

Mind Renewal Tracker

G MODULE • GROUNDED

Helping you renew your mind through truth, consistency, and surrender in Christ.

Use this worksheet to notice recurring thoughts, identify what drains your peace, and begin replacing old patterns with biblical truth. Renewal happens through consistent surrender, not just good intentions.

1 Thought Audit

What thoughts enter your mind most often right now?

2 What Drains My Peace?

List the thoughts, influences, or mental habits that most weaken your peace.

- | | |
|--|---|
| ☐ comparison | ☐ emotional reactivity |
| ☐ social media overload | ☐ constant busyness |
| ☐ fear | ☐ negative assumptions |
| ☐ overthinking | ☐ distraction |
| ☐ self-criticism | ☐ other _____ |

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3

Truth Replacement

What recurring thought needs to be replaced, and what biblical truth will replace it?

Recurring thought: _____

Biblical truth: _____

Verse reference: _____

4

Daily Renewal Practice

Use this simple tracker to practice renewal throughout the week.

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Scripture							
Prayer							
Reflection							
Pausing							