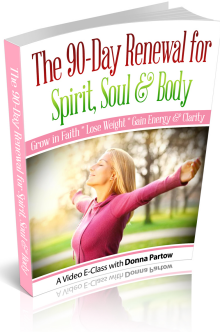


Discover God's Solution ... and FINALLY
Get Healthy in Spirit, Soul & Body!



with
DONNA PARTOW



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

**Welcome
to
Week 6**



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.**

7 Secrets for Weight Release

1

- * The Witching Hour
- * “Nothing good happens after midnight”
- * Your Evening Routine: 7-9-10

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



7 Secrets for Weight Release

2

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

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7 Secrets for Weight Release

2

Do you have a Goal & a REWARD in mind?

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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.



7 Secrets for Weight Release

3

Anything that robs you of peace impacts your emotions.

7 Secrets for Weight Release

3

Most of us eat for emotional reasons

7 Secrets for Weight Release

3

Most of us are “a frog in the pot”
in our living environment.

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7 Secrets for Weight Release

3

Pictures tell the whole story.

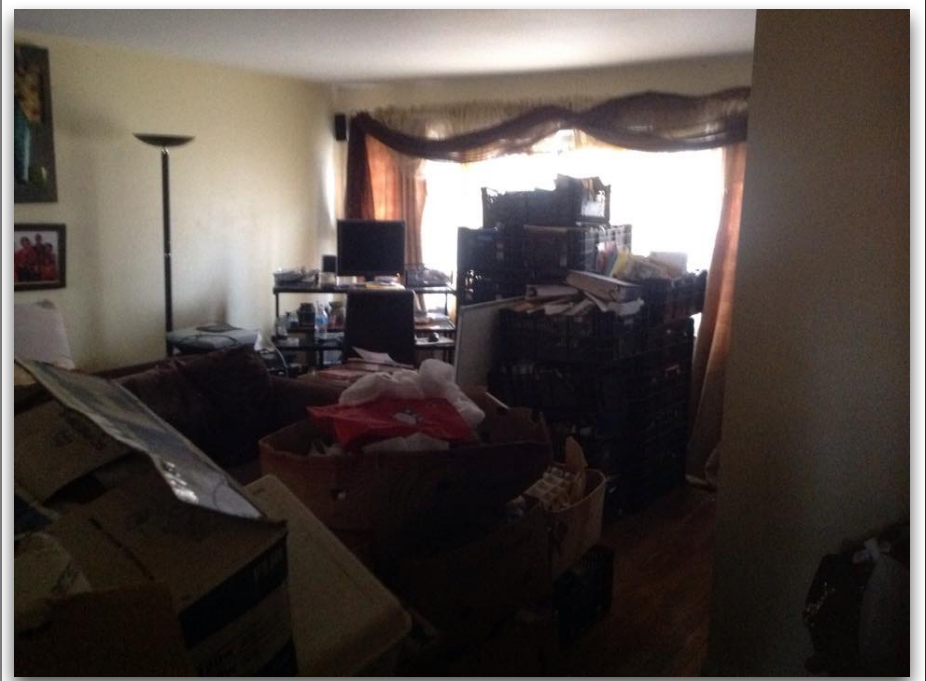
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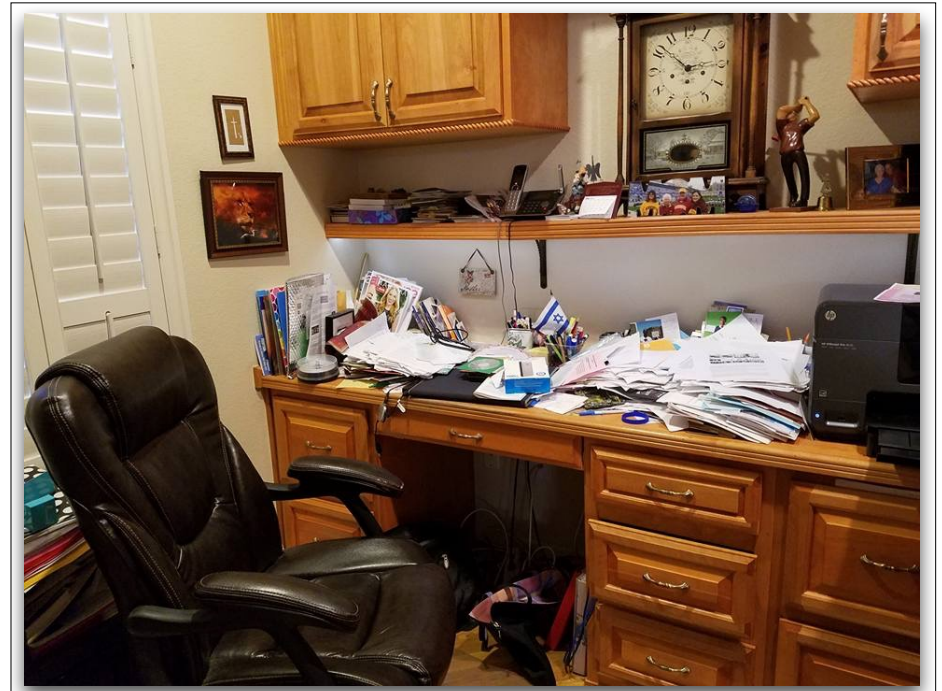
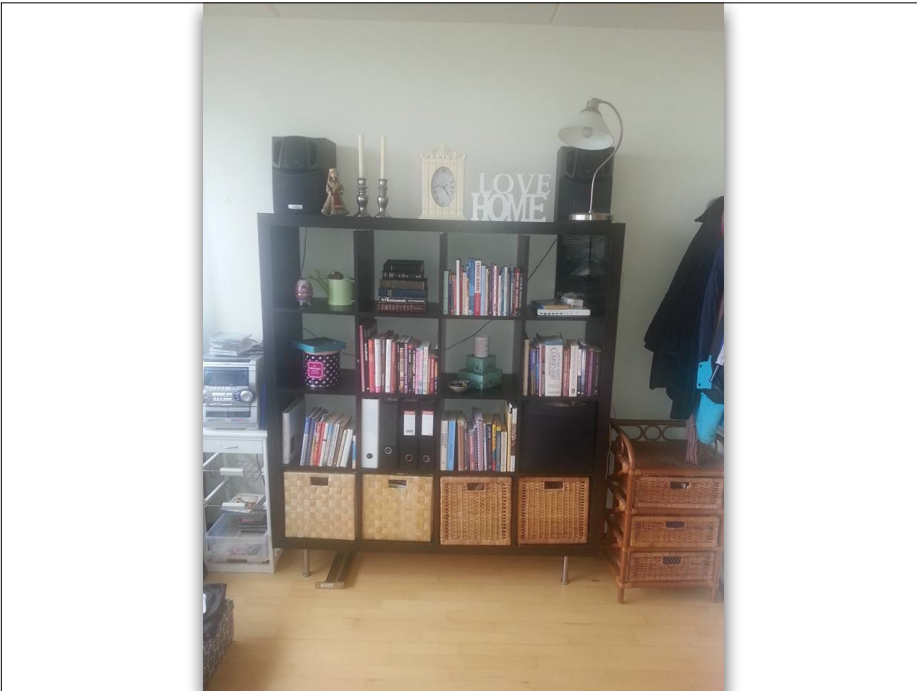
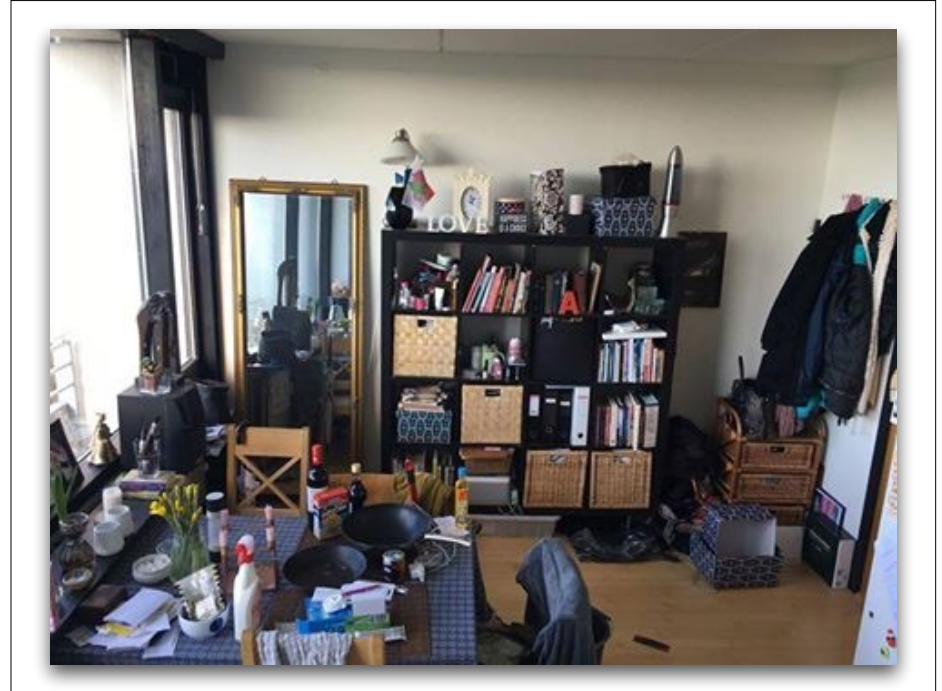
7 Secrets for Weight Release

