



Romans 12

Attitude Reset & Reflection

Lela]. Fagan
@LelaJFagan



memoirsofablackgirl.com



Romans 12 Attitude Reset & Reflection

A Morning & Evening Checklist

by Lela J. Fagan

@LelaJFagan • memoirsofablackgirl.com



“Do not be overcome by evil, but overcome evil with good.” – Romans 12:21

Morning Pre-Check

- Lord, I present myself to You today— all of me.
- I choose a renewed mind over recycled drama.
- My attitude will be humble, not haughty.
- I will walk in my gifts with purpose.
- My love today will be sincere and without shade.
- I will serve from joy, not exhaustion.
- I choose hope, patience, and prayer over frustration.
- I bless—even when I'm tempted to clap back.
- I will feel with people, not judge them.
- I choose peace wherever it's in my control.
- I will stay reachable, not “too good.”
- I will overcome evil with good—period.

End-of-Day Heart Review

- Did I offer God my whole self today, without reservation?
- Did I pause throughout the day to renew my mind?
- Did I stop negative self-talk and replace it with truth?
- Did I take time to pray before reacting?
- Did I maintain humility, especially when tested?
- Did I use at least one of my gifts intentionally today?
- Did I love sincerely, without pretense or grudges?
- Did I choose kindness over irritation?
- Did I serve from a place of overflow, not burnout?
- Did I rest or reset when needed?
- Did I practice hope even when circumstances were challenging?
- Did I bless someone who made things difficult?
- Did I avoid clapping back or getting the last word?
- Did I choose empathy even when I disagreed?
- Did I pursue peace, as far as it depended on me?
- Did I avoid pride and remain approachable?
- Did I respond to negativity with goodness instead of matching energy?
- Did I anchor my thoughts in God's promises?

Romans 12 Attitude Adjustment Checklist

(AMPC + MSG inspired — practical, soulful, and ready for real life)

1. Present Myself to God — Fully & Daily

- This morning, did I offer God my ordinary life as worship?
- Did I pause and say, “Lord, use me — even in the chaos, even in the emails”?
- Did I check my motives before I checked my notifications?

2. Renew My Mind — Not My Drama

- Did I let God shape my thoughts instead of letting stress, people, or past patterns run the show?
- Did I stop negative thinking mid-sentence and choose truth instead?
- Did I give myself enough grace to grow and not rush the process?

3. Humble Heart, Holy Confidence

- Did I avoid comparing myself to anyone today?
- Did I remember that confidence is not arrogance — it’s knowing who God made me to be?
- Did I treat myself with the same kindness I give others?

4. Walk in My Gifts — On Purpose

- Did I use something God placed in me — writing, serving, encouraging, leading — even in a small way today?
- Did I show up with excellence instead of perfectionism?
- Did I remember my gift is needed, not optional?

5. Love People for Real — Not Just in Theory

- Did I choose sincerity over sarcasm (the unnecessary type)?
- Did I try to understand someone instead of rushing to judge them?
- Did I show love that costs me something... patience, time, humility?

6. Serve With Fire, Not Fumes

- Did I do what God asked cheerfully, not grudgingly?
- Did I rest so I can serve from overflow, not burnout?
- Did I check my “why” before checking a task off?

7. Stay Hopeful, Prayerful & Patient

- Did I hold onto hope, even when the situation acted funny?
- Did I pray first before panicking?
- Did I show patience when I felt like rushing ahead or snapping back?

8. Bless Others — Even the Difficult Ones

- Did I bless instead of curse?
- Did I choose peace when someone tried to hand me chaos?
- Did I remember vengeance is God's job, not mine?

9. Be Empathetic — Feel With People

- Did I celebrate others when it was their moment?
- Did I offer compassion to someone who was hurting?
- Did I make room for others' emotions, even when mine were loud?

10. Live in Harmony — As Far As It Depends on Me

- Did I avoid unnecessary arguments today?
- Did I choose unity over proving a point?
- Did I respond in a way that leaves my witness intact?

11. Don't Be “Bougie Holy” — Stay Humble & Reachable

- Did I stay humble enough to connect with people of all backgrounds?
- Did I avoid thinking I “know better” or “deserve better” than someone else?

- Did I remember we are all made of the same dust and the same grace?

12. Overcome Evil With Good

- Did I respond to negativity with goodness instead of matching energy?
- Did I choose righteousness over retaliation?
- Did I walk away from pettiness and walk toward purpose?

Daily Prayer to Go With Your Checklist

"Lord, transform my heart day by day. Make me a living, breathing reflection of Romans 12 grace. Let my love be real, my mind renewed, my service joyful, and my spirit humble. Help me respond like Christ, even when my feelings try to run the show. Amen."

Romans 12 Scripture Meditation

Romans 12:1: Present your bodies as a living sacrifice, holy and pleasing to God...

Romans 12:2: Be transformed by the renewing of your mind...

Romans 12:9: Let love be without hypocrisy. Hate what is evil; cling to what is good.

Romans 12:12: Rejoice in hope; be patient in suffering; persevere in prayer.

Romans 12:18: If possible, as far as it depends on you, live at peace with everyone.

Romans 12:21: Do not be overcome by evil, but overcome evil with good.

Journaling & Reflection

Journaling & Reflection



May your heart be renewed.

May your mind be refreshed.

May your spirit be anchored in God.

