

3 Secrets

to achieving overall
balance with your

Mind, Body, &

Soul

DID YOU KNOW THAT LIFE IS MEANT TO BE BEAUTIFUL, RELAXING, & FULFILLING? **DID YOU KNOW** THAT YOU ARE MEANT TO HAVE ENOUGH TIME TO DO THINGS? **DID YOU KNOW** THAT EATING THE FOODS YOU LOVE IS OKAY?

HELLO THERE, BEAUTIFUL!

WHERE ARE YOU AT THIS VERY MOMENT? WHAT'S GOING ON INSIDE YOUR GORGEOUS HEAD? WHAT THOUGHTS ARE YOU THINKING..... FEELINGS ARE YOU EXPERIENCING....WHAT'S ON YOUR DOORSTEP.... OR WORRIES THAT ARE CONCERNING YOU?

I'M SURE YOU JUST THOUGHT OF A MILLION THINGS!

TAKE A MOMENT AND TAKE IN A HUGE DEEP BREATH. IN THIS MOMENT, SHIFT YOUR MIND TO **BELIEVING**. BELIEVE THAT IT'S OKAY! IT'S GOING TO BE ALRIGHT! WHATEVER YOUR "IT" IS, GUESS WHAT? GOD'S IS IN CONTROL OVER "IT"!

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I WANT TO SHARE WITH YOU **3**
SECRETS TO LIVING FAITH FIRST &
ACHIEVING OVERALL BALANCE WITH
YOUR MIND, BODY, & SOUL, HIS WAY!

*You are a woman, You are a
woman with emotions, You are a
woman with emotions who feels
like you've lost yourself in the
midst of life.*

WHAT ARE YOUR THOUGHTS

...HOW LIFE IS MEANT TO BE BEAUTIFUL, RELAXING, & FULFILLING? **OR**, THAT
YOU ARE MEANT TO HAVE ENOUGH TIME TO DO THINGS? **AND**, THAT EATING THE
FOODS YOU LOVE IS OKAY?

Do you believe this? You are probably thinking, "Yes, I wish!" or
"All of that sounds Impossible!"

Before we dig deeper, I want you to know that when we Focus on Living
Life God's Way.....**This IS Possible!**

Sounds quite simple doesn't it? Why focus on God's Way?

It's the ONLY Way. It's the ONLY true way, that
Stands all time. We learn to Love Him more and we
become more like Him. When we become more like
Him, we are filled with Love, Joy, Compassion, and His
Thoughts Become Ours.

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IN ORDER TO BALANCE EVERYTHING (OUR MINDS, OUR HEALTH, OUR RELATIONSHIP WITH GOD), WE NEED TO START WITH BELIEVING. BELIEVING IN GOD'S WORDS AND APPLYING THESE TRUTHS THAT COVER EVERY FACET OF OUR LIVES!

Did you Know that there are Over 3,000 *Promises* in the Bible?
That means, there are More Than 3,000 answers for your problems!

HOW DOES MIND, BODY, & SOUL CONNECT FOR OVERALL BALANCE?
MIND-POSITIVITY, BODY-CORE HEALTH, SOUL-FAITH

Secret #1: Having a spirit of Power

MIND-POSITIVITY

2 TIMOTHY 1:7 (KING JAMES VERSION (KJV), "FOR GOD HATH NOT GIVEN US THE SPIRIT OF FEAR; BUT OF POWER, AND OF LOVE, AND OF A SOUND MIND."

IF WE WERE TO READ 2 TIMOTHY 1:7 AGAIN, THIS TIME REMOVING FEAR, HERE'S WHAT WE WOULD GET: GOD GIVES US THE SPIRIT OF POWER, LOVE, AND A SOUND MIND! GOD GIVES US THE SPIRIT OF POWER, LOVE, AND A SOUND MIND! SO POWERFUL!

