

2. Focus on victory **ONE DAY** at a time

"Give us this day our daily bread."

Matthew 6:11

"Don't worry about tomorrow, each day has enough troubles of its own"

Matthew 6:34

3. Focus on **GOD'S POWER**, not willpower

"Can a leopard take away his spots? Nor can you who are used to doing evil now start doing good."

Jeremiah 13:23

"I can master anything with the help of Christ who gives me strength."

Philippians 4:13

4. Focus on what I **WANT**, not what I **DON'T WANT**

"Fix your thoughts on what is true and good and right. Think about things that are pure...Think about all you can praise God for and be glad about."
Philippians 4:8

5. Focus on **DOING** good, not **FEELING** good

"If you are guided by the Spirit you will be in no danger of yielding to self-indulgence."

Galatians 5:16

6. Focus on **PEOPLE** who help me, not hinder me

"As iron sharpens iron, so people can improve each other."

Proverbs 27:17

7. Focus on **PROGRESS**, not **PERFECTION**

"God who began the good work within you will keep right on helping you grow in his grace until his task with you is finished..."

Philippians 1:6