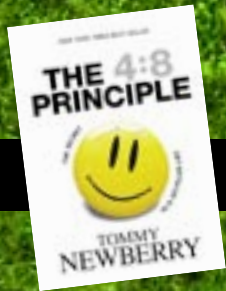




480

4:8 THOUGHTS



New York Times Bestselling **The 4:8 Principle: The Secret to a Joy-Filled Life** by Tommy Newberry available now on [amazon.com](https://www.amazon.com)

1. Summing it all up, friends, I'd say you'll do best by filling your minds and meditating on things true, noble, reputable, authentic, compelling, gracious—the best, not the worst; the beautiful, not the ugly; things to praise, not things to curse.

Philippians 4:8 (MSG)



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God is love

God is all-powerful

God is ever present

God is absolute truth

God is all knowing

2. WHAT IS TRUE ABOUT GOD?

God is merciful

God is faithful

God is holy

12. God is unchanging

God is just



13. WHAT IS TRUE ABOUT ME?

I have confidence in myself because I have confidence in my Creator

I am a beautiful, wonderful child of God

With God, I have unlimited potential

I can do all things through Christ who strengthens me

There is nobody just like me in the whole world

I was made for a particular purpose

I believe in victory

I have unique talents and strengths

I am worthy of abundance

For God has not given me the spirit of fear, but of power, love and a sound mind.

I am responsible for my life

God has awesome plans for my future

26. God is working through me



27.

"It is not enough to have a good mind.
The main thing is to use it well."

RENÉ DESCARTES



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28. VISIBLE CIRCUMSTANCES ARE THE RESULT OF INVISIBLE THOUGHTS

My mind is quick, sharp and alert

I think about good things

As a man thinks in his heart, so is he.

I focus on the really good stuff.

I am a highly disciplined thinker

I look for and find the best in others

I dwell on my strengths

I feed my mind positive mental nutrition

37. I have clear, compelling goals



38. I put my goals in writing

I review my goals daily

I memorize scripture

I surrender myself and my future to God

I read inspirational books

I plan my TV watching

I think excellent thoughts

I think lovely thoughts

I think pure thoughts

I think about what is commendable

48. I fix my mind on the positives in life



49. God loved the people of this world so much that he gave his only Son, so that everyone who has faith in him will have eternal life and never really die. *John 3:16 (CEV)*



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50. I AM READY

I am ready to reach my full potential

I am ready to grow

I am ready to lead

I am ready to learn

I am ready for the next level

I am ready to really live

I am ready to create

I am ready to let go and let God

I am ready for the next level

I am ready for more energy

I am ready for more creativity

I am ready for more excitement

I am ready for abundance

I am ready for abundance

I am ready to break free

I am ready to follow my passion

I am ready to serve others

I am ready to go all out

I am ready more wisdom

I am ready for more joy

70. I am ready for the incredible future God has planned for me



**71. AUTHENTIC JOY CAN ALWAYS BE
RECOGNIZED BY THE *INDISPENSIBLE
LEAP OF FAITH* THAT MUST PRECEDE IT.**

THROUGH CHRIST, MY SUBCONSCIOUS IS CLEANSED AND PURIFIED

MY FAITH IS STRONG AND GETTING STRONGER

I PRACTICE GRATITUDE

MY THOUGHTS ARE SHOWING

I TRAVEL LIGHT

I KNOW THERE IS PLENTY

I KEEP MY THOUGHTS FIXED ON GOD

GRATITUDE IS THE CORNERSTONE OF AN UNSTOPPABLE ATTITUDE

80. GOD IS SUPPLYING ALL OF MY NEEDS AND THEN SOME



81. I FEEL WHAT I DWELL UPON

I feel healthy, I feel happy, I feel terrific I feel passionate and purposeful I feel full of joy
I feel enthusiastic I feel energized I feel moved and motivated I feel relaxed and self-assured
I feel fully alive, completely engaged, perfectly fabulous, appreciated and blissful
I feel loved I feel thankful I feel phenomenal I feel turbo-charged I feel unbeatable
I feel marvelous I feel extra special I feel the power of God working through me
I feel worthy I feel the grace of God 100. I feel excited about the future



*101. Nurture great thoughts,
for you will never go higher
than your thoughts.*

BENJAMIN DISRAELI



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102. AS YOU BELIEVE, SO YOU BEHAVE.