NO MATTER WHAT WE FACE, WHAT HAPPENS, WHAT YOUR HISTORY IS, WHAT YOU'RE CURRENTLY GOING THROUGH, YOU HAVE TO POSITION YOUR "WHAT" WITH GOD'S POWER. HE HAS ALREADY EQUIPPED YOU WITH THE TOOLS YOU NEED TO GET THROUGH YOUR "WHAT." SEEK GOD, ASK HIM TO PROVIDE THAT BRIDGE TO GET OVER FEAR AND HAVE NOTHING BUT HIS POWER, HIS LOVE, HIS MIND.

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Secret #2: A healthy body = Loving your body

HEALTH-BODY/CORE-HEALTH

PROVERBS 14:30 (NEW LIVING TRANSLATION), A PEACEFUL HEART LEADS TO A HEALTHY BODY...

WHEN WE ARE AT PEACE AND LEARN TO LOVE OUR BODY (NO COMPARISON, THIEF OF JOY, SELFISH AMBITION), **BUT** UNDERSTAND OUR BODIES, THE SHAPE OF OUR BODIES, THE SHAPE OF OUR NOSE, THE SOUND OF OUR VOICE, **LEADS TO A HEALTHY BODY.**

GOD'S WORD CLAIMS IT!

I COR. 6:20 "THEREFORE HONOR GOD WITH YOUR BODY." YOU, ALL PARTS OF YOU WERE CREATED FOR HIS GLORY.

REMEMBER GOD SEES YOUR BODY AS A TEMPLE OF THE HOLY SPIRIT. HE ISN'T CONCERNED WITH YOUR OUTWARDLY IMAGE, HOW TRIM YOUR BODY IS, WHAT COLOR MAKEUP OR HOW YOUR CONTOURING LOOKS.

YOUR BODY IS A REFLECTION OF HOW YOU WERE FEARFULLY & WONDERFULLY MADE! BELIEVE ME, I'VE BEEN THERE.... WE ALL HAVE! IT'S SO EASY (ESPECIALLY AS WOMEN) TO CARRY PRESSURE TO BE A CERTAIN WAY, HAVE A CERTAIN IMAGE, FEEL THE NEED TO IMPRESS. WHEN I REALIZED HOW CAREFULLY I WAS MADE, MY VIEW CHANGED! **BY CAREFULLY, I MEAN THAT GOD PUT EVERY DETAIL TOGETHER WITH HIS OWN HANDS.**

YOUR BODY SHOULD BE A PLACE WHERE GOD IS WORSHIPED WITHIN YOU, NOT WHERE YOUR BODY IS THE OBJECT OF WORSHIP.

Secret #3: Deepen your faith by finding God in all you do

SOUL/FAITH

DEUTERONOMY 2: 29 (KING JAMES VERSION (KJV), “BUT IF FROM THENCE THOU SHALT SEEK THE LORD THY GOD, **THOU SHALT FIND HIM**, IF THOU SEEK HIM WITH ALL THY HEART AND WITH ALL THY SOUL.”

AS GOD TELLS US....**SEEK HIM**.....THEN WHAT HAPPENS? WE **FIND HIM**!

WHAT HAPPENS WHEN WE **FIND HIM**? WE FIND HIS PROMISES AND BEGIN TO UNDERSTAND BY CHANGING OUR PERSPECTIVES TO SEEKING HIM IN ALL THINGS, WE ARE THEN AT THE PERFECT PLACE FOR GOD TO DO HIS BEST WORK **IN AND THROUGH US**.

DEEPENING YOUR FAITH AND YOUR RELATIONSHIP WITH OUR AWESOME AND LOVING HEAVENLY FATHER IS A GIFT THAT **WILL NEVER** BE TAKEN AWAY. HOW MANY THINGS **IN THIS LIFE** DO WE SET OUR FOCUS ON? **WHETHER IT BE A JOB/CAREER, FAMILY, FINANCES, OR THINGS THAT ARE OF THIS WORLD**, YOU HAVE TO REMEMBER THEY ARE **TEMPORARY**.

TRULY, AND I MEAN TRULY DEPENDING UPON GOD TO SUPPLY **YOUR** NEEDS AND **TRUSTING** GOD WITH **YOUR LIFE IS ALL YOU NEED TO GET THROUGH LIFE**.

