

Mommy Reminders

**Doing is better than sitting
and whining.**

Truly I tell you, if you have faith as small as a mustard seed, you can say to this mountain, 'Move from here to there,' and it will move.

Matthew 17:20

**Instead of thinking about my
problems, I'm going to think
about solutions.**

Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things.

Philippians 4:8

Pray

Thank God for your situation exactly as it is. Ask for wisdom and understanding. Release any resentment and anger towards people.

Think

Make lists of your specific frustrations. Decide what you can control and what you can't. Resolve to tackle the things you *can* change.

Research

Look up your problem in books. Ask people you know. Search it out on the Internet. There is someone somewhere who has come up with a possible solution.

Activate

It's not enough to know what to do. You have to put your plan into ACTION. Rev up, psych up, be a cheerleader and get moving!

Action Worksheet

Done:	Things I can change:	My plan of action:

Action Worksheet

Done:	Things I can change:	My plan of action: