

**God has so much for us to experience in this life. He has provided a way in every situation. That we may find ourselves in. So many times we get harmed by circumstances and if not handled correctly, we can bleed to death (emotionally, mentally, spiritually). We need to find what God says, apply it and stop the bleeding.**

**The Following Common-Sense, Biblically-Based Tips Can Help You Build the Kind of Self-Image—  
And the Kind of Life—That Both You/ God Can Be Proud Of:**

- **Do the Right Thing: If you're misbehaving, how can you possibly hope to feel good about yourself? - Rom 14:12, "So then each of us shall give account of himself to God"**  

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- **Watch What You Think: If your inner voice is, in reality, your inner critic, you need to tone down the criticism now. Train yourself to begin thinking thoughts that are more rational, more accepting, and less judgmental. -Phil 4, "Finally, brethren, whatever things are true, whatever things are noble, whatever things are just, whatever things are pure, whatever things are lovely, whatever things are of good report, if there is any virtue and if there is anything praiseworthy— meditate on these things"**  

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- **Spend Time w- Boosters, Not Critics: Are your friends putting you down or lifting you? -Psa 1:1-3, "How well God must like you—you don't hang out at Sin Saloon, you don't slink along Dead-End Road, you don't go to Smart-Mouth College. 2-3 Instead you thrill to GOD's Word, you chew on Scripture day and night. You're a tree replanted in Eden, bearing fresh fruit every month, Never dropping a leaf, always in blossom.**  

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- **Don't Be a Perfectionist: Strive for Excellence, but Never Confuse It W- Perfection. -Ecc 11:4, 6, "When the clouds are full of water, it rains. When the wind blows down a tree, it lies where it falls. Don't sit there watching the wind. Do your own work. Don't stare at the clouds. Get on with it and stick to it until evening without watching the clock. You never know from moment to moment how your work will turn out in the end.**  

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