

# Restoring The Soul



## Mental

This part has to do with

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

“For you created my inmost being; you knit me together in my mother’s womb. I praise you because I am fearfully and wonderfully made; Your works are wonderful, I know that full well.” - Psalm 139:13-14

### Intelligence Tests

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.

### Different Personality Tests

1. DISC [www.discpersonalitytesting.com](http://www.discpersonalitytesting.com)
2. Myers-Brigg [www.16personalities.com](http://www.16personalities.com)

## Thoughts

- Caroline Leaf Video "How to Detox your brain Part 1"
- "Our thoughts can lead to significant structural changes in the brain in as little as \_\_\_\_\_"
- It takes about \_\_\_\_\_ to break down toxic thoughts.

## Resources

1. "The Brain that Changes Itself" by Norman Doidge
2. "Who Switched off my brain?" by Dr. Caroline Leaf
3. "Battlefield of the Mind" by Joyce Meyer