GATEKEEPER
BRAIN CHANGE PROGRAM

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Note: Please refer to the disclaimer at the back; I am not a doctor, nor am I offering medical advice.

Using Philippians 4:8

You will keep whoever's mind is steadfast in perfect peace, because he trusts in you. Trust in Yahweh forever; for in Yah, Yahweh, is an everlasting Rock. - Isaiah 26:3-4

A 21-Day Scripture Practice Workbook

Catch It • Filter It • Speak It • Journal It • Practice It

Step 1: Catch It

The very microsecond you feel that familiar sensation of chest tightness, dread, or a looping negative thought, you must become hyper-aware. Do not let it run on autopilot. This is 2 Corinthians 10:5 in action: "We take captive every thought to make it obedient to Christ." Imagine putting handcuffs on that thought. Stop it right in its tracks.

Step 2: Filter It

Drag that captured thought straight to the gate of Philippians 4:8. Put it up against the bouncer. Ask it out loud if you have to: "Is this thought true? Is it pure? Is it lovely? Is it based on God's track record of faithfulness, or is it a lie from the enemy?" If it fails even one of those filters, you refuse to give it any more of your attention. You deny it access to your neural energy.

Step 3: Speak It

This is where you rebuild the jungle. You must instantly replace the filtered thought by speaking the polar opposite scriptural truth out loud. If the thought was, "I'm going to fail and lose everything," you open your mouth and declare, "No. My God supplies all my needs according to His riches in glory. He has not given me a spirit of fear, but of power, love, and a sound mind!"

Now, let's talk about the timeline, because this is where most Christians give up. They try this for two days, they still feel anxious, and they say, "Well, it didn't work. I guess I'm just broken."

Listen to me: your brain didn't build that anxiety highway overnight, and it's not going to dissolve it overnight either. Neuroscientists know that it takes roughly 21 days of consistent, focused effort to begin noticeably dismantling an old neural network and cementing a new one. It takes up to 63 days to fully stabilize it into a permanent, automatic habit.

During that first week, you are going to experience intense biological friction. The old path is still wider and smoother, so your brain is going to want to naturally slide back into worry. That friction isn't a sign that you are failing; it's a sign that you are actively cutting down trees in the jungle to build a new road! Keep swinging the machete of God's Word.

Do not stop.

How to use this workbook

Spend about 10–15 minutes each day. Read Philippians 4:6–9, then the day's replacement passage in your preferred Bible translation. Notice one recurring thought, test it against Scripture, speak a truthful replacement, write a brief reflection, and choose one small action.

The eight Philippians 4:8 filters:

Is it true?

noble?

just?

pure?

lovely?

of good report?

virtuous?

praiseworthy?

A thought need not satisfy all eight words mechanically; use them as a biblical guide for what deserves your sustained attention.

If a thought concerns a real danger, loss, or injustice, do not dismiss the facts. The goal is truthful, Scripture-shaped thinking, not denying suffering or suppressing emotions.

Isaiah 26:3 and Philippians 4:8 teach us about keeping our minds stayed upon God and meditating on things that are true, honorable, just, pure, lovely, and worthy of praise.

Recall, meditation in the Hebrew concept is Haga, which doesn't mean silent contemplation. It is an active, physical verb. It literally means to mutter, to groan, to sigh, or to speak aloud. To the Hebrew mind, you did not just meditate on Scripture by just reading it silently with your eyes. You paced the floor, you muttered it under your breath, you whispered it, you declared it, you spoke it out loud until your physical body felt the weight of the truth. God tells Joshua to meditate on the law day and night.

"Chew" on the Word of God not just mentally, but by speaking it out loud!

What to expect

Neuroplasticity means the nervous system can adapt through experience and learning. Repeated attention and practice may support new habits, but 21 days is not a scientifically guaranteed rewiring deadline. This is a Scripture-based reflection program, not medical or mental-health treatment.

Scripture text: read each listed passage in your own Bible. The replacement statements below are original applications, not quotations from Scripture.

DAY 01 | Notice the Thought

DAILY FOUNDATION • Philippians 4:8

REPLACEMENT SCRIPTURE • Psalm 139:23–24

God invites us to examine what is happening within us.

1 CATCH IT

Pause and name the thought without judging yourself for having it. Write the exact thought or a short description.

My thought: _____

2 FILTER IT

Compare the thought with Philippians 4:8. Is it factual? Is it fair, honorable, pure, and worth dwelling on? What is true, and what may be fear, assumption, or exaggeration?

