

Disruptive Thinking: The Empowerment of Renewing Your Mind

The moment you decide to move away from regular programming, it can feel like being uprooted from familiar soil. It is uncomfortable. It is stretching. It may even feel unnatural at first.

But that is the purpose of this **90-Day Run**.

This journey is not about staying the same. It is about breaking patterns, challenging old habits, and removing yourself from mindsets that have kept you limited. It is about stepping away from guilt, bondage, hopelessness, and destructive habits so you can move forward with clarity, discipline, and purpose.

As you begin to move differently, think differently, and live with more intention, you naturally start to attract people who are walking in the same direction. You begin to bump shoulders with like-minded people. You begin to find your tribe.

This is why renewing your mind is so important. Before your life changes on the outside, something has to shift on the inside.

Romans 12:2 reminds us not to be conformed to the patterns of this world, but to be transformed by the renewing of our minds.

A wise man once said:

“Anything lost along the journey can be regained — except for time.”

So I don't know about you, but I can't keep playing with time like I have unlimited chances to become who God called me to be. I refuse to keep delaying the better version of myself. I refuse to keep giving my energy to fear, doubt, procrastination, and old habits that no longer serve where I'm going.

If time is the one thing we cannot get back, then we have to become more intentional with how we use it, who we give it to, and what we allow to influence us.

That is why **disruptive thinking** is the goal.

At some point, we have to get out of our own heads. Let's be serious — deep down, a lot of us carry this feeling that we are supposed to do something different. Something greater. Something that maybe nobody in our bloodline has done before.

And it does not always have to be something huge in the eyes of the world. Sometimes breaking generational cycles starts with the smallest decision.

Maybe it is budgeting better.

Maybe it is praying more.

Maybe it is forgiving someone.

Maybe it is getting disciplined.

Maybe it is taking care of your health.

Maybe it is showing up for your family.

Maybe it is starting the business.

Maybe it is going back to school.

Maybe it is simply choosing not to quit.

Sometimes it is taking something that already exists as a blueprint and pushing it to new heights.

But let's be honest — familiarity is comfortable.

It is easy to stay around what you know. It is easy to stay connected to old routines, old conversations, old habits, and old environments. But comfort does not always mean peace. Sometimes comfort is just the place where growth stopped.

On this journey, it is essential that you step into reality and pay attention to who you keep close. Everybody cannot go with you in the same capacity. You need people around you who have pure intentions. People who tell you the truth. People who challenge you. People who support your growth and not just your comfort.

Proverbs 27:17 says that iron sharpens iron. That means the right people should help sharpen you, not dull your purpose.

And here is something important to understand: everybody may not show support the same way.

Some people will pray for you.

Some people will check on you.

Some people will share resources.

Some people will give advice.

Some people may support quietly from a distance.

You cannot expect everybody to show up for you the way your mother would, your closest friend would, or the way you imagined they should.

Support does not always look familiar.

And sometimes, you have to take certain things on the chin — not from a place of bitterness, but from maturity. That old way of thinking will have you taking everything personal. It will have you expecting people to love you exactly how you want, instead of learning how to recognize love in different forms.

But seriously, I think it is time we give the women in our lives a break and take some of these burdens to God.

A lot of times, we expect our mothers, sisters, partners, aunties, and loved ones to carry weight that was never meant for them to carry alone. There are some things people can support you through, but only God can truly heal you from.

Matthew 11:28 reminds us to come to God when we are weary and carrying heavy burdens, and He will give us rest.

The people who inconvenience themselves for the sake of your growth, your healing, and your betterment — those are people worth honoring. The people who make room for you, tell you the truth, pray for you, correct you with love, and still want to see you win — keep them close.

Now let's put the mirror back on ourselves for a second.

This is the time to live as the authentic version of you. Not the version shaped by fear. Not the version shaped by survival. Not the version shaped by what people expected from you. The real you.

The faster you start living in your truth, the quicker you can truly show up for the people who matter most. When you become more whole, more disciplined, more focused, and more honest with yourself, you are able to love better, lead better, serve better, and reciprocate the love that has been poured into you.

But let's not act like that is easy.

It may require flipping your schedule upside down.

It may require getting out of your comfort zone.

It may require sacrifice.

It may require uncomfortable conversations.

It may require sitting with feelings that make your stomach hurt.

It may require apologizing.

It may require forgiving.

It may require walking away from habits that once helped you cope but now keep you stuck.

I am just like you, for real.

This is not about acting like we have it all figured out. This is about deciding that we are no longer okay with staying where we are.

And one of the most important parts of this journey is building community. You need people around you who are also trying to grow, heal, build, and become better.

But that also means being honest about certain friendships and connections.

Letting go does not always mean cutting people off completely. Sometimes it simply means falling back a little. Creating healthy distance. Loving people from a place that does not pull you backward.

If a connection is not beneficial to the betterment of your life, your spirit, your discipline, or your purpose, then you have to be mature enough to adjust its access to you.

This 90-Day Run is about renewal.

Renewing the mind.

Renewing your discipline.

Renewing your faith.

Renewing your focus.

Renewing your relationship with time.

Renewing how you see yourself.

Renewing how you show up for others.

The goal is not perfection. The goal is progress with purpose.

So let's disrupt the old way of thinking.

Let's challenge what has been normal.

Let's stop living on autopilot.

Let's choose growth, even when it is uncomfortable.

Let's build something that lasts.

The future favors the bold — and this is the season to move boldly.

Video link below , by Dr. Eric Thomas helped me get on the other side of this mindset switch.

<https://podcasts.apple.com/us/podcast/eric-thomas-stop-talking-yourself-out-of-your-own/id1448489948?i=1000774493686>

<https://www.youtube.com/live/UZsvknIFUE0?si=mHKQg8EwQzOTCEUc>

Same video one is a podcast one is an YouTube video. Wait for prayer at the end

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