MIND WARS

THE 4:8 THINKER JOURNAL

6 Time-Tested Strategies To Help You Think In Ways That Serve You Well

Tim Maudlin

MIND WARS

THE 4:8 THINKER JOURNAL

6 Time-Tested Strategies To Help You Think In Ways That Serve You Well

Tim Maudlin

WHAT DO YOU THINK ABOUT?

Think about that question. Do you **REALLY** consider the things you think about? In this journal, I will share with you **6 Time-Tested Strategies** to help you think in ways that serve you well.

LET'S GET STARTED NOW!

©2017 Tim Maudlin

THINK ABOUT THIS...

Wouldn't it be wonderful to have **HAPPINESS, CONTENTMENT and PEACE OF MIND** in your life, regardless of the "stuff" going on around you. It's possible and you can start right now!

PICTURE THIS...

An elderly man confined to his house. Not because of any infirmities. Not because of dementia and not because of concerns for his own safety. This man is under house arrest; a prisoner in his own home.

He can no longer come and go as he pleases. He has one of those bracelets around his ankle to restrict his movement. He is being detained while he is awaiting trial. He's not considered a flight risk but the authorities still consider it prudent to assign a guard to monitor his actions.

He can receive guests and does so with regularity. When face to face meetings are not possible, he prefers letter writing to communicate with his friends. It's a difficult and less than ideal situation to say the least. Yet this man writes to a group of friends who sent financial aid to him and speaks of **happiness, of contentment and peace of mind;** the things that he is experiencing even during this dark period in his life. And he wishes these things for his dear friends to experience as well.

How could someone in his situation be so positive? How could he have a peace that defies comprehension? This wasn't by accident. This was something he had learned. He told his friends IF they wanted this peace, they would have to learn this too. I want to share with you the things he taught them. The things he said to his friends are just as relevant now as they were then... **almost 2,000 years ago!**

The person I'm talking about is a man named Paul and he had a lot of "stuff" going on in his life. While he was awaiting his trial in Rome, he wrote a letter to his friends in Philippi. One of the things he shared with them were **6 specific things** to think about, **Philippians 4:8.** These things would give them the same **happiness, contentment and peace of mind** that he had.

Let's examine these traits with some tips to apply them in **YOUR LIFE!**

©2017 Tim Maudlin

HOW TO USE THIS JOURNAL...

- This is your journal to personalize, make it your own.
- There are 6 specific traits for you to think about.
- These 6 traits will show you how to think profitably, in ways that serve you, even if you have struggled to do so in the past.
- They are designed to encourage thought and meditation.

HERE'S HOW THEY WORK...

- Each trait will be followed by its definition so you will understand the concept behind it.
- Then you'll be asked one question with the intention of encouraging you to think deeper about that trait.
- By asking yourself this question, you'll spur your mind into action and come up with multiple examples.
- Write your examples in the journal so you'll have them for future reference.

THE 4:8 THINKER TRAITS...

...Whatever is

- **TRUE**
- **HONORABLE**
- **JUST**
- **PURE**
- **LOVELY**
- **COMMENDABLE**

***...THINK** about these things.*

Philippians 4:8

©2017 Tim Maudlin

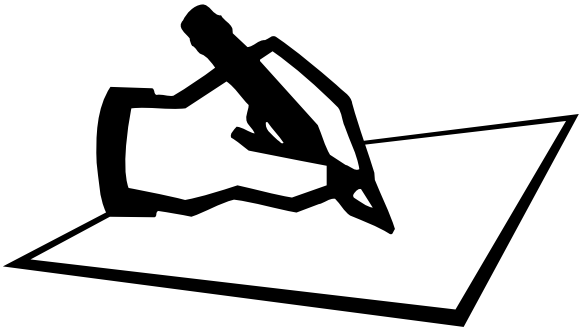
#1 WHATEVER IS TRUE

When you think about **TRUE** things, think about things that are **honest.** Think about things that are **sincere.** Think about things that are **authentic, genuine and real.**

EXAMPLES...
*Think about someone who is **TRUE.***
*Think about something that is **TRUE.***

THEN ASK YOURSELF "WHY?"
*Why is this person or thing **TRUE?***

Write your thoughts in the spaces below.



