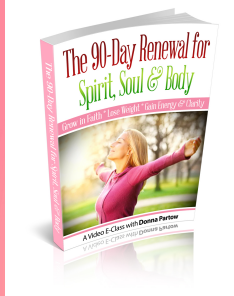


Discover God's Solution ... and FINALLY
Get Healthy in Spirit, Soul & Body!



with
DONNA PARTOW



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

**Welcome
to
Week 10**



7 Secrets for Weight Release

1

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

7 Secrets for Weight Release

1

*** Curse-Breaking Prayer**

*** Special Blessings Prayer**

7 Secrets for Weight Release

2

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

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2

Get Free

Make a list of all the things you need to get free of:

- old habits
- addictions
- mindsets
- limitations
- bondages
- curses
- toxins
- weight

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2

Get Free

We don't like hearing this, but we are who are because of the choices we've made so far. Our choices. Our habits. We are the sum total of what we have previously done.

And we got into the mess the same way we will get out of it: "little bits with consistency"

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2

Get Focused

- Go through that list one by one. If I could only be free of #1 or #2, which would have the most impact?

Rank them in order of how much impact the change would have on your life.

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2

Get Focused

- Go for the Lead Domino
- Pick one new habit and go after it.
- Do that every month when you are looking to set goals
- FOCUS for maximum impact.

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2

Get Focused

- Decide — Which is the most important?
- Believe - If I give this my focused attention for 21 days, I can make serious progress.

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2

Get Focused

I talk with people almost every day who think they have a money problem or family problem or health problem or some other problem.

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2

Get Focused

What they really have is an inability to FOCUS problem.

Let's start keeping our commitments.

Starting with the commitments we make to ourselves.

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2

Go Far

- Toward becoming the person you want to be.
- Keep your why before you.
- Make it visual.

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2

Go Far

- Consider my Whiteboard System (taught in *Make This Your Best Year Ever*)

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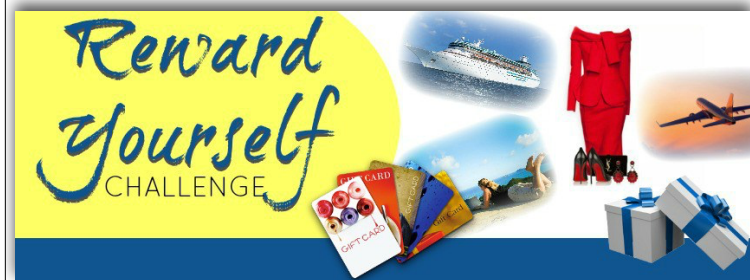
2

Go Far

How to Focus – from Macro to Micro:

- Lifetime goals
- Annual goals
- Monthly
- Weekly
- Daily
- Pomodora <http://tomato-timer.com> (or search the App Store)

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2

Let me guess what you're thinking.....

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2

You ARE rewarding yourself.

Any behavior that is repeating, is repeating because it's being rewarded.

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2

You ARE rewarding yourself.

Your life will never be what you want it to be as long as you continue rewarding negative behaviors. So stop.

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2

Make 2 lists:

1. **Wanted Behaviors** that are NOT repeating.
2. **Unwanted Behaviors** that are.

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2

Unwanted Behaviors: Be a scientist & study yourself

1. In what way are you rewarding the very behavior you say you want to eliminate?
2. Common rewards: comfort, cope, escape, sympathy, attention

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2

3. Significance

Don't under-estimate this one! Many of us derive a tremendous sense of significance from our problems, including our weight problem.

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2

As long as the behavior is being rewarded, it will continue repeating. Take away the reward and the behavior will eventually stop.

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2

Excuses or Results

- * We are all the same!
- * We all have either Excuses or Results. Never both.
- * Any moment you spend making excuses is a moment you are not making results

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2

Excuses or Results

- * Uh oh! Bad news! Your Excuses aren't impressing anyone other than you!
- * Stop being so impressed by your Excuses.

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2

Wanted Behavior

Next, proactively decide how to reward the behavior you want to see.

