



# OVERTHINKING JOURNAL

SUPPLEMENT TO 'OVERTHINKING' BLOG 10/23/19



## Problem Statement

Grateful

Write what you are thankful for here.  
Refer back to this when you regress to  
overthinking.

## Calibrate

- ☐ True - is there biblical evidence?
- ☐ Noble
- ☐ Just
- ☐ Pure
- ☐ Lovely
- ☐ Good Report
- ☐ Virtuous
- ☐ Praise Worthy

## Calibrate

- ☐ False
- ☐ Crude
- ☐ Promotes Injustice
- ☐ Vulgar
- ☐ Vile
- ☐ Gossipy
- ☐ Indecent
- ☐ Deserving of Reproach