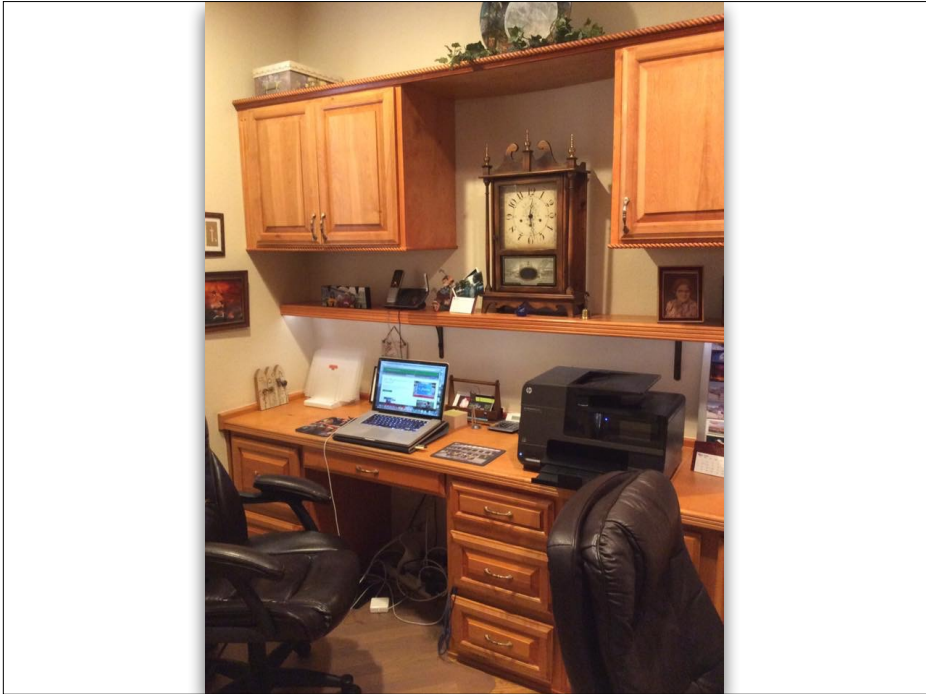
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How do you FEEL when you look
at clutter?

