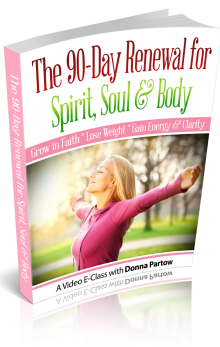


Discover God's Solution ... and FINALLY
Get Healthy in Spirit, Soul & Body!



with
DONNA PARTOW



Discover God's Solution ... and FINALLY
Get Healthy in Spirit, Soul & Body!

**Welcome
to
Week 1**



7 Secrets for Weight Release

1

**Recognize your body is on the
frontline of a spiritual war.**

7 Secrets for Weight Release

1

Your Prayer Place is Priority #1.

**Make it the most beautiful,
welcoming place in your home.
That way, you'll want to spend
more time there!**



CONTEST

1

Choose a place to meet with God
Take a Before Photo
Transform It
Take an After Photo

Post by Sunday, Sept 18th @ midnight
Award: My favorite candle

© 2016 - Donna Partow

7 Secrets for Weight Release

2

Do it for something more significant than a scale or a dress size.

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7 Secrets for Weight Release

2

What do I need to do?

Why do I need to do it?

What is it costing me to stay where I am?

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7 Secrets for Weight Release

2

When, where and how am I going to do it?

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7 Secrets for Weight Release

2

I'm going to release ____ pounds by ____ because ____...

I will do this by strengthening my spirit & soul through time in God's Word & God's Presence; by walking daily in God's Creation at ____; and by eating God's Food.

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7 Secrets for Weight Release

2

What REWARD will I give myself?

How can I give my loved ones "a stake in the game"

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BEHAVIOR
THAT GETS
REWARDED
GETS
REPEATED

7 Secrets for Weight Release

3

Understand the battle is waged — and won or lost — in your soul, not your body.

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7 Secrets for Weight Release

4

Stop depleting your limited supply of will power.

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7 Secrets for Weight Release

4

Beware the “All or Nothing” Mindset
Beware “I’ll have to start over”

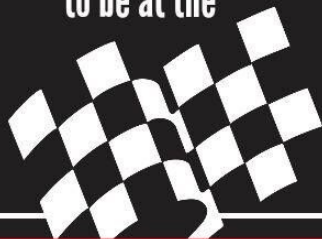
The time is NOW and the answer is,
“Little bits with consistency”

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YOU HAVE ONLY

ONE GOAL

to be at the



FINISH LINE

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7 Secrets for Weight Release

4

What is a Cleansing Tonic?
Should I use the Weekly Menu? (slight correction to Week 1)
Or follow the book for incremental change?

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7 Secrets for Weight Release

5

Overcoming emotional eating triggers is critical to lifelong weight management.

7 Secrets for Weight Release

6

When it comes to exercise, *little bits with consistency* will take you further than fits and starts.

7 Secrets for Weight Release

6

Begin simply. Simply begin.

Get outdoors in God's creation.

Creation is soothing to the soul

7 Secrets for Weight Release

6

Vitamin D

Several studies have confirmed a link between vitamin D deficiency, abdominal obesity and visceral fat, while research even shows that increasing your vitamin D levels may improve weight loss.

Some have found help with Vitamin D supplements.

7 Secrets for Weight Release

7

True Biblical fasting is essential for health, vitality and lifelong weight management.

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The Essentials

- * The Book
- * Your Prayer Place
- * Daily Walk
- * Basic Eating Plan
- * Build an Morning & Evening Routine
- * Facebook Group & Your Team
- * Website Resources

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6 Steps To Renewal Success

1. READ the Daily Assignment
in *Becoming the Woman I Want To Be*

- * The Book
- * Your Prayer Place
- * Prayer Basket
- * No Matter What Commitment

6 Steps To Renewal Success

2. LISTEN to Affirmations & Scripture
Memory Audios

Your behavior will never change until you change what you think and believe. We are transformed by the renewing of our minds.

Soak in the Affirmations!

Gift from Fady Gergis - 15 minutes



6 Steps To Renewal Success

2. **LISTEN**

- * Bonus Audios will be added later to avoid "information overload"
- * Listen in any order that appeals to you
- * Transcripts of most messages will be provided

6 Steps To Renewal Success

3. **WATCH** the Daily Video

Alumni Weekly Training. Newbies are already on Information Overload, so save videos for a future Renewal. (You now have lifetime access to them)

6 Steps To Renewal Success

4. **JOIN** The Weekly Webinar

- * Be sure you have watched the Orientation
- * Join us LIVE whenever you can
- * Secret: Interacting on the LIVE webinars is a great way to receive spontaneous prayer
- * Replays posted shortly afterward on Replay Page

6 Steps To Renewal Success

4. **JOIN** The Weekly Webinar

- * Type your comments in the Question Box
- * Raise your hand & let your voice be heard

6 Steps To Renewal Success

5. **MEET** Others in the Facebook Group

- * So uplifting. So encouraging.
- * Commit to your Accountability Partners.
- * We love seeing your prayer place, your meal preparation and what you are seeing on your daily walk.
- * There will be contests and rewards around many activities in the coming days! All of that happens on the Facebook Group



6 Steps To Renewal Success

5. **MEET** Others in the Facebook Group

- * We weigh in once a week to stay accountable
- * Weigh In Wednesday
- * Optional, but strongly recommended — especially when you had a "bad" week
- * Tracking inches can be encouraging



6 Steps To Renewal Success

6. **CHANGE** Your Life thru "Little Bits with Consistency"

- * Morning Routine
- * Eating Plan

~~~~~  
**THE ONLY THING**  
STANDING BETWEEN YOU  
**AND YOUR DESTINY...IS**  
YOUR DAILY ROUTINE.



~~~~~  
**DONNA
PARTOW**
~~~~~

IF YOU CHANGE  
YOUR MORNING ROUTINE,  
YOU'LL CHANGE  
**YOUR LIFE**  
-DONNA PARTOW



## 90-DAY *Renewal* Morning Routine

1. Set your alarm 30-60 minutes earlier.
2. Get up immediately -- no snooze!
3. Make lemon water. Go directly to your prayer place.
4. Have your TAG (Time alone with God) Read your daily assignment in the book
5. Have a healthy breakfast including as many veggies as you can. Add veggies to eggs or have a green smoothie.
6. If possible, take your walk (or you can walk later in the day, if that suits your schedule better).

DONNA Partow

## 6 Steps To Renewal Success

### 6. **CHANGE** Your Life thru "Little Bits with Consistency"

WAIT!! Are you saying I can ONLY have lemon water and vegetables?!?!?

No, you can have whatever else you want. You are ADDING lemon water and as many veggies as you can. We love soups & salads in a jar!

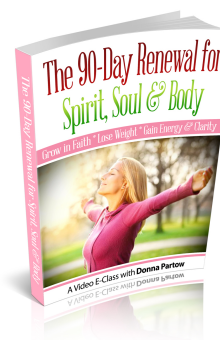
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