What thought has been repeating today?

What Scripture helps me see: _____

3 SPEAK IT

Read the replacement Scripture aloud, then speak this truthful response in your own words:

“I cannot change what I refuse to notice.”

My own Scripture-shaped words: _____

4 JOURNAL IT

What did I notice? What feeling or situation brought this thought up?

_____

_____

5 PRACTICE IT

Choose one small action today that agrees with what you have learned.

Today I will: _____

Evening check-in: Did I notice the thought again? How did I respond?

_____

DAY 02 | What Is True?

DAILY FOUNDATION • Philippians 4:8

REPLACEMENT SCRIPTURE • John 8:31–32

Jesus connects abiding in His word with knowing the truth.

1 CATCH IT

Pause and name the thought without judging yourself for having it. Write the exact thought or a short description.

My thought: _____

2 FILTER IT

Compare the thought with Philippians 4:8. Is it factual? Is it fair, honorable, pure, and worth dwelling on? What is true, and what may be fear, assumption, or exaggeration?

What evidence do I have, and what am I assuming?

What Scripture helps me see: _____

3 SPEAK IT

Read the replacement Scripture aloud, then speak this truthful response in your own words:

“One difficult moment does not tell the whole truth about my life.”

My own Scripture-shaped words: _____

4 JOURNAL IT

What did I notice? What feeling or situation brought this thought up?

_____

_____

5 PRACTICE IT

Choose one small action today that agrees with what you have learned.

Today I will: _____

Evening check-in: Did I notice the thought again? How did I respond?

_____

DAY 03 | When Fear Speaks

DAILY FOUNDATION • Philippians 4:8

REPLACEMENT SCRIPTURE • Psalm 56:3–4

The psalmist acknowledges fear and chooses to trust God.

1 CATCH IT

Pause and name the thought without judging yourself for having it. Write the exact thought or a short description.

My thought: _____

2 FILTER IT

Compare the thought with Philippians 4:8. Is it factual? Is it fair, honorable, pure, and worth dwelling on? What is true, and what may be fear, assumption, or exaggeration?

What fear needs to be brought to God today?

What Scripture helps me see: _____

3 SPEAK IT

Read the replacement Scripture aloud, then speak this truthful response in your own words:

“When I am afraid, I can turn toward God in trust.”

My own Scripture-shaped words: _____

4 JOURNAL IT

What did I notice? What feeling or situation brought this thought up?

_____

_____

5 PRACTICE IT

Choose one small action today that agrees with what you have learned.

Today I will: _____

Evening check-in: Did I notice the thought again? How did I respond?

_____

DAY 04 | A Stayed Mind

DAILY FOUNDATION • Philippians 4:8

REPLACEMENT SCRIPTURE • Isaiah 26:3–4

Trust and a mind stayed on the Lord belong together in Isaiah's song.

1 CATCH IT

Pause and name the thought without judging yourself for having it. Write the exact thought or a short description.

My thought: _____

2 FILTER IT

Compare the thought with Philippians 4:8. Is it factual? Is it fair, honorable, pure, and worth dwelling on? What is true, and what may be fear, assumption, or exaggeration?

What is drawing my attention away from trust?

What Scripture helps me see: _____

3 SPEAK IT

Read the replacement Scripture aloud, then speak this truthful response in your own words:

“I can return my attention to the Lord, even when circumstances remain hard.”

My own Scripture-shaped words: _____

4 JOURNAL IT

What did I notice? What feeling or situation brought this thought up?

_____

_____

5 PRACTICE IT

Choose one small action today that agrees with what you have learned.

Today I will: _____

Evening check-in: Did I notice the thought again? How did I respond?

_____

DAY 05 | Renewing the Mind

DAILY FOUNDATION • Philippians 4:8

REPLACEMENT SCRIPTURE • Romans 12:1–2

Paul calls believers not to conform but to be transformed through renewal.

1 CATCH IT

Pause and name the thought without judging yourself for having it. Write the exact thought or a short description.

My thought: _____

2 FILTER IT

Compare the thought with Philippians 4:8. Is it factual? Is it fair, honorable, pure, and worth dwelling on? What is true, and what may be fear, assumption, or exaggeration?

Which old response can I practice replacing?

What Scripture helps me see: _____

3 SPEAK IT

Read the replacement Scripture aloud, then speak this truthful response in your own words:

“I do not have to accept every old pattern as my future.”

