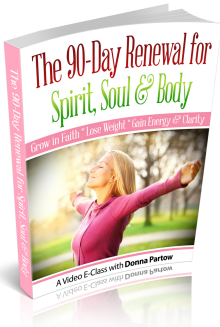


Discover God's Solution ... and FINALLY
Get Healthy in Spirit, Soul & Body!

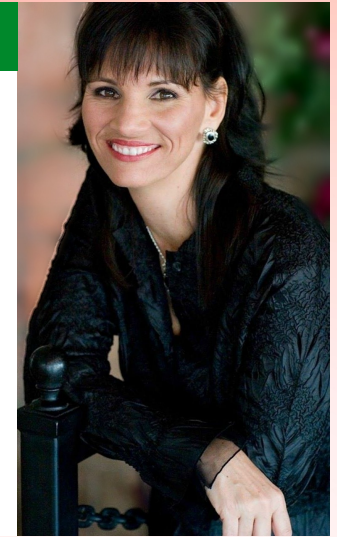


with
DONNA PARTOW



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

**Welcome
to
Week 11**



**21-Day
No Excuses
Challenge**

**Say No
to
Say Yes**

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

Life is easier when you simply decide:

No excuses. I'm going to DO what God has instructed me to DO, so I can BE who God has called me to BE and HAVE all God has purposed for me to HAVE.

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

How v. Who

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

Who Are You When Life Works

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

1. What do you look like?

What are you wearing?
How are you moving?

Wonder Woman Pose



Standing like this for 2 minutes can
increase your testosterone by 20 percent.

Stand, Sit, Move Differently on Purpose

TED talk by Harvard sociologist Amy Cuddy in 2012 - revealed that our body language not only speaks to others — it speaks to our own brain.

(You believe yourself more than any other person on earth.)

Stand, Sit, Move Differently on Purpose

A 2012 study by scientists Pablo Binol, Richard Petty, and Benjamin Wagner on how body posture might affect "self-evaluation" — what we think of ourselves and our capabilities — showed that people who stood in a power pose (they called it "confident posture," with chest pushed out and erect spine) were much more prone to rate themselves more confidently than people in a "doubtful posture," slumped and self-contained.

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Get Healthy in Spirit, Soul & Body!

2. What are focusing on?

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

3. What are you thinking and saying to yourself?

3.

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

3.
Name that YOU

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

**Who Are You
When Life Is NOT Working**

1. What do you look like?

**What are you wearing?
How are you moving?**

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

2. What are focusing on?

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

3. What are you thinking and saying to yourself?

3.

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

Name that YOU

3.

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

This Isn't "Fake it 'Til You Make It. This is making it easier to succeed. You have a pattern of showing up that WORKS and a pattern of showing up that doesn't.

David "strengthened himself" in the Lord. 1 Samuel 30

3.

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

Moreover David was greatly distressed because the people spoke of stoning him, for all the people were embittered, each one because of his sons and his daughters. But David strengthened himself in the LORD his God. 1 Samuel 30:6

3.

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

And David said to Abiathar the priest, the son of Ahimelech, "Bring me the ephod." So Abiathar brought the ephod to David. 1 Samuel 30:7

3.

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

And David inquired of the LORD, "Shall I pursue after this band? Shall I overtake them?" He answered him, "Pursue, for you shall surely overtake and shall surely rescue." 1 Samuel 30:8

3.

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

1. He intentionally walked away from negative people.
2. He got near someone who could encourage him spiritually.
3. He put on a different outfit. (ephod)
4. He prayed a listening prayer.
5. He totally switched gears.
6. He took massive action.

3.

I HAVE HEARD

YOUR PRAYER

AND SEEN

YOUR

TEARS; I WILL

HEAL YOU

...

2 Kings 20:5

DONNA *Perlow*

WEEK 1

Essentials

- * The Book
- * The Website (audios, videos & more)
- * The Facebook Group
- * Daily Morning & Evening Routine

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WEEK 1

Set up a Prayer Place



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WEEK 1

Commitment

I'm going to RELEASE ___ pounds by _____ because _____. I will do this by strengthening my spirit & soul through time in God's Word & His Presence; by walking daily at _____ and by eating God's healing foods.

