



Happy New(?) Year

MARCCH.11&12.2017  
Graham Newnum

**WHY DO WE MAKE RESOLUTIONS?**

IF WE \_\_\_\_\_ THEN WE'LL BE \_\_\_\_\_.



**5 TAKEAWAYS FROM NEUROSCIENCE**

- 1. \_\_\_\_\_ CREATES HAPPINESS
- 2. LABELING \_\_\_\_\_ DILLUTES THEIR POWER
- 3. MAKING \_\_\_\_\_ FEELS GOOD
- 4. IT HELPS \_\_\_\_\_ TO LEND A \_\_\_\_\_
- 5. OUR BRAINS ARE WIRED FOR \_\_\_\_\_

**THE BAIT AND SWITCH**



**BLANKS:** CHANGE • HAPPY • GRATITUDE • NEGATIVE FEELINGS  
• DECISIONS • YOU • HAND • TOUCH

vision TEACHING NOTES



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**TAKEAWAYS**

**1. CONNECT TO THE SOURCE**

Now we know what our brains need to be happy – and it’s not even particularly complicated. Trouble is, it’s REALLY difficult (likely impossible) to do it consistently on our own. We’re going to need God’s power to succeed in this area. If you don’t have that relationship, start it. If you do, tune it up.

**2. START MAKING THE CHANGES**

What do you have in your life to be grateful for? You might have to start small, but you’ll find something. Thank God for it daily. Focus on identifying negative thoughts and taking them captive. Get good at applying God’s principles and wise counsel to daily decision making. Find someone you can help without expecting a return. Form close relationships with people who are on the same path. Watch yourself get happier.

**3. RECOGNIZE GOD’S WISDOM FOR YOUR LIFE**

Really consider the fact that God understood our brains and what they need to be happy thousands of years before we developed the technology to poke around in there and see for ourselves. And He told us how to do it because He’s a good father. Take it to heart that His plan is to prosper us, not harm us, and to give us hope and a future.

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