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2

- * **When you are busy getting results, there's no time or need to make excuses.**

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2

* 21-Day No Excuses Campaign

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2

After careful evaluation, decide:

- * Old habit you want to remove
- * New habit you want to replace it with.

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2

21 Day No Excuses Campaign

- Must be totally in your control.
- Track a BEHAVIOR not an outcome.
- Don't make it an all or nothing goal or you will collapse under the weight of it. Give yourself a small margin for error.
- Don't make it a number on the scale, but the number of hours you will spend exercising. Or the number of miles you will swim each day, etc

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2

21 Day No Excuses Campaign

- Paint the Ultimate "Go Far" Vision
 - Choose the bad habit you need to Get Free of
- Choose the new good habit need to Get Focused on
- Pick a reward and buy a Gift Card within 48 hours

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2

21 Day No Excuses Campaign

Dire Consequence – If you don't achieve your goal, you have to give away the gift card.

- Buy it immediately and be prepared to give it away to someone who doesn't deserve it and will never thank you for it.
- Must be a total stranger.
- Give it back to the place you bought it and tell them to give it to the least deserving person who comes in that day.

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3

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

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4

Stop depleting your limited supply of will power.

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4

Eat fat early and often to reduce cravings.

Put your body in an alkaline state so it doesn't crave acid.

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5

Overcoming emotional eating triggers is critical to lifelong weight management.

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5

7x 3 Strategy

I congratulate you for...
I receive God's forgiveness and forgive you for....
I commit to you that I will....

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6

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

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6

- * Daily Walk
- * Bouncing
- * Pre-Meal 90 seconds
- * Weight Training

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7

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

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7

- * Daily Intermittent
- * Weekly
- * Extended

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6 Steps To Renewal Success

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

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2. **LISTEN** to The Weekly Training,
Affirmations & Scripture Memory Audios

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3. **WATCH** the Daily Video

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4. **JOIN** The Weekly Webinar

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

6 Steps To Renewal Success

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

What is this week's focus?

REWARD YOURSELF!

The 21 Day No Excuses Campaign

6 Steps To Renewal Success

REMINDER

The 90-Day Renewal is about Addition, not Subtraction

6 Steps To Renewal Success

POSITIVE ADDITIONS - WEEK 10

1. Add Time with God to your schedule
2. Add ACV & Local Honey (can add to lemon)
3. Add a Whole Food supplement
4. Add as many veggies as you can
5. Add 45 minute walk (*occasional longer walks*)
6. Add bouncing 15 minutes
7. Add 64+ ounces of water
8. Add 2 eggs
9. Add a salad to your lunch
10. Add Evening Detox (*lemon or cranberry*)
11. Pre-Meal 90-second Exercise
12. Optional: Weight Training w/ Kettle bells
13. Add Pro-biotics & Bone Broth
14. Add Healthy Dinner of Protein & Veggies

6 Steps To Renewal Success

MORNING ROUTINE

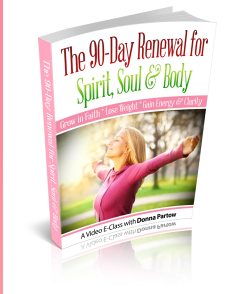
- * Set alarm 30-60 minutes earlier (6am suggested)
- * NO Snooze Button
- * Cleansing Tonic
- * Go to your prayer place
- * Complete the day's reading in your book
- * Morning walk (if schedule allows, if not walk later)
- * 90-Second Pre-Meal Exercise
- * Eggs or Green Smoothie

6 Steps To Renewal Success

EVENING ROUTINE: 7-9-10

- 7pm: Stop Eating (Intermittent Fasting)
Cup of warm lemon water
Brush teeth
- 9pm: Turn off All Electronics (Timer or f.lux)
Turn down the lights
Cleansing bath/worship music or affirmations*
Evaluate the Day
Plan & Prepare for Tomorrow (Daily Plan Form)
- 10pm: In Bed with alarm set for 6am

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