

MEDICINE WHEEL – Part Two

I AM A WINNER -- I MAKE GOOD CHOICES -- I AM CONFIDENT
& ENTHUSIASTIC

I AM RESPONSIBLE -- I DO IT NOW -- I AM OBEDIENT

I DON'T STOP; -- I RELEASE ALL -- I AM MY OWN BEST
I NEVER GIVE UP!! DOUBT & FEAR FRIEND

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Explanations:

I AM A WINNER -- how can we be anything else but a winner when we are our Heavenly Father's son or daughter? I AM A WINNER!! Isn't that a great ATTITUDE? Doesn't that help us to always have a good attitude and be positive??

When we recognize our heavenly parentage and know that we are a winner, our minds (MENTAL) function well and we MAKE GOOD CHOICES.

When we make good choices, we are CONFIDENT & ENTHUSIASTIC. Think for a minute about the people you like to talk with. Are you drawn to people who mumble and say, "Uh, yeah; uhm, I don't know; uh, kinda." OR are you drawn to people who say things like, "Oh, the coolest thing happened today!" Or, "Wow! I learned something so awesome! Let me share it with you!!" We are able to COMMUNICATE with others (they will want to hear what we have to say) when we are CONFIDENT & ENTHUSIASTIC!!

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Middle row

I AM RESPONSIBLE - This can be a hard one to remember, so I think of PHYSICAL = drinking & driving responsibly -- oh wait, there is NO SUCH THING! but it helps me remember RESPONSIBLE. The emphasis is on the "I" reminding us that NO ONE ELSE is responsible for YOUR CHOICES!! YOU ARE RESPONSIBLE!! The buck stops with YOU. **I** AM RESPONSIBLE.

I DO IT NOW - Pres. Kimball used to say "DO IT!" then Pres. Hinckley changed it a little and said, "DO IT NOW!!" Don't put off doing the things you know you should be doing (BEHAVIOR). Change the things that need changing. Pres. Hinckley also said, "BE A LITTLE BETTER." He didn't say, "Be a little better, tomorrow." Don't procrastinate; don't delay! DO IT NOW!

I AM OBEDIENT - What a great statement. What a POWERFUL statement. Our SPIRITUAL side will soar as we live this...I AM OBEDIENT.

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Bottom row

I DON'T STOP; I NEVER GIVE UP - I call this the "Denzel" corner. Denzel; Drill Sergeant; DISCIPLINE. What would Denzel say to each one of us? "DON'T STOP!! NEVER GIVE UP!"

I RELEASE ALL DOUBT AND FEAR - What are we really dealing with when we are dealing with EMOTIONAL and EGO? We're dealing with the adversary. When our emotions get hyped up "What if?? If only... WHY???" etc., the adversary is stirring the pot and trying to make a mess!! Same with ego. When we endeavor to raise ourselves above others, through bravado, etc., we're masking our fears of not being good enough, not 'having what it takes' to accomplish something, or hiding our inadequacies. This is how the adversary works. He talks to us in "I am" words. Who is the great I AM? (See Exodus 3:14) Jesus Christ is

the God of this earth. He is the Redeemer. Who wanted His power and glory? The adversary. Who is the great deceiver? Who talks to us in "I am" talk? Only the adversary. He lies to us through I am statements, trying to make us think it is US feeling this or that. As soon as we hear things in our head like, "I am so stupid! I am worthless! I can never learn the scriptures! I've never been very good at that!" And all kinds of versions...these come from the adversary! Our Heavenly Father NEVER talks to us in "I am." He does not misrepresent, and his rebukes are NEVER belittling or negative. They may be strong at times, like STOP, NOW! But usually they are things like, "You know better than that. You ARE better than this. You need to repent and change." And they are always said in KIND AND LOVING terms, even if they are strong. So, I RELEASE ALL DOUBT AND FEAR!

I AM MY OWN BEST FRIEND -- how can we be a truly good friend to someone else if we don't like ourselves? It is very hard. A teenage gal said to me, "I can't say that. I hate myself." The following words spilled out of my mouth and taught me, as I taught her. "That's a lie! (said nicely) You don't hate yourself. The adversary does. What does he want to do? Destroy you!! That's right...he is so miserable that all he wants to do is destroy as many of God's children as he can. Learn to recognize the source. I AM . . . MY OWN BEST FRIEND = JESUS CHRIST...my own best friend!!"