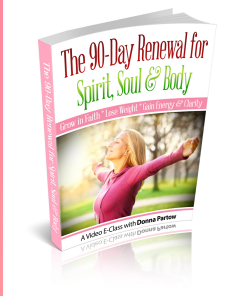


Discover God's Solution ... and FINALLY
Get Healthy in Spirit, Soul & Body!



with
DONNA PARTOW



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

**Welcome
to
Week 3**



Winner of the #Prep
Challenge: Fatin Burley



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

1

**Time with God should be your
highest priority and #1 battle
plan.**

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7 Secrets for Weight Release

1

**If 30-60 minutes earlier
overwhelms you, start with 15
minutes.**

**Yes, you have 15 minutes for
God.**

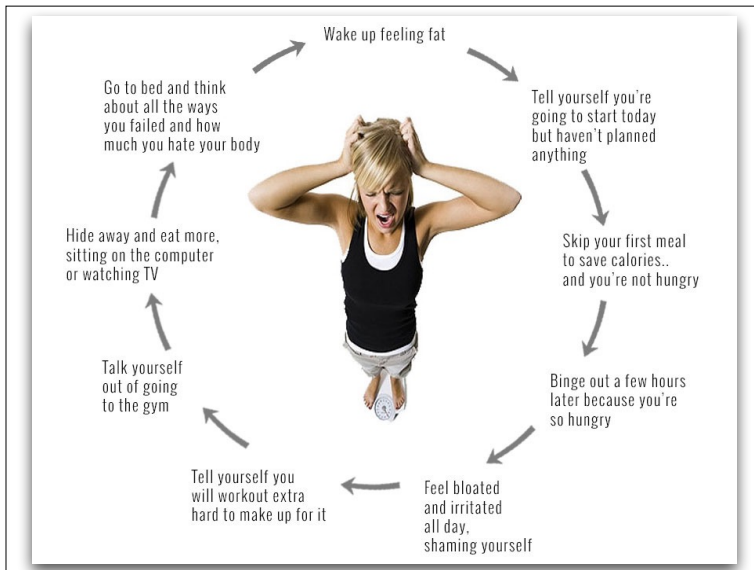
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7 Secrets for Weight Release

2

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

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7 Secrets for Weight Release

2

Take a moment, right now, to think of 1 thing you WILL do when you've achieved your goal that you are not willing or able to do now.

7 Secrets for Weight Release

2

Create a compelling goal/ vision. If it doesn't get you out of bed an hour earlier, it's not compelling enough.

7 Secrets for Weight Release

2

A race you want to run.
A place you want to go.
A face you want to see smiling again.

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7 Secrets for Weight Release

2

This is your life.
Are you who you want to be?

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NEVER
DOUBT IN
the dark
WHAT GOD
TOLD
YOU IN
THE LIGHT

...

V. R. Edmond

DONNA
Partow

7 Secrets for Weight Release

2

Vision Board Contest #vision

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7 Secrets for Weight Release

2

Prize: \$20 Amazon Gift Card

Post Your Clear & Compelling Vision & Your Plan to Get There.

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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

3

You are the head gardener in the garden of your soul.

Don't miss Will Power" Bonus audio teaching.

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7 Secrets for Weight Release

3

Once you have a clear, compelling vision, it's easier to keep sowing seeds.

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7 Secrets for Weight Release

4

Stop depleting your limited supply of will power.

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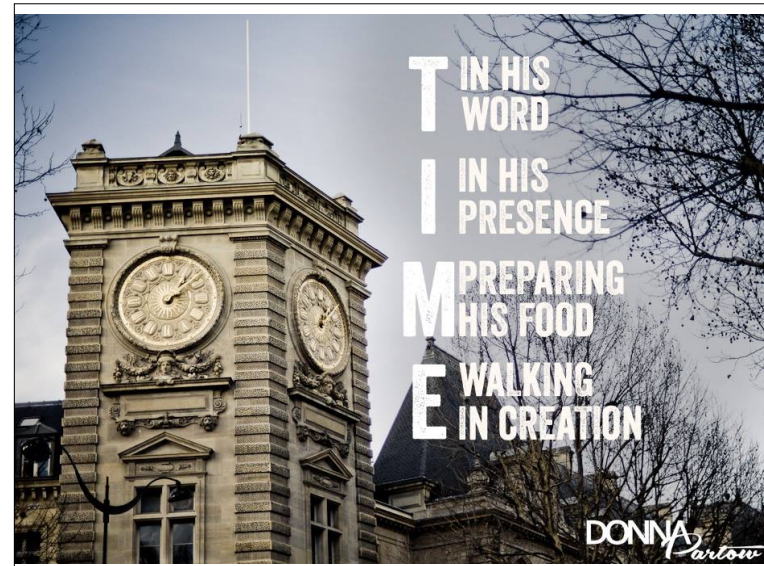
7 Secrets for Weight Release

4

Do what you can do.
Do not give ANY attention to what you can't do.

Beware the "All or Nothing" mindset.

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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

If a friend said to you the things you say to yourself....

would you end the friendship?