My own Scripture-shaped words: _____

4 JOURNAL IT

What did I notice? What feeling or situation brought this thought up?

_____

_____

5 PRACTICE IT

Choose one small action today that agrees with what you have learned.

Today I will: _____

Evening check-in: Did I notice the thought again? How did I respond?

_____

DAY 06 | Taking Thoughts Captive

DAILY FOUNDATION • Philippians 4:8

REPLACEMENT SCRIPTURE • 2 Corinthians 10:3–5

Paul describes bringing arguments and thoughts into obedience to Christ.

1 CATCH IT

Pause and name the thought without judging yourself for having it. Write the exact thought or a short description.

My thought: _____

2 FILTER IT

Compare the thought with Philippians 4:8. Is it factual? Is it fair, honorable, pure, and worth dwelling on? What is true, and what may be fear, assumption, or exaggeration?

What conclusion have I accepted without testing it?

What Scripture helps me see: _____

3 SPEAK IT

Read the replacement Scripture aloud, then speak this truthful response in your own words:

“A thought can be examined before I agree with it.”

My own Scripture-shaped words: _____

4 JOURNAL IT

What did I notice? What feeling or situation brought this thought up?

_____

_____

5 PRACTICE IT

Choose one small action today that agrees with what you have learned.

Today I will: _____

Evening check-in: Did I notice the thought again? How did I respond?

_____

DAY 07 | God's Care in Anxiety

DAILY FOUNDATION • Philippians 4:8

REPLACEMENT SCRIPTURE • Philippians 4:6–7

Paul joins prayer, thanksgiving, and God's guarding peace.

1 CATCH IT

Pause and name the thought without judging yourself for having it. Write the exact thought or a short description.

My thought: _____

2 FILTER IT

Compare the thought with Philippians 4:8. Is it factual? Is it fair, honorable, pure, and worth dwelling on? What is true, and what may be fear, assumption, or exaggeration?

What request can I write as a prayer?

What Scripture helps me see: _____

3 SPEAK IT

Read the replacement Scripture aloud, then speak this truthful response in your own words:

“I can bring my requests to God instead of rehearsing them alone.”

My own Scripture-shaped words: _____

4 JOURNAL IT

What did I notice? What feeling or situation brought this thought up?

_____

_____

5 PRACTICE IT

Choose one small action today that agrees with what you have learned.

Today I will: _____

Evening check-in: Did I notice the thought again? How did I respond?

_____

DAY 08 | Whatever Is Honorable

DAILY FOUNDATION • Philippians 4:8

REPLACEMENT SCRIPTURE • Philippians 4:8; Romans 12:10

Honorable thinking recognizes dignity and gives others appropriate respect.

1 CATCH IT

Pause and name the thought without judging yourself for having it. Write the exact thought or a short description.

My thought: _____

2 FILTER IT

Compare the thought with Philippians 4:8. Is it factual? Is it fair, honorable, pure, and worth dwelling on? What is true, and what may be fear, assumption, or exaggeration?

What dishonoring label needs to change?

What Scripture helps me see: _____

3 SPEAK IT

Read the replacement Scripture aloud, then speak this truthful response in your own words:

“I can speak to myself and others without contempt.”

My own Scripture-shaped words: _____

4 JOURNAL IT

What did I notice? What feeling or situation brought this thought up?

_____

_____

5 PRACTICE IT

Choose one small action today that agrees with what you have learned.

Today I will: _____

Evening check-in: Did I notice the thought again? How did I respond?

_____

DAY 09 | Whatever Is Just

DAILY FOUNDATION • Philippians 4:8

REPLACEMENT SCRIPTURE • Micah 6:8

God calls His people to justice, mercy, and humble walking with Him.

1 CATCH IT

Pause and name the thought without judging yourself for having it. Write the exact thought or a short description.

My thought: _____

2 FILTER IT

Compare the thought with Philippians 4:8. Is it factual? Is it fair, honorable, pure, and worth dwelling on? What is true, and what may be fear, assumption, or exaggeration?

Where do I need fairness rather than resentment?

What Scripture helps me see: _____

3 SPEAK IT

Read the replacement Scripture aloud, then speak this truthful response in your own words:

“I can choose a fair account instead of a distorted accusation.”

My own Scripture-shaped words: _____

4 JOURNAL IT

What did I notice? What feeling or situation brought this thought up?

_____

_____

5 PRACTICE IT

Choose one small action today that agrees with what you have learned.

