

APRIL DAUGHTER MENTALITY WORKSHEET

“KEEP YOUR COMPOSURE”

(Feel Free to make copies of this worksheet)

1. In your own words, what does it mean to be cool, calm and collected?

2. It takes a calm heart to have a calm mind and it takes a calm mind to calm your heart. The Holy Spirit gives us a Spirit of _____ , _____ and a sound mind. (2 Timothy 1:7)

3. According to this chapter, what is recommended for you in order for you to:
 - a. Watch your Words?

 - b. Watch your Emotions?

 - c. Watch your Actions?

 - d. Watch your Thought?

 - e. Watch your Image-Nation?