

*Being empowered to change your mind...*

# Transformation 101

Transformation 101 - establishes a foundation for long lasting success in life, which leaves an inheritance to those coming behind you, that is your children and your children's children. The lessons foster productivity for mind, soul and body.

Mind Renewal - is a series of lessons designed to challenge thought processes, superstitions and to confront obstacles to change and motivation.

Superstition (def) - a belief or way of behaving that is based on fear of the unknown and faith in magic or luck; a belief that certain events or things will bring good or bad luck

## 1 FEAR FACTOR

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- Change - people fear change...
- Confrontation - people avoid much needed confrontation, cost too much
- Motivation - people often resist voices that preach real truth, resist accountability
- Anticipation - people often suppress feelings that promote love, honesty, and integrity, where loyalty and commitment is required. It appears easier to stay to oneself and not to build expectation upon you, such like something others are expecting of me...

## 2 CHANGE

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(def) – to transform or to convert; exchange for something else

Change causes and forces you to view things differently.

Change exposes the unnecessary

Change births creativity

Change attracts difference.... Different people, opportunity, finance

Change is a seed for prosperity

Change is a seed for order

Change opens doors of opportunity

## 3 CONFRONTATION

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(def) – The state of being confronted with positive intent, and forced to recognize ones short-comings and the subsequent consequences. (Matthew 10:34-38)

Confrontation is a seed for understanding

Confrontation challenges the unnecessary and articulates the unmentionable

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Confrontation can... makes intelligible life experience

Confrontation is a seed for conquest

Confrontation exposes differences and demands appreciation for the other

## 4 MOTIVATION

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(def) – providing a reason to act, to move forward and to continue in a thing. Inducement; incentive

Motivation is a seed for growth

Motivation changes the color of your mood

Motivation is the seed for acquisition

Motivation fuels creativity

Motivation sparks interest in life

## 5 ANTICIPATION

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(def) – To expect, or to look forward to. To provide a satisfactory answer beforehand. To decide before it happens.... Example: You can count on me to be there or to do it..... (Mark 10:27-31)

Anticipation is a seed for focus

Anticipation energizes hope once dead

Anticipation promotes vision and foresight

Anticipation builds expectation

## 6 EMPOWERMENT

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(def) – To enable, or permit and to authorize. Example: John 8:31, 32

1. The ability to make life decisions on purpose that are beneficially geared towards your goals, short and long term.
2. Being willing to view and to analyze the other side - what does it mean to be prosperous? Mind, Soul, Body and Spirit.....
3. Being informed of the benefit of acceptance - being a realist, or accepting your world for what it really is.... "What is Truth". Own Up!!!
4. to articulate expressions of positive resolutions to life challenges....