

Day 2: Attitude

Quote

If you don't like something change it; if you can't change it, change the way you think about it. Mary Engelbreit

Bible Verse

For the word of God is alive and active. Sharper than any double-edged sword, it penetrates even to dividing soul and spirit, joints and marrow; it judges the thoughts and attitudes of the heart. Hebrews 4:12

Inspiration

http://www.ted.com/talks/neil_pasricha_the_3_a_s_of_awesome.html

Journaling

What things are you thankful have changed – in your life? In your attitudes?

Technique

Use one of the techniques from the Ranger Distress techniques list.

IF YOU DON'T LIKE SOMETHING CHANGE IT; IF YOU CAN'T CHANGE IT, CHANGE THE WAY YOU THINK ABOUT IT.
MARY ENGELBREIT

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HEBREWS 4:12