

thin within

Thin Within Win Checklist

Directions: Check off (or date) each of the steps as you do them. Visit <https://www.thinwithin.org/freebies-for-you> to download any of the record sheets you need.

- Ask the Lord for conviction. Comments: _____
- Set emotional, spiritual and physical goals. Comments: _____
- Set Action Steps. Comments: _____
- Establish accountability partner or group. Comments: _____
- Set up accountability tool with action steps. Comments: _____
- Check in with accountability partner or group. Comments: _____
- Complete the Thin Within Victory Challenge Comments: _____
- Use the Lies/Truth Chart. Comments: _____
- Fill in the Time Accountability Chart for One Week. Comments: _____
- Complete the Mind Renewal Bible Study. Comments: _____
- Download and Read the Ebook: *How to Renew Your Mind for a Healthier Life*. Comments: _____
- Go through the Time Accountability Chart with pens and color-code and categorize how you invested your time. (Observation) Comments: _____
- Plan activity opportunities. Comments: _____
- Create a new schedule based on what you have learned. (Correction) Comments: _____

Mix well with the Water of Life and repeat as needed!