Everything I need I already have

I BELIEVE

I think HUGE

I HAVE CLEAR, SPECIFIC, AND MEASURABLE GOALS

I am constantly focused on the benefits and rewards of reaching my goals!

GOALS TELL MY BRAIN WHAT TO NOTICE AND PAY ATTENTION TO

My thoughts, words, and actions are positive and supportive of my goals!

I ONLY DO TASKS THAT HELP ME REACH MY GOALS

I have goals in all areas of life

I AM A GOAL-DIRECTED SUPER ACHIEVER

I invest time each morning to re-write and review my top goals!

I REVIEW MY GOALS EACH NIGHT BEFORE I GO TO SLEEP!

I affirm and visualize my goals daily!

I ENJOY BEING GOAL DIRECTED

I believe the entire world is conspiring to help me reach my goals

118. I HAVE REMARKABLE INTENSITY OF PURPOSE



119. To be grateful is to recognize the love of God in everything he has given us and he has given us everything. Every breath we draw is a gift of his love. Every moment of existence is a grace for it brings with it immense graces from him. Gratitude therefore takes nothing for granted, is never unresponsive, is constantly awakening to new wonder and to praise of the goodness of God for the grateful person knows that God is good not by hearsay but by experience and that is what makes all the difference. Thomas Merton



121. What are you grateful for?

I AM GRATEFUL FOR MY LIFE

I am grateful for God's great plans for the rest of my life

I am grateful for my family

I AM GRATEFUL FOR MY FRIENDS

I am grateful for my healthy bones, skin, and teeth

I AM GRATEFUL FOR MY SUPER-STRONG IMMUNE SYSTEM

I am grateful for my muscles, tendons and ligaments

I AM GRATEFUL FOR MY EYES AND EARS

I am grateful for my vision and for my hearing

I AM GRATEFUL FOR MY HEARTBEAT

I AM GRATEFUL FOR MY DIGESTIVE SYSTEM

I am grateful for my lungs, my kidneys, and my liver and all of my internal organs

I AM GRATEFUL FOR MY ARTERIES, BLOOD VESSELS, AND CAPILLARIES

I AM GRATEFUL FOR MY WHITE AND RED BLOOD CELLS

136. I am grateful for being alive and healthy in the world today



137. WHAT ELSE ARE YOU REALLY, REALLY THANKFUL FOR?

I am thankful for my free will • I am thankful for my country and all its freedoms • I am thankful for my country and its opportunities • I am thankful for planes, trains, and automobiles • I am grateful that there is always another election • I am grateful for parks • I am grateful for roads and bridges • I am grateful for police officers • I am grateful for teachers • I am grateful for doctors and nurses • I am grateful for firefighters and paramedics • I am grateful for the United States military • I am grateful for fresh water • I am grateful for gas for my car • I am thankful that there is plenty of food nearby • 153. I am thankful for Whole Foods grocery store



154. I CHOOSE TO PRAISE GOD

I praise God for being in control I praise God for the mystery and suspense of His perfect will

I praise God for being able to turn weakness into strength, setbacks into success

I praise God that He can make all situations work together for good for those that love Him

I praise God for being with me always, even when I don't feel like it

I praise God for knowing everything about everything **I praise God for being love itself**

I praise God for knowing everything about me and loving me anyway

I praise God for loving me when I am unlovable I praise God for loving me when I am lovable

I praise God for loving me at my best and my worst I praise God for being perfect, complete and holy

I praise God for not just being truthful but for being truth itself

I praise God for being all-wise and offering to help me with anything

I praise God for being the source of all goodness in my life I praise God for the gift of free will

I praise God for his perfect timing, never early, never late, ever.