So often we forget how our mind, body, and soul connect.

Without nourishing your mind on things eternal and faith-based, Without fueling your body by the food you eat, staying active, loving yourself just as you were made, Without using your true talents to advance the kingdom and for God's work, you will always be off balance.

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3 Mistakes that Keep you from having overall Balance:

1. You can't just do one part. UNLESS ALL THREE CORE AREAS OF YOUR LIFE ARE WORKING IN SYNC, AKA BALANCED, YOU WILL ALWAYS FEEL OFF-TRACK. YOU WILL ALWAYS FEEL UNINSPIRED, CONFUSED, FRUSTRATED, LOST, ETC. BECAUSE WITHOUT HIS STRENGTH, POWER, & GUIDANCE, WE RUN IN CIRCLES.
2. Not getting enough support (sisterhood); NOT SURROUNDING YOURSELF WITH BELIEVERS OR A COMMUNITY THAT IS ENCOURAGEMENT AND UPLIFTING CAN REALLY INHIBIT YOUR PERSONAL GROWTH WITH OUR SAVIOR.
3. Mixed information on faith can cause unbalance. THERE IS A LOT OF SELF-AMBITION AND SELF-RELIANCE IN OUR WORLD TODAY AND IT'S HEARTBREAKING. YOU HAVE TO REMEMBER THAT WITHOUT GOD AND GOD'S BLESSINGS OVER YOUR LIFE, WE ARE NOTHING.

WHEN WE SEEK GOD'S TRUTH FOR EVERY PART OF OUR LIFE, WE BEGIN TO OPERATE OUT OF **FAITH** INSTEAD OF **FEAR**. WHEN WE ARE IN A PLACE OF TRUST AND SURRENDER TO WHAT GOD'S WILL IS FOR OUR LIVES, GOD CAN DO AMAZING THINGS

WHEN I GAVE UP MY CONTROL AND STARTED TO FULLY & FAITHFULLY TRUST GOD'S PLAN FOR MY LIFE, THINGS CHANGED. ALTHOUGH I HAD FAITH (WHAT I THOUGHT), I LEARNED I HAD BEEN DOING THINGS THE WRONG WAY, AND MY FAITH WASN'T DEEP ENOUGH. I REALIZED THAT I WAS OPERATING OUT OF FEAR INSTEAD OF FAITH.

IF YOU FEEL LIKE YOU'VE LOST YOURSELF, LOST HOPE & DIRECTION, FEEL STUCK OR CONFUSED ON WHICH STEP TO TAKE FIRST, OR NEED GUIDANCE TO CLEAN UP YOU HEALTH—LEARNING HOW TO **LIVE FAITH FIRST** WILL EQUIP YOU TO HAVE **BOLD FAITH** IN GOD AND BEGIN TO LIVE ACCORDING TO HIS WILL FOR YOUR LIFE, AND TRULY UNDERSTAND WHAT IT MEANS TO BE A WOMAN OF GOD.

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THANK YOU FOR DOWNLOADING AND READING THE 3 SECRETS TO ACHIEVING
OVERALL BALANCE, HIS WAY.

IT'S SO IMPORTANT THAT YOU APPLY ALL OF THESE AREAS TO YOUR LIFE. HAVING OVERALL
BALANCE WITH YOUR MIND, BODY, & SOUL BASED UPON GOD'S PRINCIPLES AND NOT OUR OWN
IS NOT ONLY LIFE CHANGING, BUT AMAZING! YOU WILL LEARN WHO WE ARE CALLED TO BE
WHEN WE ARE IDENTIFIED IN CHRIST!

EVERYONE IS UNIQUE AND DIFFERENT SO I WOULD LOVE TO TAKE THE TIME TO CONNECT ONE ON
ONE WITH YOU AND SEE HOW THIS APPLIES TO YOU.

I WANT TO INVITE YOU TO SCHEDULE A MIND, BODY, & SOUL MAKEOVER
SESSION WITH ME PERSONALLY!

HERE IS THE LINK TO APPLY: [APPLICATION](#)

I'm praying for you! Blessings,
KELLI MICHELE



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