



Study Guide, Episode 116–How to Change Thoughts to Not Over- or Under-Do Life

Mosiah 4-6

00:00-07:00	“QOTW: How can I change my thoughts & deeds to not ‘run faster than I have strength’?”
07:01-14:57	“‘Watch yourself’ + ‘observe God’s commandments’; impact on Self-Worth”
14:58-27:14	“‘All things must be done in order’; How to change thoughts & feelings”
27:15-33:08	“Trust Him, apply The Atonement & be diligent, & receive a ‘mighty change’
33:09-END	“‘Believe in God,’ See yourself as God sees you, He will change you”

- 1) What does it mean to “watch yourself...& and your thoughts and your words and your deeds”? How do you strive to obey this commandment from the Lord?
- 2) How does it change the commandment above when we add the remainder of Mosiah 4:30 and couple this with coming unto Him and obeying His commandments? Spend time pondering and writing about how you might better do these things this week.
- 3) “We don’t have to earn self-worth, but we do have to *learn* self-worth.” How have you had to “learn” self-worth throughout your life? Where are you in that process now? Write about your sense of self, self-awareness, self-acceptance and self-love, using the following tools to work on your next layer of self-worth.
 - a) Self-Esteem vs. Self-Worth Mini Course–
<https://drchristi.mykajabi.com/offers/DbkyvyMe/checkout>
 - b) The Pyramid of Self-Worth:
<https://www.drchristinahibbert.com/how-to-feel-self-worth-the-pyramid-of-self-worth-video/>
- 4) How are you applying The Atonement of Jesus Christ in your life daily? How might improving this skill help you continually experience the “mighty changes” you desire? Write about this in your journal, and discuss with family/a friend this week.
- 5) Spend time this week working on observing and changing your thoughts, words, and deeds, using the following tools::
 - a) Thought Record: <https://www.drchristinahibbert.com/wp-content/uploads/2013/08/Thought-Record-1.pdf>
 - b) Thought Management parts 1 & 2:<https://www.drchristinahibbert.com/thought-management-part-1/>
<https://www.drchristinahibbert.com/thought-management-part-2-how-to-change-your-thinking-and-your-life-using-a-thought-record-video/>

Resources

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