I praise God for being the God of joy, smiles and laughter **I praise God for His sense of humor**

I praise God for being the same yesterday, today, and forever

I praise God for the great plans he has for my future

I praise God, most especially for his grace and mercy

177. I praise God that I can choose to think on good things



178. I MAKE EXCEPTIONAL GRATITUDE A DAILY HABIT I AM GRATEFUL FOR HOT SHOWERS AND INDOOR PLUMBING **I AM GRATEFUL FOR AIR CONDITIONING** I AM THANKFUL FOR MY MICROWAVE OVEN AND MY REFRIGERATOR **I AM THANKFUL FOR WIRELESS, HIGH-SPEED INTERNET** I AM THANKFUL FOR THE ROOF OVER MY HEAD **I AM GRATEFUL FOR COLD WATER MELON ON A HOT SUMMER NIGHT** I AM THANKFUL FOR MY COMFORTABLE BED **I AM THANKFUL FOR TIVO** I AM GRATEFUL FOR MY MOBILE PHONE AND ROLL OVER MINUTES **188. I AM THANKFUL FOR EMAIL**



189. "ASSUME THE ATTITUDE,
THOUGH YOU HAVE IT NOT."

WILLIAM SHAKESPEARE





190. God is with me and for me right now :: I am relaxed and confident :: Greatness begins when you start to believe in the ideas that God sends you :: Prayer is always the answer :: I am safe :: I enjoy being goal directed :: Every situation is a positive situation when I view it as an opportunity for growth and self-mastery :: I am a channel for God's love :: I surround myself with other goal-directed people! :: I can choose peace rather than tension :: I give with passion :: I have impeccable honesty :: I love what I do :: I persist until I succeed :: Yes I Can :: I relax and let life flow joyously :: Once I pray, my future changes :: It is important to me that I develop my full potential :: I believe in my prayers :: I can choose from an infinite number of potential thoughts :: I am a well-adjusted, balanced and extremely capable human being :: My life is a work of art in progress :: 212. What are you thinking about?



213. What else are you glad you have in your life?

I AM THANKFUL
FOR MY IPOD

I am thankful for seat belts and airbags

I am thankful for the
smell of ocean air

**I AM THANKFUL FOR
AUTUMN LEAVES ON
THE GROUND AND THE
FIRST DAY OF SPRING**

**I AM THANKFUL
FOR MASSAGE
THERAPISTS**

I AM THANKFUL FOR NUTRITIONAL SUPPLEMENTS

**I am thankful
for sunsets at
the beach**

I AM THANKFUL FOR
THUNDERSTORMS

*I am thankful for snow-
covered ski slopes*

*I am grateful for every
person who has ever
prayed for me, ever.*

*I am thankful for
fireworks on the
fourth of July*

**I AM GRATEFUL FOR THE
LAST DAY OF SCHOOL
AND THE LAST DAY OF
SUMMER VACATION**

**I AM THANKFUL FOR MY
FIREPLACE ON A COLD
WINTER NIGHT**

I AM GRATEFUL FOR
GOD'S PERFECT WILL

*I am thankful for so many
second...and third chances*

**I am grateful for
everybody who
continues to pray for me.**

**I AM THANKFUL FOR
POSITIVE ROLE MODELS**

I am grateful for the
differences in each of
my children

**I am grateful for the
talents in each of my
children**

**I am grateful for the
life lessons my kids
teach me**

***I am grateful for hugs
from a two year old***

**I am grateful
for hugs from a
teenager**

**237. I AM GRATEFUL FOR THE
PRIVILEGE TO BE A PARENT**

I AM GRATEFUL FOR LAUGHTER IN MY HOUSE



238. WITH GOD, ALL THINGS ARE POSSIBLE

God knows how the story ends

240. With God's help, I'll get it done



241. WHAT ELSE DO YOU REALLY APPRECIATE IN YOUR LIFE?

I am thankful for the opportunity to influence my child's future

I am grateful for coachable moments

I am grateful for prayer partners

I am grateful, that as of this writing, we have been free of terrorist attacks since 9/11

I am grateful that I have plenty of food to eat

I am grateful for my child's reflection of myself

I am grateful that my kids don't copy every single thing I do

I am grateful for passion and purpose

I am grateful the emotion of dissatisfaction

I am grateful for the emotion of contentment

252. I am grateful for joy-filled moments



253. I AM COMFORTABLE WITH TRUE SUCCESS I AM COMFORTABLE WITH WINNING **I AM COMFORTABLE WITH EXCELLING IN LIFE** I AM COMFORTABLE STANDING ABOVE THE CROWD **I AM COMFORTABLE WITH MY UNIQUENESS** I AM COMFORTABLE BEING A FAITHFUL STEWARD OF MY POTENTIAL **I AM COMFORTABLE BEING THE BEST** I AM COMFORTABLE WITH MY AMBITION **I AM COMFORTABLE MAKING A DIFFERENCE** I AM COMFORTABLE WITH ABUNDANCE **I AM COMFORTABLE WITH MY CALLING** I AM COMFORTABLE WITH WEALTH **I AM COMFORTABLE WITH BEING A LEADER** I AM COMFORTABLE TAKING A STAND **I AM COMFORTABLE LIVING MY VALUES** I AM COMFORTABLE ENJOYING THE FRUITS OF MY HARD WORK **I AM COMFORTABLE IN MY OWN SKIN** 270. I AM EVEN COMFORTABLE BEING UNCOMFORTABLE



271. I know that there is nothing better for men than to be happy and do good while they live. That everyone may eat and drink, and find satisfaction in all his toil—this is the gift of God.

ECCLESIASTES 3:12-13



**272. WHAT YOU LET IN YOUR HEART SHAPES
WHAT YOU BELIEVE, EXPECT, AND DO.**

**YOU, LORD, ARE THE LIGHT THAT KEEPS ME
SAFE. I AM NOT AFRAID OF ANYONE. YOU
PROTECT ME, AND I HAVE NO FEARS. Psalm 27:1**

**I FOCUS ON PROGRESS AND FORGET ABOUT
PERFECTION**

**275. MY PRAYERS WORK FOR MY HIGHEST
GOOD...FOREVER**



276. WHAT ARE YOU REALLY, REALLY THANKFUL FOR?

I am thankful for mistakes that don't really matter

I am grateful for my best friend

I am grateful for all my friends

I am grateful for Chick-fil-A

I am grateful pizza delivery and pay per view movies

I am grateful for family nights with no plan

I am grateful for Etched Memories that will last for a lifetime

I am grateful for all my teachers both inside and outside the classroom

I am grateful for the grace of God

I am grateful that God loved me so much that He gave his only son so that I may live with Him forever

I am thankful that I can choose to think about anything I want

I am grateful for vacations at the beach

289. I am thankful for long weekends in the mountains



290. "A proud man is seldom a grateful man,
for he never thinks he gets as much as he
deserves." *Henry Ward Beecher*



291. ALL THE POWER I NEED IS WITHIN ME NOW

I am grateful for fresh, clean mountain air I am grateful that each moment is a new beginning
I am thankful for rivers, lakes and streams **I am grateful that I know what I don't know**
I am thankful for big rain drops
I am grateful for caller ID **I am grateful for everyone who ever helped me in**
I am grateful for Google **any way large or small**
I am grateful for toothpaste and mouthwash I am grateful for the Bible
I am grateful for inspirational messages **303. I am grateful knowing the truth**



**304. JUST AS IRON SHARPENS IRON,
FRIENDS SHARPEN THE MINDS
OF EACH OTHER.**

PROVERBS 27:17 (CEV)



305. I SEE MYSELF WINNING IN ALL AREAS OF LIFE

I see myself as whole, sufficient and complete

I see myself as HUGE as God made me to be

I see myself with complete integrity

I see myself as a new creature in Christ

I see myself as renewed, cleansed and purified

I see myself making wise choices

I see myself with unshakable faith

I see myself living on purpose

I see myself having repeated breakthroughs the rest of my life

I see myself leaving a powerful legacy

I see myself as wealthy in every sense of the word

I see myself as generous and grateful

I see myself as lovable and likable

I see myself as a faithful steward of my talents and resources

I see myself being patient and kind

321. I see myself as healthy, lean and fit



322.

Be not afraid, only believe.
Mark 5:36



**323. I SEE MYSELF GETTING BETTER EVERYDAY I
SEE MYSELF GIVING MORE THAN I TAKE I SEE MYSELF
LAUGHING AND ENJOYING LIFE TO THE FULLEST
I SEE MYSELF HAVING PERFECT TIMING I SEE MYSELF
MAKING A REAL DIFFERENCE IN THE WORLD I SEE
MYSELF BRINGING OUT THE BEST IN OTHERS I SEE
MYSELF AT MY BEST 330. I SEE THE BIG PICTURE**



331. WHAT DO I APPRECIATE ABOUT MY LIFE?

I am grateful for spiritual growth and maturity

I am grateful for the people who challenge me

I am thankful motivated leaders

I am thankful for adversity in its many disguises

I am grateful for providential relationships

I am thankful for God incidences

I am grateful for the Constitution of the United States

I am grateful for all the secret intelligence gathering that goes on that we don't know about

I am grateful for the smell of coffee in the morning

I am thankful for people who focus on service

I am grateful for people who spread joy and contagious enthusiasm

I am grateful for my enemies and adversaries and what they have taught me

I am grateful that God made boys to be boys and girls to be girls

I am grateful for optimistic people

346. I am grateful for youth sports and the lessons learned



***347. Today's self talk
is tomorrow's reality.***

I pray about everything

***349. I can hardly wait to wake up,
get up and start each new day***



350. I am thankful for people who share my values and worldview I am grateful for people who see the world differently than I do I am grateful for interesting people I am grateful for confident people I am thankful for funny people I am grateful for the mistakes I haven't made I am grateful for spell check I am thankful for people who follow through and do what they say they will do I am grateful for dynamic leaders who walk their talk 359. I am thankful for blunt "tell it like it really is" people



360. MY SUCCESS BLESSES OTHERS

My **career** blesses others

My **conversations** bless others

My **thoughts** bless others

My **work ethic** blesses others

My **prayers** bless others

My **creativity** blesses others

My **decisions** bless others

My **income** blesses others

My **words** bless others

My **relationships** bless others

My **sense of humor** blesses others

My **giving** blesses others

My **marriage** blesses others

My **reading habits** bless others

My **saving** blesses others

My **parenting** blesses others

My **early morning ritual** blesses others

My **joy** blesses others

My **nutritional habits** bless others

380. My **life** blesses others





381. You will become as small
as your controlling desire; or as
great as your dominant aspiration.

James Allen



382. I am my full potential

I am elated with life

I am now free of all mental, emotional, spiritual, and physical congestion

I am saturated with peace and harmony as I sleep

I am rapidly moving toward my goals

I am completely immune to bad news, gossip and all negativity

I am far more than what you see

I am transformed by the renewing of my mind

I am a perpetual forgiveness machine

I am free of all toxins

I am free of anxiety and worry

I am receptive to direct inspiration from God

I am free to be me

395. I am a deliberate and purposeful thinker



**396. WHATEVER YOU DIRECT YOUR MIND
TO THINK ABOUT WILL ULTIMATELY BE
REVEALED FOR EVERYONE TO SEE.**

I am centered and focused

I AM LIVING AT THE MOST WONDERFUL TIME

I am plugged into the one and only God Almighty

I am committed to being the best I can be

I am bold

I am responsible for my thoughts

I am a 4:8 thinker

I am a blessing to all who know me and many more

I AM EXTREMELY WELL PREPARED FOR LIFE

I am in this moment right now

I am a channel for God's love

I am a learning machine

409. I AM A CREATIVE GENIUS



410. The happiness which brings enduring worth to life is not the superficial happiness that is dependent on circumstances. It is the happiness and contentment that fills the soul even in the midst of the most distressing circumstances and the most bitter environment. It is the kind of happiness that grins when things go wrong and smiles through the tears. The happiness for which our souls ache is one undisturbed by success or failure, one which will root deeply inside us and give inward relaxation, peace, and contentment, no matter what the surface problems may be. That kind of happiness stands in need of no outward stimulus. BILLY GRAHAM



**411. My future is bigger and brighter than my past
about what I want to have happen**

I think

I remind myself of my victories, large and small

I dwell on my strengths

I recognize that every thought has a consequence

I have what it takes

**REALIZE THAT EVERYTHING YOU WATCH, READ, OR LISTEN TO
IS INFLUENCING YOUR BEHAVIOR FOR GOOD OR FOR BAD.**

418. I bless myself with positive words



419. I ask productive questions every day

What are my biggest blessings and how could I demonstrate my appreciation today?

