

**I. Introduction.**

**A. The purpose of this message is to present a plan that will help us to change our attitude.**

**B. For this plan to work we need to:**

- 1. Understand that it requires dedication and effort.**
- 2. Get rid of excuses for having our current attitude.**
- 3. Enlist a friend who will hold us accountable.**
- 4. Remember that we have the power to change.**

**II. The Choice Within Us.**

**A. We must decide to change; the choice is up to us.**

**B. There are eight things we must do to change our attitude.**

- 1. Evaluate your current attitude: identify problem feelings; identify problem behavior; identify problem thinking; clarify biblical teaching; secure commitment; plan and carry out your choice.**
- 2. Realize that faith is stronger than fear (Matt. 21:21); the Acts 4 way to handle fear – understand that God is there and aware; pray for courage; believe God is working in your life; be filled with the Spirit.**
- 3. Write a statement of purpose (see example): be specific; tell an encouraging friend what you hope to accomplish; act on what you write and verbalize.**
- 4. Have a real desire to change.**
- 5. Live one day at a time.**
- 6. Change thought patterns: thought life determines happiness; set your mind on things above (Phil 4:8).**
- 7. Develop good habits (see eight-step process).**
- 8. Continually choose the right attitude.**

**III. Conclusion.**

**A. No one but you can determine what you will think and how you will act.**

**B. If you're not happy with your current attitude, you can do something about it.**

**C. With God's help you can become the person he wants you to be ... the person you want to be.**