OUR LIFE, BROKEN DOWN

THE ANATOMY OF LIFE

8 steps. Each one **determines** the next. Follow the arrows — change what goes in, change where you end up.

WHAT GOES IN...

01 WORDS, IMAGES & SOUND

What you watch, scroll, stream and hear is the raw material for everything else.

"The light of the body is the eye."
MATTHEW 6:22 KJV ALSO: ROMANS 10:17

DETERMINES →

...PLAYS ON REPEAT

02 THOUGHTS

Your inputs become your inner voice — the stuff that plays on repeat in your head.

"For as he thinketh in his heart, so is he."
PROVERBS 23:7 KJV ALSO: PHILIPPIANS 4:8

DETERMINES →

...TURNS INTO FEELINGS

03 EMOTIONS

Thoughts on loop turn into feelings. What you dwell on, you start to feel.

"Keep thy heart with all diligence; for out of it are the issues of life."
PROVERBS 4:23 KJV ALSO: EPHESIANS 4:26

DETERMINES →

...FORCES A CHOICE

04 DECISIONS

Feelings push you toward a choice. Every day you pick a direction.

"Choose you this day whom ye will serve."
JOSHUA 24:15 KJV ALSO: DEUTERONOMY 30:19

DETERMINES ↓

...GOES PUBLIC

05 ACTIONS

Choices leave your head and hit real life. What you sow, you show.

"Be ye doers of the word, and not hearers only."
JAMES 1:22 KJV ALSO: GALATIANS 6:7

DETERMINES ←

...HITS AUTOPILOT

06 HABITS

Do it again. And again. Now it runs on autopilot — for better or worse.

"Let us not be weary in well doing: for in due season we shall reap, if we faint not."
GALATIANS 6:9 KJV ALSO: LUKE 4:16

DETERMINES ←

...BECOMES YOU

07 CHARACTER

Habits stack up into who you are when nobody's watching.

"Perseverance, proven character; and proven character, hope."
ROMANS 5:4 WEB ALSO: GALATIANS 5:22-23

DETERMINES ←

...DECIDES WHERE YOU LAND

08 DESTINATION

Who you become decides where you land. Your path has a purpose.

"I know the thoughts that I think toward you... to give you hope and a future."
JEREMIAH 29:11 WEB ALSO: PHILIPPIANS 3:14

THE GOOD NEWS?

YOU CAN RESET AT STEP 01.

Upgrade your inputs and the whole chain changes with them.

"Be not conformed to this world: but be ye transformed by the renewing of your mind."
ROMANS 12:2 KJV