Exercise No. 19

It takes self-discipline to process things at a higher mindset. Here are things you can do to practice.

* Develop your self-awareness for when you are processing things at a carnal level, instead of from a superconsciousness level.
* Set the intention to operate at a higher level of consciousness.
* Trust God and spend time knowing His Word and promises.
* Find mentors to teach you.
* Reward desired behaviors.