

At KATY UNITED we aim to have a positive impact in the lives of our youth in all of the following influences that affect them.

SPIRITUAL PHYSICAL MENTAL FINANCIAL SOCIAL

Character Week 3

“Reaching your full potential”

What do you believe about yourself? What are the voices inside your head telling you about yourself?

Life is challenging. There is no question to that. Life is hard. There are days when you will feel like you are on top of the mountain and I wish I could say you will always be on top. But reality is that’s not going to happen. You will have down days and some days you may even wonder which way is up.

How do you overcome days when you struggle to find confidence in your life? Well let me tell you something that can help you not make things worse or harder.

In those moments when you are struggling-

- Be careful how you speak to yourself
- Be careful how you think of yourself
- Be careful how you conduct yourself
- Be careful how you develop yourself

Be Positive

We have an amazing ability to accomplish whatever our minds tell us we can do. Our minds are powerful instruments and should not be taken lightly. How you think of yourself you can become...but good and bad. Your thoughts have that much influence in your life.

In order to reach your full potential you need to be able to think positive thoughts to ensure you go in the right direction. If you believe you can do something you can do it!

Your life can also be affected by how much you allow the things around you to affect the direction of your journey. A coaching decision, an injury, a conflict with a teammate can change the trajectory of your life if you allow it. When doubt creeps in you can begin to question everything you do or think about in life. It can create doubt. But do what the author of Phillipians in the Bible says-

“Finally, brethren, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable- if anything is excellent or praiseworthy- think about such things. Whatever you have learned or received or heard from me, or seen in me – put into practice. And the God of peace will be with you.”

Whatever is in your mind you will be. This week focus on filling your mind with positive thoughts so you can overcome whatever life throws at you.

Remember Behaviors + Attitude = Results.

FINISH: ^[]_{SEP} KATY UNITED puts God first and then we Work and Play in that order. Lets lock arms with our teammates and then let's put Him first by bowing our heads and honoring Him in the quietness BY REFLECTING ON what we just heard.

HIGH FIVE SOMEONE!