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7 Secrets for Weight Release

3

How do you FEEL when you look at clutter?

You don't realize it, but that is the emotional atmosphere you are living in. Your soul knows the truth, even if you are unaware. Your subconscious mind knows 24/7.

7 Secrets for Weight Release

3

Assignment

Take pictures of every inch of your house. Start outside. Every room, every angle, every closet, every drawer.

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7 Secrets for Weight Release

3

Assignment

Sit and look at the photos.
How do you FEEL?
Is it any surprise you are over-eating?

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7 Secrets for Weight Release

3

Assignment

- * That's just the emotional side of clutter.
- * What about the practical side?

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7 Secrets for Weight Release

3

Assignment

Clean 1 macro area (for some reason, you'll probably be tempted to micro-clean. Don't do it)

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3

Assignment

Take a photo.
Sit and look at the photo.
Notice how you FEEL.

7 Secrets for Weight Release

3

Assignment

You can not MAKE the scale move.
But you can MAKE your bed.
You can MAKE the clutter move.

7 Secrets for Weight Release

3

Assignment

Take Dominion Over Your Life.
Take Back Your Life, one bag, one box at
a time

7 Secrets for Weight Release

3

**When you ask God to MAKE the
mountains move, don't be surprised
when a shovel shows up.**

7 Secrets for Weight Release

3

Less is MORE

- * Simplify your wardrobe
- * Core color
- * Mix and match
- * You will look and feel better with far less clothes to choose from

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7 Secrets for Weight Release

3

This will hurt your feelings.

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7 Secrets for Weight Release

3

You might be the rare exception but 99% of cases: no one wants your stuff

TEST IT!

Try to give the most valuable items away to the person you have in mind.
(Spanish woman's story)

Try selling them.

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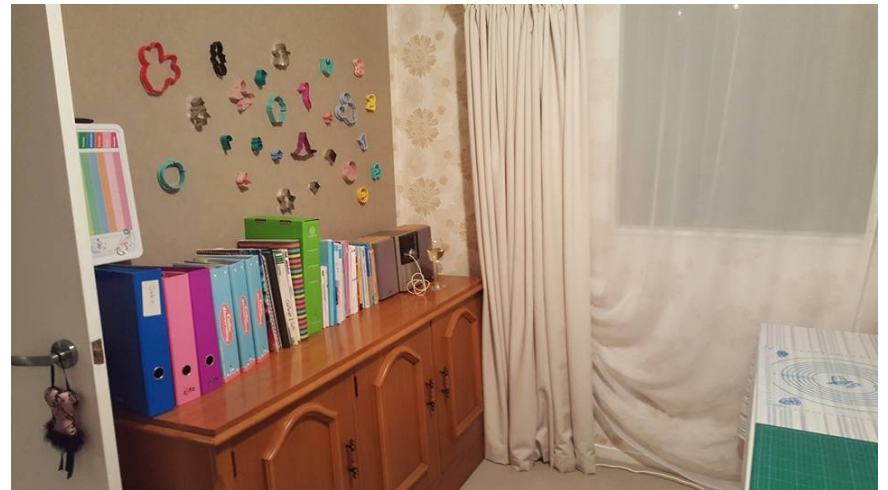


Jackie du Plessis

June 11 at 5:35pm

#onething

So my challenge was to set up my one room in 10 days. Today is day 3 and its finished. The challenge does not stop though, because while i was busy with the finishing touches in my room, my husband started clearing the attic 😬 We've been meaning to do this for a while. So today we are sorting through what is staying and what needs to go. Looks like the 10 day challenge is turning into a decluttering of the whole house! Haha! Here are pictures of the room i finished 😊



7 Secrets for Weight Release

3

Mental & Emotional Clutter

Detail-oriented women who keep their home in perfect order may also keep a perfect record of every offense committed against them.