Today I will: _____

Evening check-in: Did I notice the thought again? How did I respond?

_____

DAY 10 | Whatever Is Pure

DAILY FOUNDATION • Philippians 4:8

REPLACEMENT SCRIPTURE • Psalm 51:10

David asks God for a clean heart and renewed spirit.

1 CATCH IT

Pause and name the thought without judging yourself for having it. Write the exact thought or a short description.

My thought: _____

2 FILTER IT

Compare the thought with Philippians 4:8. Is it factual? Is it fair, honorable, pure, and worth dwelling on? What is true, and what may be fear, assumption, or exaggeration?

What input or habit needs a wise boundary?

What Scripture helps me see: _____

3 SPEAK IT

Read the replacement Scripture aloud, then speak this truthful response in your own words:

“I can ask God to shape what I welcome into my mind.”

My own Scripture-shaped words: _____

4 JOURNAL IT

What did I notice? What feeling or situation brought this thought up?

_____

_____

5 PRACTICE IT

Choose one small action today that agrees with what you have learned.

Today I will: _____

Evening check-in: Did I notice the thought again? How did I respond?

_____

DAY 11 | Whatever Is Lovely

DAILY FOUNDATION • Philippians 4:8

REPLACEMENT SCRIPTURE • Colossians 3:12–14

Compassion, kindness, patience, forgiveness, and love shape Christian life.

1 CATCH IT

Pause and name the thought without judging yourself for having it. Write the exact thought or a short description.

My thought: _____

2 FILTER IT

Compare the thought with Philippians 4:8. Is it factual? Is it fair, honorable, pure, and worth dwelling on? What is true, and what may be fear, assumption, or exaggeration?

What lovely act can I do for someone today?

What Scripture helps me see: _____

3 SPEAK IT

Read the replacement Scripture aloud, then speak this truthful response in your own words:

“I can choose to notice and practice what builds love.”

My own Scripture-shaped words: _____

4 JOURNAL IT

What did I notice? What feeling or situation brought this thought up?

_____

_____

5 PRACTICE IT

Choose one small action today that agrees with what you have learned.

Today I will: _____

Evening check-in: Did I notice the thought again? How did I respond?

_____

DAY 12 | Whatever Is of Good Report

DAILY FOUNDATION • Philippians 4:8

REPLACEMENT SCRIPTURE • Ephesians 4:29

Paul directs speech toward what builds others up.

1 CATCH IT

Pause and name the thought without judging yourself for having it. Write the exact thought or a short description.

My thought: _____

2 FILTER IT

Compare the thought with Philippians 4:8. Is it factual? Is it fair, honorable, pure, and worth dwelling on? What is true, and what may be fear, assumption, or exaggeration?

Would repeating this thought help or harm?

What Scripture helps me see: _____

3 SPEAK IT

Read the replacement Scripture aloud, then speak this truthful response in your own words:

“I can refuse to pass along a harmful rumor.”

My own Scripture-shaped words: _____

4 JOURNAL IT

What did I notice? What feeling or situation brought this thought up?

_____

_____

5 PRACTICE IT

Choose one small action today that agrees with what you have learned.

Today I will: _____

Evening check-in: Did I notice the thought again? How did I respond?

_____

DAY 13 | Whatever Is Virtuous

DAILY FOUNDATION • Philippians 4:8

REPLACEMENT SCRIPTURE • 2 Peter 1:5–8

Peter urges believers to grow in virtue, knowledge, self-control, and love.

1 CATCH IT

Pause and name the thought without judging yourself for having it. Write the exact thought or a short description.

My thought: _____

2 FILTER IT

Compare the thought with Philippians 4:8. Is it factual? Is it fair, honorable, pure, and worth dwelling on? What is true, and what may be fear, assumption, or exaggeration?

What good quality will I deliberately practice?

What Scripture helps me see: _____

3 SPEAK IT

Read the replacement Scripture aloud, then speak this truthful response in your own words:

“Growth is practiced, not merely wished for.”

My own Scripture-shaped words: _____

4 JOURNAL IT

What did I notice? What feeling or situation brought this thought up?

_____

_____

5 PRACTICE IT

Choose one small action today that agrees with what you have learned.

Today I will: _____

Evening check-in: Did I notice the thought again? How did I respond?

_____

DAY 14 | Whatever Is Praiseworthy

DAILY FOUNDATION • Philippians 4:8

REPLACEMENT SCRIPTURE • Psalm 103:1–5

The psalmist remembers God's benefits and calls his soul to bless the Lord.