©2017 Tim Maudlin

#1 WHATEVER IS TRUE

©2017 Tim Maudlin

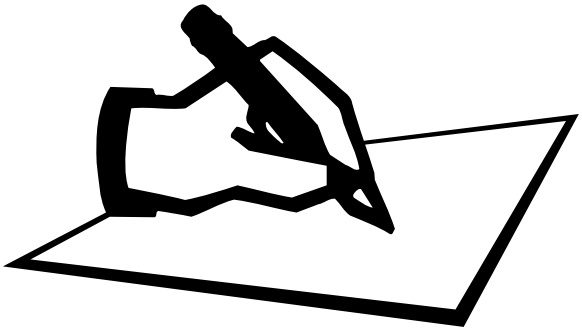
#2 WHATEVER IS
HONORABLE

When you think about **HONORABLE** things, think about things that are **worthy of respect and reverence.** Think about things that are **worthy of praise.** Think about things that are **higher or majestic.**

EXAMPLES...
*Think about someone who is **HONORABLE.***
*Think about something that is **HONORABLE.***

THEN ASK YOURSELF "WHY?"
*Why is this person or thing **HONORABLE?***

Write your thoughts in the spaces below.



©2017 Tim Maudlin

#2 WHATEVER IS
HONORABLE

©2017 Tim Maudlin

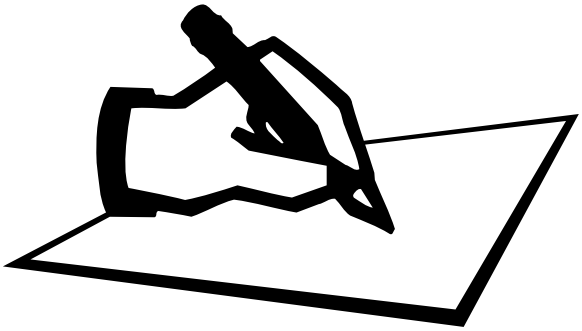
#3 WHATEVER IS RIGHT

When you think about **RIGHT** things, think about things that are **fair.** Think about things that are **true to principle.** Think about things that are **just.**

EXAMPLES...
*Think about someone who is **RIGHT.***
*Think about something that is **RIGHT.***

THEN ASK YOURSELF "WHY?"
*Why is this person or thing **RIGHT?***

Write your thoughts in the spaces below.



©2017 Tim Maudlin

#3 WHATEVER IS RIGHT

©2016 Tim Maudlin

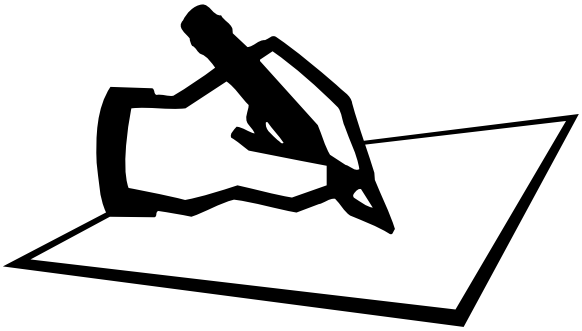
#4 WHATEVER IS PURE

When you think about **PURE** things, think about things that are **morally good.** Think about **decent thoughts and actions.** Think about things that are **holy.**

EXAMPLES...
*Think about someone who is **PURE.***
*Think about something that is **PURE.***

THEN ASK YOURSELF "WHY?"
*Why is this person or thing **PURE?***

Write your thoughts in the spaces below.



©2017 Tim Maudlin

#4 WHATEVER IS PURE

©2017 Tim Maudlin

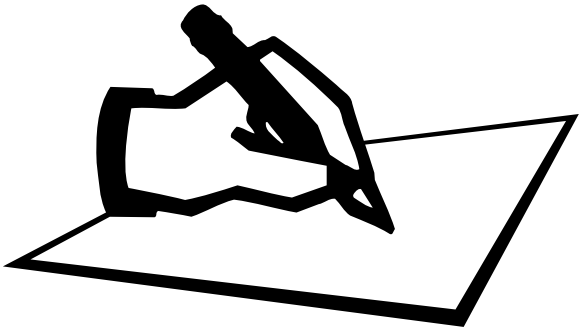
#5 WHATEVER IS
LOVELY

When you think about **LOVELY** things, think about things that are **dearly prized.** Think about things that are **pleasing.** Think about things that **show people you care.**

EXAMPLES...
*Think about someone who is **LOVELY.***
*Think about something that is **LOVELY.***

THEN ASK YOURSELF "WHY?"
*Why is this person or thing **LOVELY?***

Write your thoughts in the spaces below.



