

**PUSH YOURSELF TO THE LIMIT**

# **DON'T QUIT**

1. Get up at 5am with coffee and start reading the word to activate my faith. Asking for more courage, declaring the word of God over my life.
2. Walk fast or run for 1 hour and listen to favorite worship music.
3. Eat a protein every 2 1/2 hours to keep blood sugar stable.
4. Call a friend to agree with me in prayer that I will be an overcomer in this area.
5. I will not talk about this fear with anyone else after committing it to prayer and with friend. I will focus in faith on a positive outcome.
6. When realizing you are visualizing a bad outcome, just redirect thoughts an out-loud quote a scripture that will give you courage. (Jesus didn't think answers to the devil, he spoke the word out-loud. It's a sword, use it.)
7. Avoid negative, critical people, any TV programs or movies that are fear based or reflect people becoming victimized. You are an overcomer because Christ overcame and you are in HIM.
8. Pray and ask God for a solution to this challenge. When you get ANY idea's, act on them immediately. Evaluate outcome and lean in the direction of anything that took you one step closer to victory.
9. Think of two or three friends that you respect in this area that have been overcomers. Ask them for their best tips. Even if you tried it already, do it again with faith.
10. During the day, pause internally and just acknowledge the presence of Christ. He is with you, he never leaves you or will abandon you. Just inwardly drawing near will give you more peace.
11. Get out in sunshine for 1 hour a day, Vitamin D elevates your mood.
12. Get a good night sleep and try to resist sugar. Run to God and try not to medicate with food or alcohol. It only gives temporary relief rather than God's peace which will point to him.
13. If people ask you how you are doing, tell them that you expect the best and describe what you are hoping happens. Make sure to smile when you share where you are going in faith!