

# mind set

# re set

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## R.E.S.E.T. FRAMEWORK

### **Recognize:**

notice the critic/  
gremlins

**Evaluate** your  
Thoughts

### **Story:**

Change your  
personal  
narrative

### **Enough:**

Decide Enough  
is enough

### **Take Action:**

Lead Your  
thoughts to align  
with God's Word

### **Recognize**

your inner critic and negative self talk. Notice thoughts that set themselves up against you and be honest with the mindset that is causing you to feel emotional distress, frustration, worry, fear, etc.

#### **What has my inner critic been saying about:**

- My identity (who I am)?
- My Significance (my value)?
- Who loves me (my relationships)?
- Where I belong (my sense of acceptance)?
- What I can do (my abilities)?
- What I am capable of doing (my potential)?
- My future life (my destiny)?

### **Evaluate**

your mindset and determine if it aligns with God's character, promises and plans for your life.

- What limiting beliefs have been keeping you stuck in worry, fear, anxiety, depression, doubt or despair? What are they costing you? What are you losing out on?
- What irrational thinking patterns have been holding you back from experiencing self-confidence, peace of mind, joy, contentment, self-love, self-acceptance and hope?
- What mindset has most influenced your mental health and interpersonal relationships?
- What does God's Word say about how to approach worry, fear, doubt and despair?
- What does God's Word say about what you need to be thinking about? What should your mind and thoughts be focused on?
- What would life look like for you to renew your mind in God's word everyday? What will you need to stop doing? What will you need to start doing to transform my mind to the mind of Christ?

### **Story:**

- Replace the negative story/script you are telling yourself with God's story/scripture. If your story contradicts God's story, you're in the wrong story.
- Replace the negative story you are making up about others by choosing to give the benefit of the doubt, believing the best in others, and asking questions.

### **Enough:**

- Make the decision to take captive every negative thought that sets itself up to steal, kill and destroy your joy, peace, purpose and potential. Don't allow negative thoughts to run freely in your mind. Notice them. Take them captive. And replace them with truth found in God's Word.

### **Take Action.**

- Retrain your thoughts and mindsets so they align to God's truth concerning who you are and what you are capable of doing through Him. Meditate on God's promises. Memorize His word. Hide His word in your heart so it will guard your heart and mind. Remember. You have the power to control your thoughts.

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www.radhikacruz.com

@thrivewithradhikacruz

@radhikacruz

bit.ly/radhikacruz