLE STUDY GUIDE • STREAMING VIDEO

FIVE SESSIONS

EVERY THOUGHT CAPTIVE



HOW RENEWING YOUR MIND
CAN CHANGE YOUR LIFE

KYLE IDLEMAN

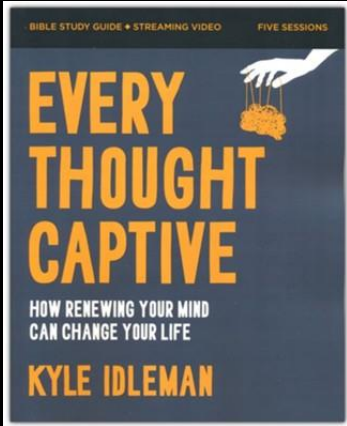
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IT'S TIME TO WIN THE BATTLE OF YOUR MIND...

**LOUIE
GIGLIO**



570-702-5643
@dr_pmcg



Dan Jansen

‘the heart-break kid’

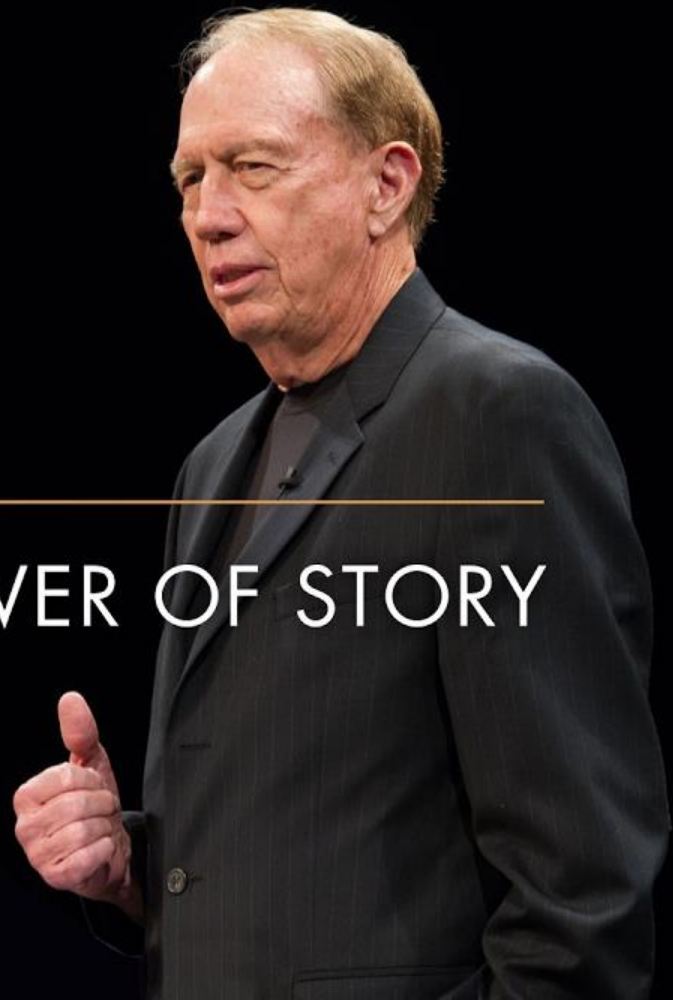
1994: last chance



DR. JIM LOEHR

World-Renowned Performance Psychologist

THE POWER OF STORY





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TRUE NORTH
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