What are my smallest everyday blessings and how could I express my thanks?

Who are the people in my life that love me the most?

What's my goal?

What is the purpose of my life?

Who are the people in my life who have taught me the most?

What have I learned about myself and my character that could help me rise to a new level?

What is the goal of my marriage?

What is the goal of my parenting?

What are my most positive qualities?

In what ways have I recently been filling my mind with positive mental nutrition?

What are 5 of my recent victories, large or small?

What am I looking forward to in the next 30 days?

What are my best memories from last summer?

What do I love the most about my marriage?

What are my best memories from childhood?

What's the greatest thing about being a parent?

What are some recent signs of progress in my life?

What is my biggest current opportunity?

What might God be trying to teach me right now?

What is the greatest goal I could pursue over the next 3 years?

441. In what ways could I significantly increase my value and contribution to others in the next month?



442. I FOLLOW MY PASSION!

I EXPECT THE BEST FROM MYSELF AND OTHERS!

GOD IS MY SOURCE, MY SUPPLY, AND MY PROVISION.

I AM RELAXED AND POISED EVEN WHEN OTHERS ARE NOT!

I HAVE HIGH STANDARDS!

I THINK THE RIGHT THING, IN THE RIGHT WAY, AND AT THE RIGHT TIME!

I RISE ABOVE EVERYDAY NEGATIVITY!

I SCHEDULE TIME DAILY TO BE WITH GOD

I AM A POWERFUL BUNDLE OF POSITIVITY

**FAITH IS TO BELIEVE WHAT YOU DO NOT
YET SEE; THE REWARD FOR THIS FAITH IS
TO SEE WHAT YOU BELIEVE. ST. AUGUSTINE**

452. I VISUALIZE MY IDEAL SELF!



453. GREAT MINDS DISCUSS
IDEAS, AVERAGE MINDS
DISCUSS EVENTS, AND SMALL
MINDS DISCUSS PEOPLE.

HYMAN G. RICKOVER



454. I CHOOSE TO FOCUS ON THE GOOD STUFF

I focus on God and how good He is :: I focus on the good in other people

I focus on the strength in myself :: I focus on the opportunity in the crisis

I focus on the gift of the present :: I focus on the lesson to be learned

I focus on what God is trying to say to me :: I focus on absolute truth

Stop judging by mere appearances, and make a right judgment. John 7:24, NIV

I focus on solutions :: I focus on breakthroughs :: I focus on the things I can control

I focus on what I do have :: I focus on what is working :: I focus on what is available

I focus on serving more :: I focus on giving more :: I focus on becoming more

I focus on growing more :: 474. I focus on living more



475.

**"TREAT A MAN AS HE IS AND HE WILL REMAIN AS HE IS.
TREAT A MAN AS HE COULD BE AND SHOULD BE AND HE
WILL BECOME AS HE COULD BE AND SHOULD BE."
JOHANN WOLFGANG VON GOETHE**

I ASK AND I RECEIVE

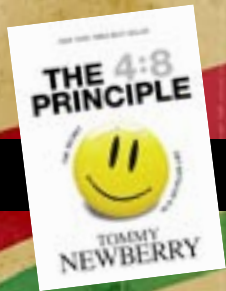
477. I STUDY THE BIBLE DILIGENTLY



I cherish every
relationship

**478. I RECOGNIZE THE
TRUTH AND I SPREAD IT**

480. I choose God



New York Times Bestselling **The 4:8 Principle: The Secret to a Joy-Filled Life** by Tommy Newberry available now on [amazon.com](https://www.amazon.com)