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WEEK 1

EATING PLAN

- Glass of water immediately upon rising
- Cleansing Tonic (lemon water, coconut oil)
- Green Smoothie (coconut oil)
- Whole food supplement, EFAs, Probiotic & Ester-C
- Apple or 1/2 grapefruit mid-morning & almond butter
- 1/2 Water allotment by noon
- Salad in a jar or eggs w/veggies for lunch (add lean protein & healthy oil)
- Small serving of low-glycemic fruit and nuts for mid-afternoon snack
- Dinner: palm-sized protein w/steamed or stir-fried vegetables for dinner
- 7pm: Lemon water. Brush teeth. No more eating
- Finish any remaining water & refill your pitcher(s)

WEEK 1

EATING PLAN GUIDELINES

Lean proteins - eggs, chicken, lean beef, fish

Vegetables - see book for list

Healthy Fats - nuts, olive oil, coconut oil

Low glycemic fruits

WEEK 1

Low glycemic fruits

Lime

Strawberry

Apple

Grapefruit

Lemon

Cantaloupe

Guava

Orange

Pear

Blueberries

WEEK 2

PROPER PRIOR PREPARATION
PREVENTS
POOR PERFORMANCE

- JAMES BAKER -

DONNA
Carlton

90 DAY RENEWAL WEU

SALADS IN A JAR



What You Need:

Ingredients

1-4 Tablespoons of Salad dressing per jar
Mix of raw and cooked vegetables, nuts,
beans and other salad ingredients
Salad Greens

Equipment

Wide mouth one-quart canning jars with tight
fitting lids for a meal-size salad

Rescue yourself from the temptation of a fast-food lunch by preparing in advance these healthy and delicious salads. They should stay fresh and tasty for five days if stored properly. When you are ready to eat the salads, shake them into a pretty bowl and thank yourself for taking good care of God's temple. Add any additional protein to your bowl if desired.

Instructions:

- Salad dressing:** Pour 1-4 tablespoons of salad dressing in the bottom of the jar. Your Kitchenista is a big fan of homemade dressing made with flavor-infused balsamic vinegar, fancy mustards and olive oil.
- Hard vegetables:** Next, add any hard chopped veggies such as cucumbers, celery, peppers, fennel, cucumbers, radishes, whole cherry tomatoes.
- Beans:** Optional. They add slow digesting protein and fiber. We used a can of red kidney beans, rinsed and divided.
- Greens:** Fill most of the rest of the jar with salad greens. It's fine to fill the jar fairly compactly. Your Kitchenista likes to purchase a pre-washed box of organic mixed greens with baby spinach. We recommend dark leafy greens, avoid iceberg.
- Softer vegetables:** Place mushrooms, cut tomatoes and any softer veggies on the very top.
- You can leave room at the top to add meats, hard boiled eggs, etc. on the day you will be eating your salad.

Tips: Our goal at WEU is to learn to "eat a rainbow" every day. Experiment to find your visual and palate pleasing combination. Make sure your veggies are washed well and dried well before adding to the jars.



WEEK 3



WEEK 3



WEEK 3

7x 3 Strategy

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



WEEK 4

3 Approaches to Fasting

- * **Daily** - Rest from Digestion
- * **Weekly** - Rest from Digestion & Spiritual Focus
- * **Extended** - Deep cellular recovery & spiritual renewal

WEEK 4

Extended Fasts

- * We don't do Extended Fasts to lose weight. We do them to loose chains that drive weight gain.
- * 4 Phases of Fasting
- * Understanding The Fasting Zone

WEEK 4



WEEK 5

The Witching Hour

- * Physical Exhaustion
- * Decision Fatigue
- * Willpower Depletion
- * Something more sinister

WEEK 5

**TURN OFF ALL
ELECTRONICS
CHALLENGE**
----->
9:00 PM



8:00 PM

WEEK 5



WEEK 5

Pre-Meal Exercise

90 Seconds of:

- * Squats
- * Wall Press
- * Chest pulls

BONUS

Curse Breaking Prayer

Breaking the power of words
spoken by you and against you.

WEEK 6

Curse Breaking Prayer

Breaking the power of words spoken by you and against you.

Curse Breaking Prayer

Jesus Christ I confess and I proclaim that You are my Savior and the Lord over my life. The stripes You bore on the Cross at Calvary, have established You as "my Redeemer." You are my Master, my Shepherd, my Healer and my Deliverer. I proclaim that Jehovah creator of the heavens and the earth is my God and my spiritual Father. I renounce and am not in agreement with any form of sin that operates in this world, or the curses they produce.