©2017 Tim Maudlin

#5 WHATEVER IS LOVELY

©2017 Tim Maudlin

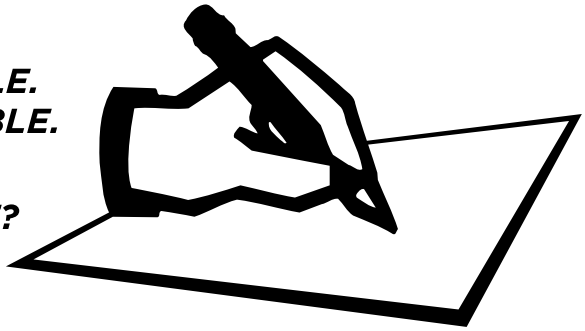
#6 WHATEVER IS
COMMENDABLE

When you think about **COMMENDABLE** things, think about things with a **good reputation.** Think about things that are **excellent.** Think about things that are **above the norm.**

EXAMPLES...
*Think about someone who is **COMMENDABLE.***
*Think about something that is **COMMENDABLE.***

THEN ASK YOURSELF "WHY?"
*Why is this person or thing **COMMENDABLE?***

Write your thoughts in the spaces below.



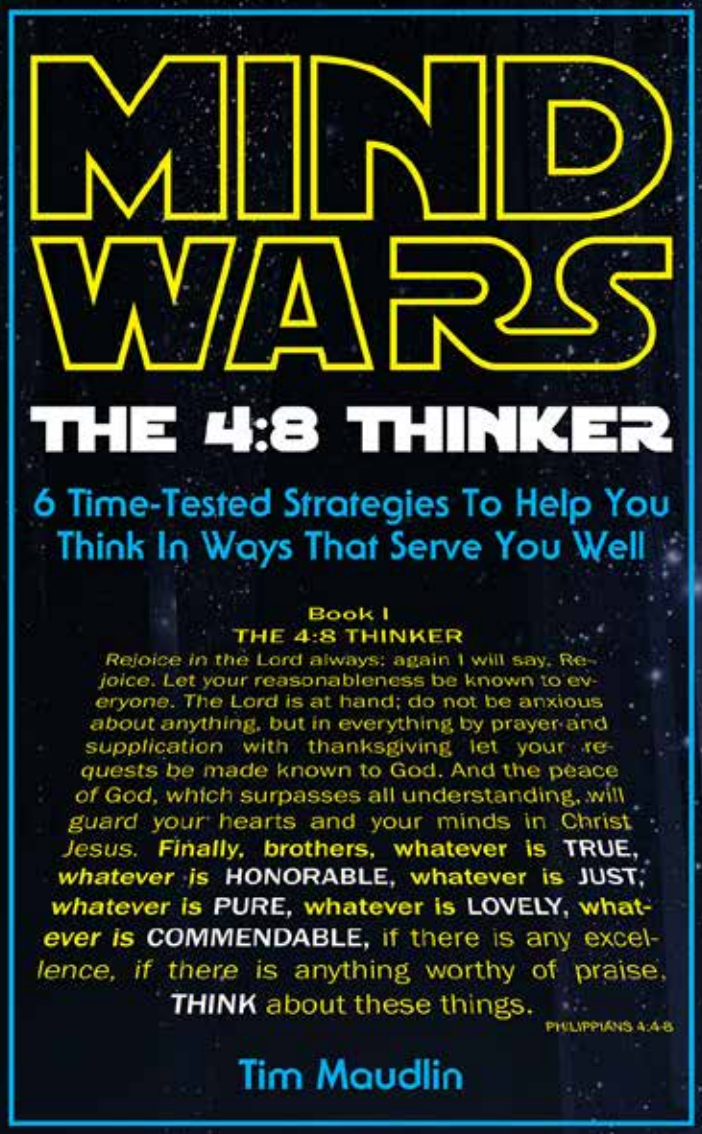
©2017 Tim Maudlin

#6 WHATEVER IS COMMENDABLE

©2017 Tim Maudlin

A 4:8 THINKER I AM

Change the way you and others think AND set fashion trends in your neck of the galaxy with your very own 4:8 THINKER T-shirt. Click on the shirts for available sizes and styles and order yours today.



Also Available On Kindle

CONNECT WITH ME, YOU SHALL. PLEASE?