

# Change Your Thoughts, Change Your Health

## October Session

### **Importance of Group Connection:**

How are you encouraging each other and meeting during the month?

### **Quick Review of the journey so far:**

Problem -> Lie -> Declaration -> Freedom Model/Iceberg -> Why's and Why Nots -> How

### **Review of September teaching:**

Knowing How

1. Practical How - Examples: scheduling your workouts, food prepping plan for each Sunday
2. Spiritual How - the 12 Spiritual Disciplines

### **October teaching:**

Overcoming Triggers & Setbacks

1. Common challenges
2. Circle of Control
3. Tips for overcoming triggers and setbacks

### **Small Group for Today**

1. Share your practical How you came up with; asking for feedback if it's truly getting to something you can do starting today and every day.
2. Share you Spiritual How (one of the spiritual disciplines); asking for feedback if it's truly getting to something you can do starting today and every day.

### **Self-Reflection for the Month:**

1. If, 30 days from now, you have not put your Practical How and Spiritual How into practice, what has gone wrong? Write out everything that you can envision getting in your way, including things that have tripped you up in the past.
2. Preframe: write down the things you can do to prevent or overcome those set backs you just listed. Be prepared to share with your group next month and ask for support.