Curse Breaking Prayer

I love and praise You Father God and in the name of Jesus Christ I seek Your Sovereign hands to release me from every type of curse that has formed against me. Father forgive me for everything I have said or done which was sinful and which may have produced and projected a curse towards another person.

Curse Breaking Prayer

For those sins I have committed, whether deliberate or in ignorance, and which I have never apologized for or repented of, I do so now, (speak out whatever you feel needs to be spoken out regarding this then continue).

Curse Breaking Prayer

Father I retract and declare null and void the curses and condemnation I have knowingly or unknowingly spoke, or projected onto another person, object, or situation. Let it happen now. (If you know a specific person, or situation you may have in some way condemned or cursed, take a moment and speak out what needs to be said to release that person/ situation from that curse.)

Curse Breaking Prayer

Father God, I ask to be released from every curse I have formed against myself by speaking into my life or by drawing it into my life. Father I renounce and repent of having cursed or condemned myself in anyway and I ask Your forgiveness for every time I have done so.

Curse Breaking Prayer

In the name of Jesus Christ let the Blood of Jesus Christ wash over these self-made curses and self-condemning words and let the fire of the Holy Spirit burn them from me and nullify their works. I ask Father for this day to be a day of atonement and breaking of curses from my life. In the name of Jesus Christ I proclaim every curse against me null and void and declare every assignment the devil has against me because of a curse, or condemnation, cancelled.

Curse Breaking Prayer

I command every spirit involved with enforcing a curse against me, my relationships, children, finances, health, home, property, and possessions to be cast to dry and arid places.

Curse Breaking Prayer

I renounce any ungodly group, club, organization, gang, brotherhood or sisterhood I have been involved with and I repent of my involvement in that group. (Specifically name the ungodly group you realize you had been associated with.)

Curse Breaking Prayer

I renounce any ungodly tradition, ritual, or belief I have followed, or another person has involved me in and I relinquish my involvement to that group and the falseness of their beliefs. In the name of Jesus Christ, I take charge over every ungodly vow or oath I may have spoken, or another person may have spoken over me.

Curse Breaking Prayer

I declare those vows and oaths null and void in Jesus Christ's name. Warrior Angels, take your swords and completely sever from me every occult silver cord, cord of bondage, or form of oppression that has been projected onto me by way of a curse, vow, hex, spell or incantation. In the name of Jesus Christ, I proclaim their works nullified now.

Curse Breaking Prayer

Any item I bought, any gift ever given to me, or anything in my home which may be cursed, or is linked to a unrighteous person, I ask in the name of Jesus Christ for the curse on that article to be nullified and the link to that person severed. By the name of Jesus Christ, I ask Father for the blood of Jesus Christ to wash over every article which is in my home and on my property and I ask for these things to be blessed and purified under Your anointing. I ask you to bless and purify me by your anointing.

Curse Breaking Prayer

Father, break off of me every form of curse, condemnation, hate, bitterness, jealousy, control, sexual perversion or darkness that other people have formed against me and projected onto me by the sinfulness of their hearts. In the name of Jesus Christ, I declare these curses and works of oppression null and void and severed from me. Let it be done now. What had been a curse against my life, let it now be a blessing under Your headship. What Satan intended for evil, let it now be a work of righteousness for others to witness.

Curse Breaking Prayer

Everything I proclaim, request, and command in this prayer, I do so by petitioning Jesus Christ to intercede on my behalf. I call upon Jehovah God to release a double portion of His anointing to empower each word, each request, and each command which I speak out in this prayer in that each thing that was asked for and spoke against will be expedited and finalized by God.

Curse Breaking Prayer

Jehovah come to me Your child and emboss Your seal upon my body with Your signet ring so that what you have broken from me and delivered me of will not return. Fill all of the empty voids within me with your loving Holy Spirit. I ask for Your Warrior Angels and Your Holy Spirit to reinforce God's walls of protection around the perimeter of my life where it has been breached.

