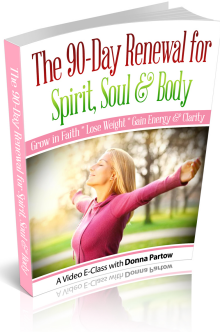


Discover God's Solution ... and FINALLY
Get Healthy in Spirit, Soul & Body!



with
DONNA PARTOW



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

**Welcome
to
Week 5**



7 Secrets for Weight Release

1

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

7 Secrets for Weight Release

1

Are you starting your day with God? Continue with your Morning Routine.

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*End your day with
reflection & planning.*

**Tomorrow
starts
Tonight.**

WomensEmpowermentUniversity.com

7 Secrets for Weight Release

An Exchange Taking Place - Dolores Wilson

There's been an exchange taking place.
An exchange of My word for that at the media.
An exchange of My presence for that at technology.
An exchange of My voice for that which tickles the ears and makes you feel good.
An overloading of the airways.

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7 Secrets for Weight Release

An Exchange Taking Place - Dolores Wilson

Watchmen, what of the night?
Watchmen, what of the night?

The enemy is infiltrating by stealth and deception into your lives while there is an incessant noise which would drown out my voice.

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7 Secrets for Weight Release

An Exchange Taking Place - Dolores Wilson

The enemy is after your seed, your children.
Pray for your country, your government, that
they will not be taken unawares.
Pray for your children, cry out for the land.

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7 Secrets for Weight Release

An Exchange Taking Place - Dolores Wilson

That there would be an awakening of the
people.
That people would have ears to hear my voice.
That they will have eyes to see what is
happening in their midst. That there will be a
knowing of the fear of the Lord again.

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7 Secrets for Weight Release

An Exchange Taking Place - Dolores Wilson

Cry out for your loved ones.
Stand in the gap.
Make mention of them in My ears.
Pray without ceasing.
Let your voice be heard on high.

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7 Secrets for Weight Release

An Exchange Taking Place - Dolores Wilson

For surely, there is a time when I am
coming
with the Holy Fire to burn up that which
will not stand.
I'm coming with the Refiner's fire.
Therefore, be holy as I am holy.

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7 Secrets for Weight Release

1

The Witching Hour

7 Secrets for Weight Release

1

The Witching Hour

*Physical Exhaustion

7 Secrets for Weight Release

1

The Witching Hour

*Physical Exhaustion

*Decision Fatigue

7 Secrets for Weight Release

1

The Witching Hour

*Physical Exhaustion

*Decision Fatigue

*Willpower Depletion

7 Secrets for Weight Release

1

The Witching Hour

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

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7 Secrets for Weight Release

1

What We DO Know

For the vast majority of women, the later it gets, the more likely they are to stumble

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



2:00 PM

7 Secrets for Weight Release

2

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

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THE LEADING
PREDICTOR OF
Longevity
IS MAINTAINING A
Healthy Weight

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7 Secrets for Weight Release

2

Do you have a **REWARD**
in mind?

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7 Secrets for Weight Release

2

If it's not compelling enough to get you out of bed an hour earlier in the morning, it's not compelling enough.

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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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MY SOUL
IS SATISFIED
WITH
THE THINGS
OF GOD

7 Secrets for Weight Release

4

Stop depleting your limited supply of will power.

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7 Secrets for Weight Release

4

How do we do that?

Autopilot. Making our habits work FOR us rather than against us.

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Dive In & Do It ... Check The Boxes

- Scripture to memorize
- Affirmation to recite
- Write out your prayers
- Weekly fast day
- Weekly coaching call
- Watch daily video
- Listen to recorded teleseminars
- Bounce on mini trampoline
- Drink morning lemon water
- Drink 1/2 body weight in ounces of water
- Walk 15 minutes
- _____
- _____
- _____

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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

5

7x 3 Strategy

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

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

- * 6 minute walk
- * Bouncing 30 minutes
- * Weight Training

7 Secrets for Weight Release

6

- * 6 minute walk
- * Bouncing 30 minutes
- * Weight Training



7 Secrets for Weight Release

6

Kettle Bells

- * Start with a weight that allows you to do 20 perfect repetitions but no more than 30.