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7 Secrets for Weight Release

5

Wielding Weapons for Emotional Healing:

**Affirmation
Forgiveness
Commitment**

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7 Secrets for Weight Release

5

Stand in front of the mirror. Look yourself in the eye and speak to yourself by name.

7 x 3

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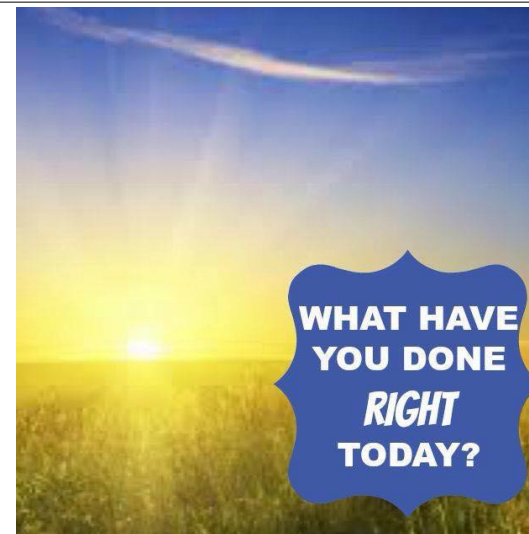
7 Secrets for Weight Release

5

_____, I congratulate
you for

7x

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**WHAT HAVE
YOU DONE
RIGHT
TODAY?**

7 Secrets for Weight Release

5

What we focus on gets magnified
and multiplied.

Stop focusing on all that's wrong
with you and start focusing on
what you are doing right.

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7 Secrets for Weight Release

5

...but we all blow it.

When we do, the answer isn't
beating ourselves up emotionally.

The answer is asking for and
receiving God's forgiveness.

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7 Secrets for Weight Release

5

Bow your head and ask forgiveness from God.

Then look in the mirror and forgive yourself.

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7 Secrets for Weight Release

5

_____, I forgive you for
.....

7x

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7 Secrets for Weight Release

5

Big secret to Emotional Health:

**Quick to Confess
Quick to Forgive**

“Keep a short account with God”

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7 Secrets for Weight Release

5

_____, I commit to you that I
will

7x

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7 Secrets for Weight Release

5

Keep your Vision Board in front of you and commit afresh to that vision on a daily basis.

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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

- * 20 minute walk
- * Bouncing 4 minutes

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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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7 Secrets for Weight Release

7

We will cover Fasting in Week 4

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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

ADD AUDIO TO OTHER ACTIVITIES
Affirmations = 15 minutes - perfect for
your walk

Scripture Memory = 5 minutes - perfect for
your Pomodora breaks

While cooking, cleaning, driving...

6 Steps To Renewal Success

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

NOTE: If you are a 1st semester student
and feeling overwhelmed, just listen to the
Affirmations & Scripture Memory audios.

6 Steps To Renewal Success

3. **WATCH** the Daily Video
4. **JOIN** The Weekly Webinar
5. **MEET** Others in the Facebook Group

6 Steps To Renewal Success

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

Change your **FOCUS**.

- ✧ Away from what's wrong with you and all of your shortcomings and failures.
- ✧ Away from what you can't do.
- ✧ Toward the bright future God has for you.
- ✧ Toward what you **CAN** do.

6 Steps To Renewal Success

POSITIVE ADDITIONS

WEEK 1

1. Add Time with God to your schedule
2. Add Lemon water pre-breakfast
3. Add a Whole Food supplement
4. Add as many veggies as you can
5. Add a 15-minute walk
6. Add bouncing

6 Steps To Renewal Success

POSITIVE ADDITIONS

WEEK 2

1. Add Time with God to your schedule
 2. Add Lemon water pre-breakfast
 3. Add a Whole Food supplement
 4. Add as many veggies as you can
 5. Add 15 minute
 6. Add bouncing for 2-3 minutes
-
7. Add 64+ ounces of water
 8. Add 5 minutes to your walk (20 mins)
 9. Add 1 minute to bouncing (3-4 mins)
 10. Add 2 eggs

6 Steps To Renewal Success

POSITIVE ADDITIONS

WEEK 3

1. Add Time with God to your schedule
2. Add Lemon water pre-breakfast
3. Add a Whole Food supplement
4. Add as many veggies as you can
5. Add 20 minute walk
6. Add bouncing 3-4 minutes
7. Add 64+ ounces of water
8. Add 2 eggs

9. Add a salad to your lunch

6 Steps To Renewal Success

EATING PLAN GUIDELINES (Our Focus)

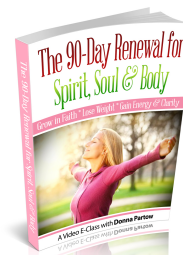
The 90-Day Renewal is about Addition, not Subtraction

6 Steps To Renewal Success

MORNING ROUTINE

- * Set alarm 30-60 minutes earlier (6am suggested)
- * NO Snooze Button
- * Make a cup of warm lemon water (coconut oil)
- * Go to your prayer place
- * Complete the day's reading in your book
- * Morning walk (if schedule allows, if not walk later)

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