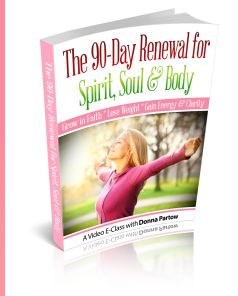


Discover God's Solution ... and FINALLY  
Get Healthy in Spirit, Soul & Body!



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!**



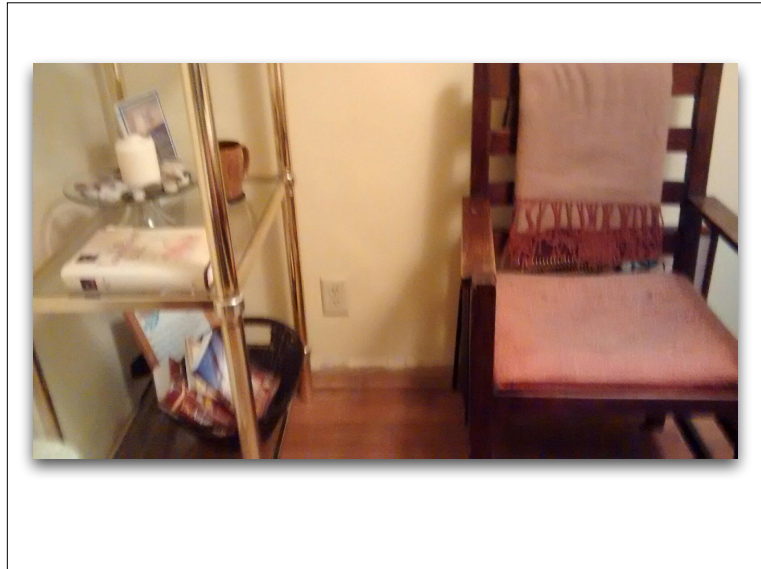
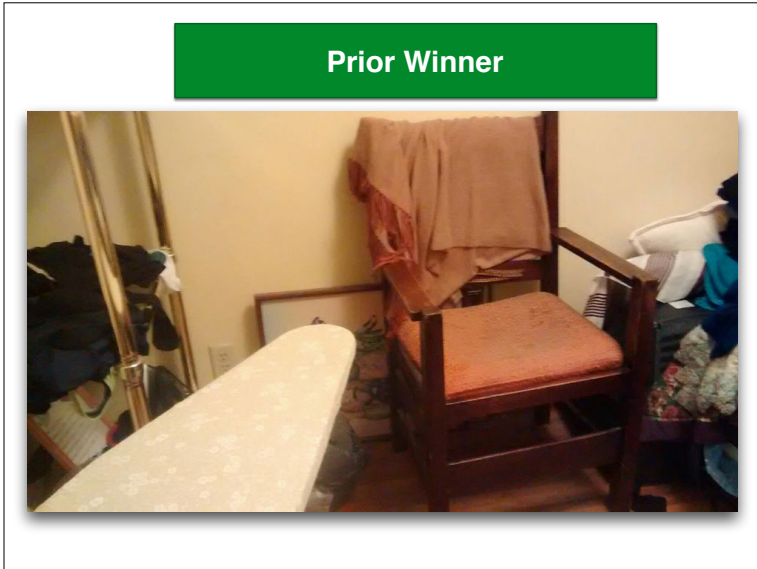
## CONTEST

**1**

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

Post by Sunday, June 19th @ midnight  
Award: My favorite candle

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## 7 Secrets for Weight Release

2

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

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God  
SAYS,  
"IF YOU'LL SHOW UP,  
I'LL SHOW OFF"  
- JANE HAMON

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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 just start over”

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

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**GOD IS CALLING  
YOU ...**

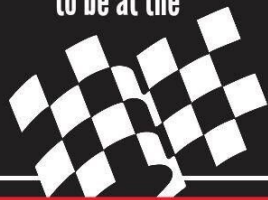
**FROM THE SIDELINE  
TO THE  
FINISH LINE**

DONNA PARTOW

YOU HAVE ONLY

**ONE GOAL**

to be at the



**FINISH LINE**

DONNA PARTOW

## 7 Secrets for Weight Release

5

Overcoming emotional  
eating triggers is critical to  
lifelong weight management.

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## 7 Secrets for Weight Release

5

**2 Weapons Coming Soon:**

**Curse-Breaking Prayer - what others have done**

**Special Blessings Prayer - how you have responded**

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## 7 Secrets for Weight Release

6

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

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## 7 Secrets for Weight Release

6

**Begin simply. Simply begin.**

**Get outdoors in God's creation.**

**Creation is soothing to the soul**

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## 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

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## 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
- \* Morning & Evening Routine
- \* Facebook Group
- \* 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!





## 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

If you are on Information Overload, 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.
- \* Find an Accountability Partner.
- \* 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

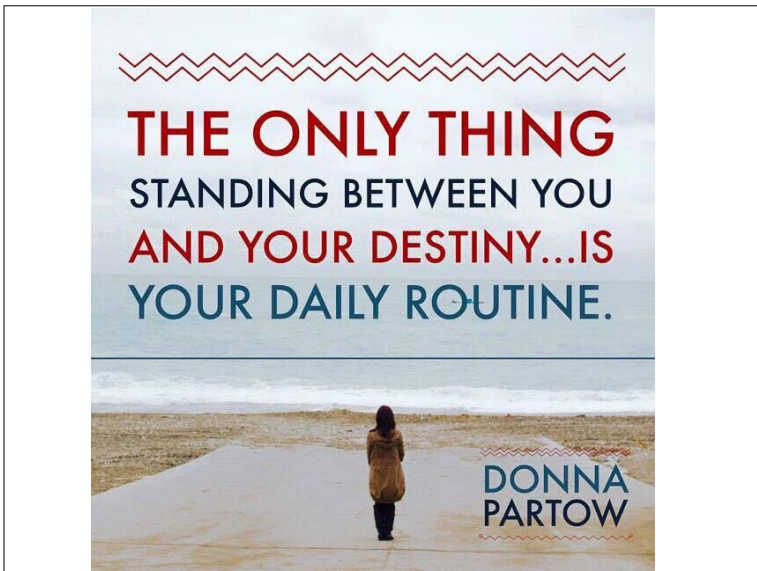
- \* We weigh in once a week to stay accountable
- \* Weigh In Wednesday
- \* Optional, but strongly recommended — especially when you had a "bad" week
- \* Tracking inches can be encouraging



## 6 Steps To Renewal Success

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

- \*Morning Routine
- \*Eating Plan



## 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 a have green smoothie.
6. If possible, take your walk (or you can walk later in the day, if that suits your schedule better).

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## 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.

## CONTEST

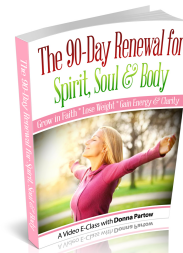
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