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7 Secrets for Weight Release

6

Kettle Bells

- * Start at 5-10 lbs
- * Goal is 75 lifts
- * Go to next weight
- * Repeat

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7 Secrets for Weight Release

6

Kettle Bells

- Stand with your feet 6–12 inches outside of shoulder width on either side, each foot pointed outward about 30 degrees. If toes pointed straight ahead were 12:00 on a clock face, your left foot would point at 10:00 or 11:00, and your right would point at 1:00 or 2:00.
- Keep your shoulders pulled back (retracted) and down to avoid rounding your back.
- The lowering movement (backswing) is a sitting-back-on-a-chair movement, not a squatting-down movement.
- Do not let your shoulders go in front of your knees at any point.

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THE KETTLEBELL SWING



7 Secrets for Weight Release

6

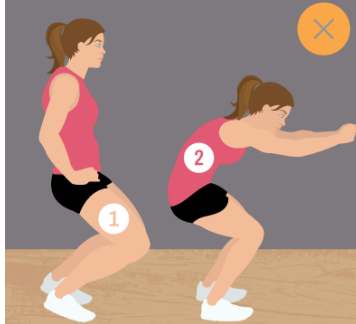
Pre-Meal Exercise

90 Seconds of:

- * Squats
- * Wall Press
- * Chest pulls

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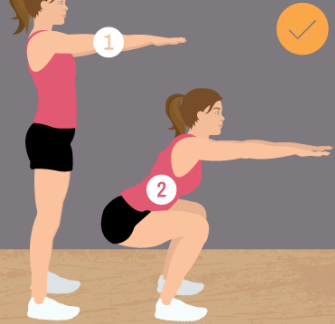
IMPROPER SQUAT FORM



DON'TS

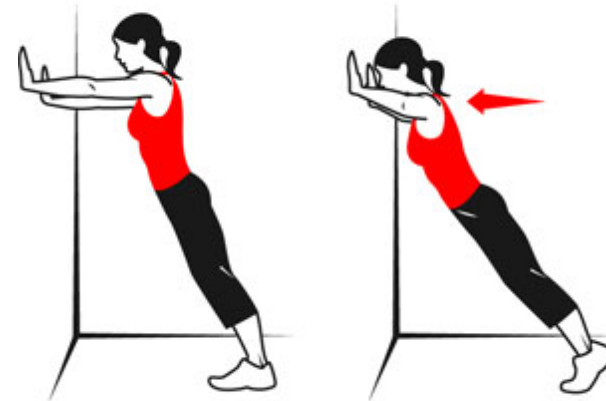
1. Don't start with bent legs.
2. Don't curve back.

PROPER SQUAT FORM



DO'S

1. Start with legs straight and arms pointed forward.
2. Keep back straight while bending knees and keeping arms forward. Keep abs engaged.





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

- * **Daily Intermittent**
- * **Weekly**
- * **Extended**

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7 Secrets for Weight Release

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*

6 Steps To Renewal Success

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

Be sure to listen to this week's teaching on "**An Exchange is Taking Place.**" It covers important information on the spiritual power of food and fasting.

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?

- * Turn off Electronics by 9pm
- * Build Your Evening Routine.
- * Remember to stop eating by 7pm
- * Pre-Meal Exercise
- * Optional: Kettle Bells

6 Steps To Renewal Success

REMINDER

The 90-Day Renewal is about Addition, not Subtraction

6 Steps To Renewal Success

POSITIVE ADDITIONS - WEEK 5

1. **Add Time with God to your schedule**
2. **Add Lemon water pre-breakfast (+/or Cranberry)**
3. **Add a Whole Food supplement**
4. **Add as many veggies as you can**
5. **Add 30 minute walk**
6. **Add bouncing 6 minutes (*Increased this week*)**
7. **Add 64+ ounces of water**
8. **Add 2 eggs**
9. **Add a salad to your lunch**
-
10. **Add Evening Cranberry-Psyllium Detox**
11. **Weight Training**

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) or Cranberry-Psyllium Detox drink
- * Go to your prayer place
- * Complete the day's reading in your book
- * Morning walk (if schedule allows, if not walk later)
- * 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
- 10pm: In Bed with alarm set for 6am

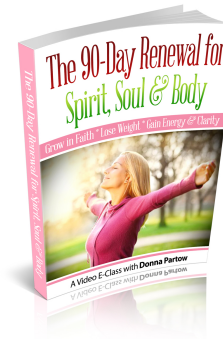
I'm all in for ...



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The 7 9 10 Challenge

Discover God's Solution ... and FINALLY
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with
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