Curse Breaking Prayer

Father God, I thank you and Your son Jesus Christ for loving me and for making a way by which I can be redeemed from every work of the enemy. Amen

WEEK 6

Connection Between Clutter & Weight

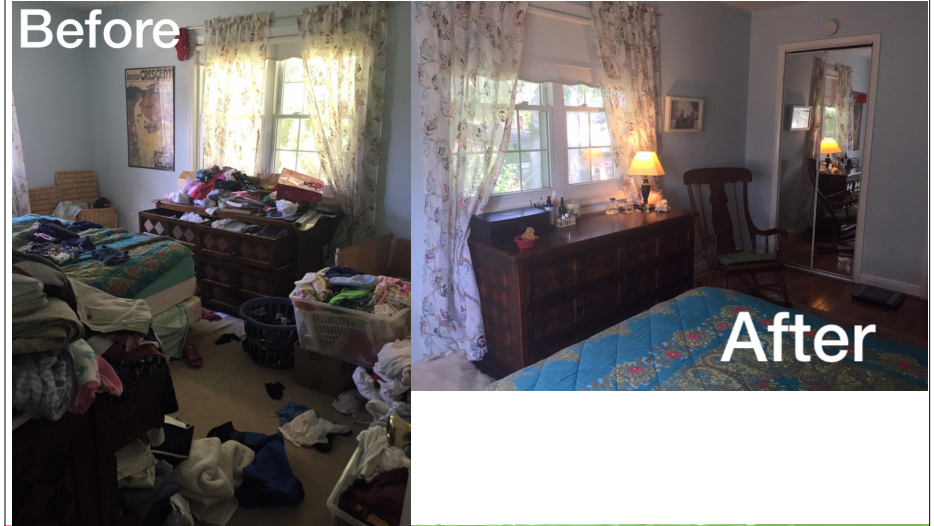
Anything that robs you of peace drives emotional eating and weight gain. Your subconscious mind is aware of every unfinished task and makes constant “mental notes” of all that’s left undone.

This is far more draining than we admit.

WEEK 6

Connection Between Clutter & Weight

Before



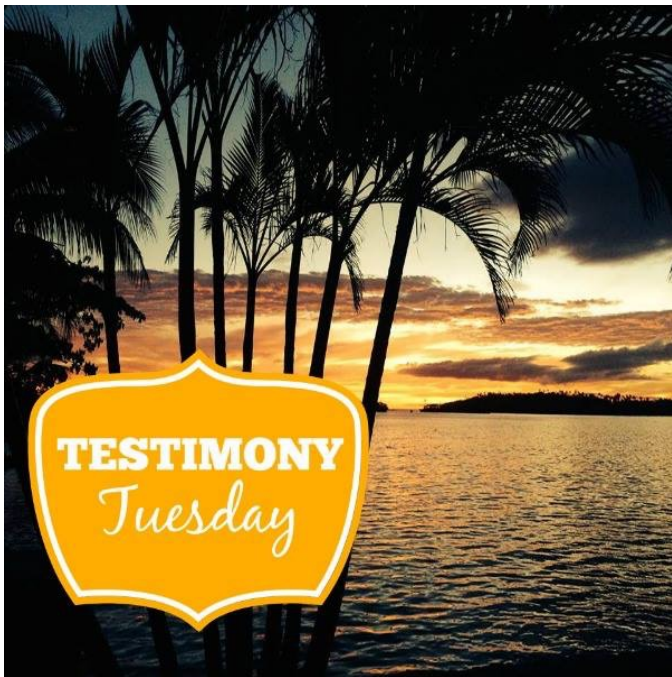
After

WEEK 7

Weekly Plan

Life works better when we have a rhythm and a routine.





TESTIMONY
Tuesday

WEDNESDAY

Weekly Weigh In Winners



THANKFUL
Thursday

FLING IT
Friday



Put Away

Throw Away

Give Away

SHAKE IT
Saturday



SABBATH
Sunday

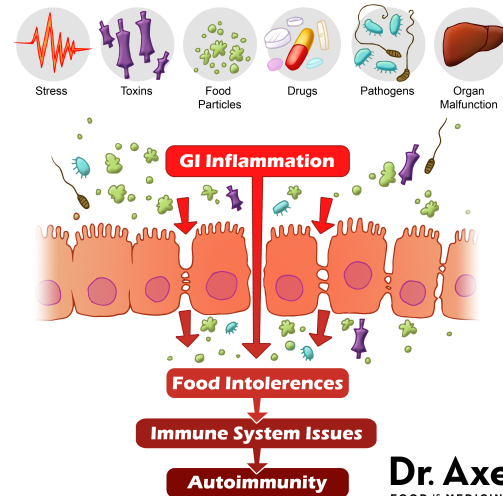


WEEK 7

Why We Recommend Bone Broth!

