

***Becoming* A Healthier You**

Dear friend, I hope all is well with you and that you are as healthy in body as you are strong in spirit.

3 John 1:2 (NLT)

Reflect on these questions. Then pray about how the following suggestions can be used to transform you into a healthier you!

What are your passions?

What do you believe is the God-given purpose of your life?

How will being unhealthy affect your passions and purpose?

How will being healthy affect your passions and purpose?

- ◆ Pray during a morning and evening stretching time. Use this prayer time to pray for proper motivation and strength.
- ◆ Take time to do (3) 10 minute physical activity breaks throughout your day. Some of these 10-minute sessions can be use as opportunities to praise God in advance for the victory you know you will receive in this area.
- ◆ Make meals and snacks opportunities to give your body the nutrients it needs, so that you will be healthy and able to fulfill your God-given purpose.
- ◆ Clean out all unhealthy foods from your kitchen. Eliminate temptation at home.
- ◆ Drink 6 to 8 glasses of filtered water daily instead of drinks with calories.

If you are a Christian, the Holy Spirit lives on the inside of you. He will guide you in the way you should go and give you what you need to succeed!

****This information is meant to be use for educational purposes only.****

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