

## Day 22: Thoughts

### Quote

We are what our thoughts have made us; so take care about what you think. Words are secondary. Thoughts live; they travel far. Swami Vivekananda

### 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

"Your beliefs become your thoughts,  
Your thoughts become your words,  
Your words become your actions,  
Your actions become your habits,  
Your habits become your values,  
Your values become your destiny."  
Mohandas Karamchand Gandhi

Thoughts become things

<http://www.youtube.com/watch?v=8x4sVR67wCk>

Morning Pages

<http://www.youtube.com/watch?v=EpDcrAVqIco>

### Journaling

How do your thoughts influence your day? How can you change your thoughts and words to those of gratitude and how would that change your lifestyle?

### Technique

Use one of the techniques from the stencils list.

WE ARE WHAT OUR THOUGHTS HAVE MADE US; SO TAKE CARE ABOUT WHAT YOU THINK. WORDS ARE SECONDARY.  
THOUGHTS LIVE; THEY TRAVEL FAR. SWAMI VIVEKANANDA

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.  
HEBREW 4:12