1 CATCH IT

Pause and name the thought without judging yourself for having it. Write the exact thought or a short description.

My thought: _____

2 FILTER IT

Compare the thought with Philippians 4:8. Is it factual? Is it fair, honorable, pure, and worth dwelling on? What is true, and what may be fear, assumption, or exaggeration?

What reason for gratitude can I name truthfully?

What Scripture helps me see: _____

3 SPEAK IT

Read the replacement Scripture aloud, then speak this truthful response in your own words:

“I can remember God's goodness without denying present pain.”

My own Scripture-shaped words: _____

4 JOURNAL IT

What did I notice? What feeling or situation brought this thought up?

_____

_____

5 PRACTICE IT

Choose one small action today that agrees with what you have learned.

Today I will: _____

Evening check-in: Did I notice the thought again? How did I respond?

_____

DAY 15 | Guard the Heart

DAILY FOUNDATION • Philippians 4:8

REPLACEMENT SCRIPTURE • Proverbs 4:23

Wisdom teaches careful attention to the heart because life flows from it.

1 CATCH IT

Pause and name the thought without judging yourself for having it. Write the exact thought or a short description.

My thought: _____

2 FILTER IT

Compare the thought with Philippians 4:8. Is it factual? Is it fair, honorable, pure, and worth dwelling on? What is true, and what may be fear, assumption, or exaggeration?

What has been shaping my inner life?

What Scripture helps me see: _____

3 SPEAK IT

Read the replacement Scripture aloud, then speak this truthful response in your own words:

“What I repeatedly welcome deserves careful attention.”

My own Scripture-shaped words: _____

4 JOURNAL IT

What did I notice? What feeling or situation brought this thought up?

_____

_____

5 PRACTICE IT

Choose one small action today that agrees with what you have learned.

Today I will: _____

Evening check-in: Did I notice the thought again? How did I respond?

_____

DAY 16 | From Heart to Speech

DAILY FOUNDATION • Philippians 4:8

REPLACEMENT SCRIPTURE • Luke 6:43–45

Jesus teaches that words reveal what fills the heart.

1 CATCH IT

Pause and name the thought without judging yourself for having it. Write the exact thought or a short description.

My thought: _____

2 FILTER IT

Compare the thought with Philippians 4:8. Is it factual? Is it fair, honorable, pure, and worth dwelling on? What is true, and what may be fear, assumption, or exaggeration?

What did my words reveal today?

What Scripture helps me see: _____

3 SPEAK IT

Read the replacement Scripture aloud, then speak this truthful response in your own words:

“Before speaking, I can examine what I have been dwelling on.”

My own Scripture-shaped words: _____

4 JOURNAL IT

What did I notice? What feeling or situation brought this thought up?

_____

_____

5 PRACTICE IT

Choose one small action today that agrees with what you have learned.

Today I will: _____

Evening check-in: Did I notice the thought again? How did I respond?

_____

DAY 17 | Set a Guard on My Mouth

DAILY FOUNDATION • Philippians 4:8

REPLACEMENT SCRIPTURE • Psalm 141:3

The psalmist asks the Lord to guard the door of his lips.

1 CATCH IT

Pause and name the thought without judging yourself for having it. Write the exact thought or a short description.

My thought: _____

2 FILTER IT

Compare the thought with Philippians 4:8. Is it factual? Is it fair, honorable, pure, and worth dwelling on? What is true, and what may be fear, assumption, or exaggeration?

What sentence could I say more wisely?

What Scripture helps me see: _____

3 SPEAK IT

Read the replacement Scripture aloud, then speak this truthful response in your own words:

“I can pause before words that I may regret.”

My own Scripture-shaped words: _____

4 JOURNAL IT

What did I notice? What feeling or situation brought this thought up?

_____

_____

5 PRACTICE IT

Choose one small action today that agrees with what you have learned.

Today I will: _____

Evening check-in: Did I notice the thought again? How did I respond?

_____

DAY 18 | The Tongue and Direction

DAILY FOUNDATION • Philippians 4:8

REPLACEMENT SCRIPTURE • James 3:2–10

James uses the bridle and rudder to show how a small member directs much.

1 CATCH IT

Pause and name the thought without judging yourself for having it. Write the exact thought or a short description.

My thought: _____

2 FILTER IT

Compare the thought with Philippians 4:8. Is it factual? Is it fair, honorable, pure, and worth dwelling on? What is true, and what may be fear, assumption, or exaggeration?