WEEK 7

Leaky Gut Progression



WEEK 7



WEEK 7

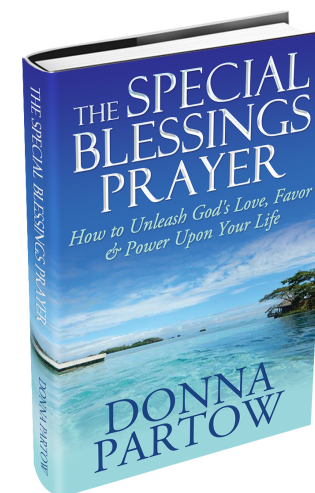


WEEK 7

Cure for Emotional Suffering

1. Appreciation - What's good about?
2. Learn & Grow - What can I learn from this?
3. Love & Give - How can I take my eyes off of myself?

WEEK 8



WEEK 8

The Prayer

Dear Lord,

If you desire to bless _____ you will do so whether or not I pray for him/her. But you will not bless me unless I obey your command to bless those who have cursed (thought or spoken ill of me) or hurt me.

Therefore, by faith, I choose to bless _____. I cancel the debt s/he owed me to _____. I declare that s/he owes me absolutely nothing.

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WEEK 8

The Prayer

If s/he cheated me out of anything—whether love, opportunity, money or any other blessing including _____,

I believe you will give me double for my trouble. You will repay me in full and much more. So I release them from the debt.

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WEEK 8

The Prayer

Besides, I now realize I could have responded differently by _____ and had a very different outcome.

I see that s/he is doing noble things in the area of _____. I ask you to bless him/her. I look forward to reaping the blessing I've just sown.

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WEEK 8

The Prayer

Thank you for setting me free from the curse of unforgiveness. Right now, in the name of Jesus, I declare that the blood of Jesus covers over the offense and all the sin that resulted. I hereby reclaim any ground given over to the Enemy by my sinful response and I slam the door on his ability to wreak havoc in my life because of it.

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WEEK 8

The Prayer

I declare that greater is He who is in me than he who has used this garbage to gain access to my life. This sin cannot be used against me from this day forward.

I am free.
Amen

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WEEK 9

Alkaline v. Acid

1. You may not have a fat problem. You may have an acid problem.
2. Diseases thrive in an acidic environment
3. Alkaline Diet "could help prevent kidney stones, keep bones and muscles strong, improve heart health and brain function, reduce low back pain, and lower risk for type 2 diabetes"

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WEEK 9

Alkaline v. Acid

- Alkaline-forming foods include most fruits, vegetables, herbs, nuts, seeds and herbal teas.
- Acid-forming foods include most grains, beans, meats, dairy products, fish, fast foods and processed foods.

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WEEK 10

Get Free. Get Focused. Go Far.

Make 2 lists:

- * **Wanted Behaviors** that are NOT repeating.
- * **Unwanted Behaviors** that are.



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WEEK 10

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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WEEK 10

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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7 Secrets for Weight Release

1

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

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7 Secrets for Weight Release

2

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

7 Secrets for Weight Release

3

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

7 Secrets for Weight Release

4

Stop depleting your limited supply of will power.

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.

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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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6 Steps To Renewal Success

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

6 Steps To Renewal Success

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

6 Steps To Renewal Success

3. **WATCH** the Daily Video

6 Steps To Renewal Success

4. **JOIN** The Weekly Webinar

6 Steps To Renewal Success

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 11

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

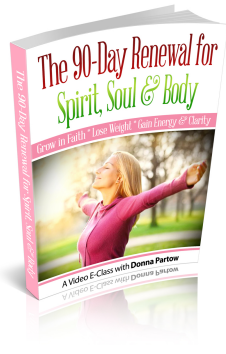
- * Set alarm 30-60 minutes earlier (6am suggested)
- * NO Snooze Button
- * Cleansing Tonic
- * Go to your prayer place
- * Complete the day's reading in your book
- * Morning walk (if schedule allows, if not walk later)
- * 90-Second Pre-Meal Exercise
- * Eggs or Green Smoothie

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

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



with
DONNA PARTOW

