

MAX LUCADO

TAME YOUR THOUGHTS

THREE TOOLS TO RENEW YOUR MIND
AND TRANSFORM YOUR LIFE

TOOL KIT



PRACTICE PICKY THINKING

Guard your
thoughts.



IDENTIFY UFOS

An **Untruth** creates
a **False** narrative
that leads to an
Overreaction.



UPROOT & REPLANT

Weed out your most
unhealthy thought
patterns and replace
with divine truth.