Where could a gentler answer change my direction?

What Scripture helps me see: _____

3 SPEAK IT

Read the replacement Scripture aloud, then speak this truthful response in your own words:

“My words have influence, so I will use them carefully.”

My own Scripture-shaped words: _____

4 JOURNAL IT

What did I notice? What feeling or situation brought this thought up?

_____

_____

5 PRACTICE IT

Choose one small action today that agrees with what you have learned.

Today I will: _____

Evening check-in: Did I notice the thought again? How did I respond?

_____

DAY 19 | Speak What Builds

DAILY FOUNDATION • Philippians 4:8

REPLACEMENT SCRIPTURE • Proverbs 18:21; Ephesians 4:29

Proverbs emphasizes the consequences of speech; Paul emphasizes edification.

1 CATCH IT

Pause and name the thought without judging yourself for having it. Write the exact thought or a short description.

My thought: _____

2 FILTER IT

Compare the thought with Philippians 4:8. Is it factual? Is it fair, honorable, pure, and worth dwelling on? What is true, and what may be fear, assumption, or exaggeration?

What encouraging truth can I say today?

What Scripture helps me see: _____

3 SPEAK IT

Read the replacement Scripture aloud, then speak this truthful response in your own words:

“I can choose words that are truthful, gracious, and helpful.”

My own Scripture-shaped words: _____

4 JOURNAL IT

What did I notice? What feeling or situation brought this thought up?

_____

_____

5 PRACTICE IT

Choose one small action today that agrees with what you have learned.

Today I will: _____

Evening check-in: Did I notice the thought again? How did I respond?

_____

DAY 20 | Become a Doer

DAILY FOUNDATION • Philippians 4:8

REPLACEMENT SCRIPTURE • James 1:22–25

James warns against hearing the word without doing it.

1 CATCH IT

Pause and name the thought without judging yourself for having it. Write the exact thought or a short description.

My thought: _____

2 FILTER IT

Compare the thought with Philippians 4:8. Is it factual? Is it fair, honorable, pure, and worth dwelling on? What is true, and what may be fear, assumption, or exaggeration?

What action will make today's practice visible?

What Scripture helps me see: _____

3 SPEAK IT

Read the replacement Scripture aloud, then speak this truthful response in your own words:

“I can put one Scripture-shaped choice into action today.”

My own Scripture-shaped words: _____

4 JOURNAL IT

What did I notice? What feeling or situation brought this thought up?

_____

_____

5 PRACTICE IT

Choose one small action today that agrees with what you have learned.

Today I will: _____

Evening check-in: Did I notice the thought again? How did I respond?

_____

DAY 21 | Continue Beyond Day 21

DAILY FOUNDATION • Philippians 4:8

REPLACEMENT SCRIPTURE • Philippians 4:8–9; Galatians 6:9

Paul connects dwelling on these things with practicing what has been learned.

1 CATCH IT

Pause and name the thought without judging yourself for having it. Write the exact thought or a short description.

My thought: _____

2 FILTER IT

Compare the thought with Philippians 4:8. Is it factual? Is it fair, honorable, pure, and worth dwelling on? What is true, and what may be fear, assumption, or exaggeration?

Which practices will I carry into the next month?

What Scripture helps me see: _____

3 SPEAK IT

Read the replacement Scripture aloud, then speak this truthful response in your own words:

“I can continue practicing faithfully, one day at a time.”

My own Scripture-shaped words: _____

4 JOURNAL IT

What did I notice? What feeling or situation brought this thought up?

_____

_____

5 PRACTICE IT

Choose one small action today that agrees with what you have learned.

Today I will: _____

Evening check-in: Did I notice the thought again? How did I respond?

_____

Disclaimer

For Educational, Biblical, and Informational Purposes Only

I am not a doctor, licensed therapist, or medical professional. This *Gatekeeper Brain Change Program* is designed to encourage spiritual growth through the study and application of God's Word, particularly Philippians 4:8.

The information shared about neuroplasticity and the brain is provided for educational purposes only and is not intended as medical advice, diagnosis, or treatment.

This 21-day program encourages participants to examine their thoughts, renew their minds through Scripture, and develop healthier patterns of thinking and speaking. Individual experiences and results may vary.

This workbook is not a substitute for professional medical or mental health care. Please consult a qualified healthcare professional regarding any medical or mental health concerns.

My purpose is to share the Word of God and encourage others to apply biblical truth in their daily lives.