



# REDESIGN YOUR IMAGE BOOKLETS

## HOW TO RECOGNIZE A DANGER ZONE

*Yet in all these things we are more than conquerors through Him who loved us. Romans 8:37*

It is easy to go back to old familiar habits when the mind is not totally renewed and you're not stronger enough in your inner man to overcome the flesh or overcome destructive, powerful desires. You will need to be aware of certain behaviors, emotional traps and mindsets that have the potential to undo all of your accomplishments. These saboteurs are so subtle and can creep upon you from out of nowhere. This book share tips to help you to recognize and understand these danger zones and what you can do to overcome them.

## HOW TO RECOGNIZE WHEN GOD IS TALKING TO YOU

*If you wander off the road to the right or the left, you will hear his voice behind you saying, "Here is the road. Follow it." Isaiah 30:21 (Good News Translation)*

It's so easy to wander off track. Sometimes you are not aware that you are drifting or that you are about to entertain the thought of wandering off course. This book will help you to recognize God's voice (that small still voice), an inner witness or just a knowing that God is talking to you, trying to redirect you back to your goals.

## HOW TO RECOGNIZE WHEN YOU ARE WINNING

*For who has despised the day of small beginnings? Zechariah 4:10  
Behold I do a new thing, now it shall spring forth, do you not see it? Isaiah 43:19*

This book give tips on how to use your progress, even small successes as a reason to celebrate and to encourage yourself on your journey. Small beginnings are a deposit on your final goals! God will help you to bring your goals to completion!

## **DEVELOPING NEW HABITS**

**If any of you lacks wisdom, let him ask of God, who gives to all liberally and without reproach, and it will be given to him. James 1:5 NKJV**

Research has shown that it takes 21 days to break a habit and to form new ones. You're on a journey so nothing will change overnight. It's those small changes over time that will make a big difference in your wellbeing. Included in this booklet are tips to help you to be successful...to turn your long standing struggles into victory. You will also find eye opening tips on the crucial role of the brain as it relates to breaking old habits and developing new ones. God's best for you. You will succeed this time because you can. Trust the process and trust God's love for you. You are more than a conqueror through Christ. Romans 8:37

## **CREATING A HEALTHY ENVIRONMENT: KITCHEN MAKEOVER + GROCERY STORE TOUR+ SHOPPING STRATEGIES.**

*Be in good health and prosper even as your soul prospers. (3 John 1:2)*

It's important that your daily habits agree with your goals. In order to be successful on your journey, a supportive environment is a must. Included in this book are tips that will help you be successful in your life style changes. The goal is to eat clean. This book will help to take the stress out of trying to make the right choices as you create your healthy lifestyle.

*Included is a bonus: WHERE TO SHOP*

## **REGARDING GOD'S WORD**

*You will walk in freedom as you devote yourself to God's word. Psalms 119:45*

Some things are just too hard to deal with on your own. Sometimes you need the counsel and strength of someone more dynamic than your situation. This book shows you the importance of putting God's word to work in your life first, guiding you and strengthening you on your journey of health and wholeness.

## **TIME OF REFLECTION**

*Reflecting on the past, owning the present so that you can embrace your future*

This Diary will help you to answer the question: How did I get here? It will help you to take a deeper look at how you got to the place that you are in right now. This step is crucial to your future success. It's important to begin a *think* dialogue with yourself and answer some difficult questions so that all things are out in the open and can be identified and worked on. Sometimes what's hidden can sabotage you later on if you're not aware that they exist and operate within you. By the time you finish the exercises in this book, my prayer is that you will be able to identify areas of sabotages that has hindered your success in the past and have prevented you from getting the breakthrough you need or has prevented you from identifying strongholds that need to be broken.

*Also includes: Writing your Vision, Prayer of Surrender, and Scriptures to help you move forward*