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Declutter Contest: July 18-31
Start with Before Photos

DECLUTTER
A DRAWER * A ROOM * YOUR HOME * YOUR HEART
CHALLENGE



BEFORE

AFTER

DeClutter Prize Package



*Donated by
Rennie Ling*

*A personal 30 minute session
with Rennie to determine
your core colors and which
accessories look best on you*



*In the basket is 24 karat gold goat's
milk/glycerin soap, Whisper Massage
Candle, Green Tea & Aloe Linen/ Room
Spray, Bergamot/Coriander/Orange
Bubble Bath*



*Elect Lady
Spa Essentials*

*created by
Kaydee Evans*

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.

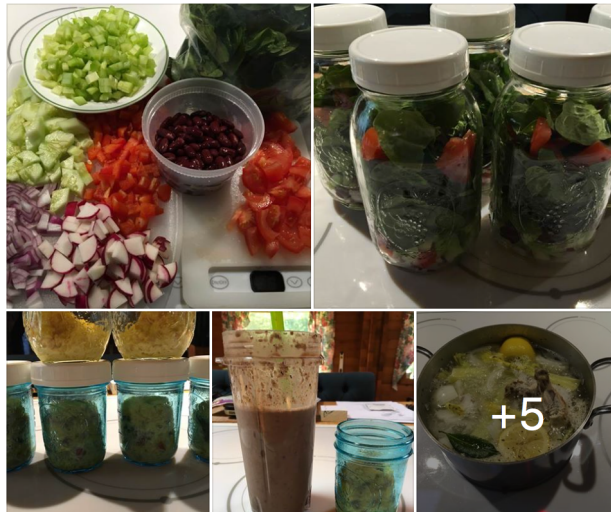
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Mary Seney

9 hrs

Preparation for the week! Breakfast, salads, bone broth for cabbage soup and for smoothies every day! Monday will be cooking crockpot recipe! Wednesday is my goal to have my plan of action completed. 😊



7 Secrets for Weight Release

5

Overcoming emotional eating triggers is critical to lifelong weight management.

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7 x 3 Strategy

I receive God's forgiveness,
and I forgive
you for...

I congratulate
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.

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7 Secrets for Weight Release

6

- * 30 minute walk
- * Bouncing 8 minutes
- * 90-Second Pre-Meal Exercise
- * Optional Weight Training

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7 Secrets for Weight Release

6

Pre-Meal Exercise

90 Seconds of:

- * Squats
- * Wall Press
- * Chest pulls

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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

- * 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 the teaching on "**The Gambling Spirit.**" It is one of my favorite teachings in the Renewal series.

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?

* Declutter Challenge

6 Steps To Renewal Success

REMINDER

The 90-Day Renewal is about Addition, not Subtraction

6 Steps To Renewal Success

POSITIVE ADDITIONS - WEEK 6

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 8 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. Optional Weight Training
12. Pre-meal exercise

13. Add Healthy Dinner of Protein & Veggies

6 Steps To Renewal Success

MORNING ROUTINE

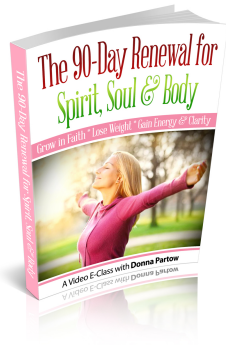
- * **Set alarm 1-3 hours earlier** (6am or earlier suggested)
- * NO Snooze Button
- * Make a cup of warm lemon water (coconut oil) or Cranberry-Psyllium Detox drink (can combine)
- * Go to your prayer place
- * Complete the day's reading in your book
- * Morning walk (if schedule allows, if not walk later)
- * 90 second pre-breakfast 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
- 10pm: In Bed with alarm set for 6am (latest)

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



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