

AND DO NOT BE CONFORMED TO THIS WORLD
BUT BE TRANSFORMED BY THE RENEWING OF YOUR MIND
ROMANS 12:2
AND ACCEPTABLE AND PERFECT WILL OF GOD
THAT YOU MAY PROVE WHAT IS THAT GOOD

Total Transformation IN 2026



FAITH



FAMILY



FINANCE



FRIENDSHIPS



FREEDOM



FITNESS



FUTURE



FAVOUR

Allow Jesus into Every Aspect of Your Life!

Transform Your Fitness

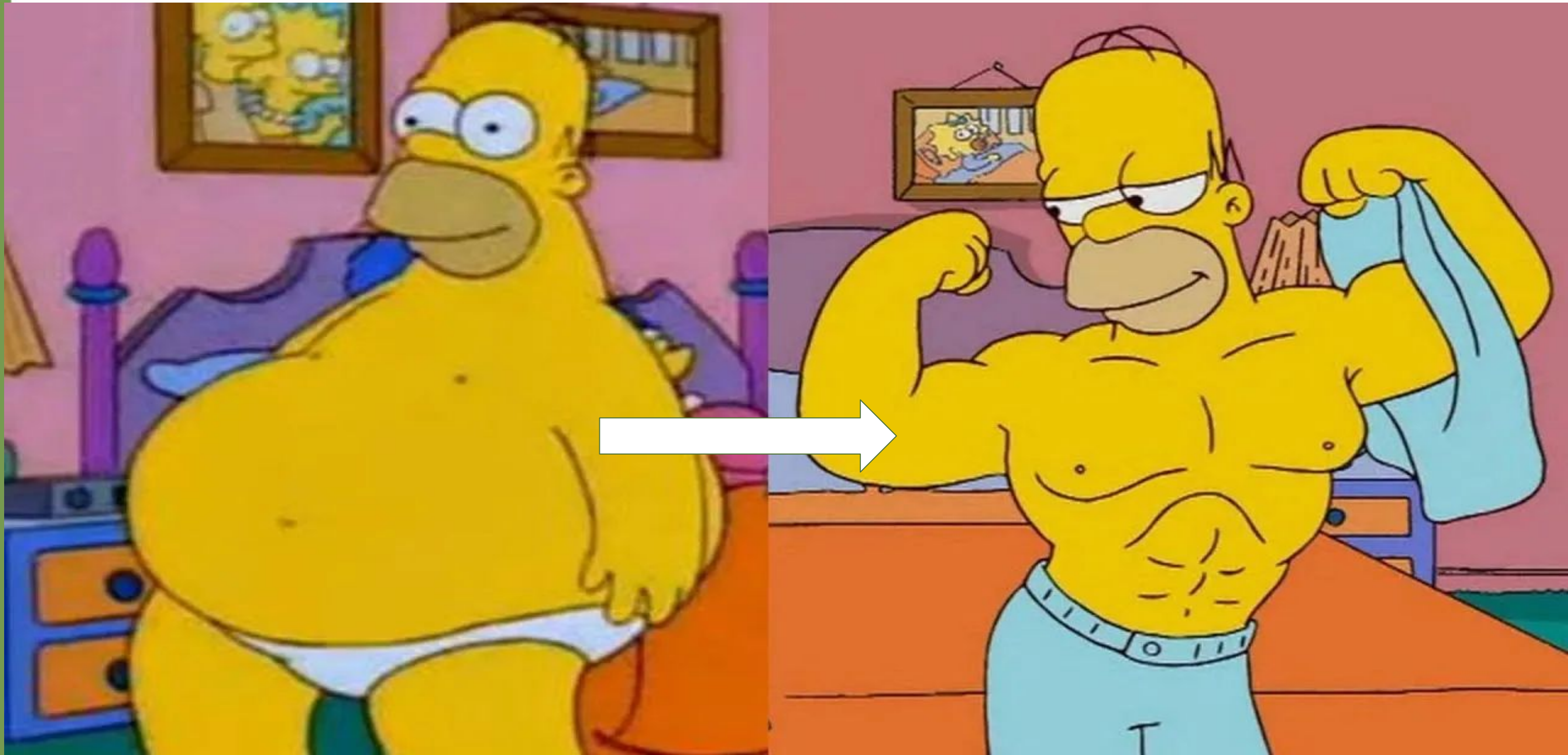
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1. Psychological Factors (mindset, emotions, habits)

- Internal drive / purpose
- Strong motivation
- Clear goals
- Self-discipline
- Consistency
- Positive self-belief
- Confidence to start
- Patience with progress
- Growth mindset
- Good stress management
- Emotional resilience
- Enjoyment of exercise
- Ability to delay gratification
- Focus and commitment
- Healthy routines

2. Physical Factors (body, health, capability)

- Good sleep
- Adequate energy levels
- Sound nutrition
- Hydration
- Injury-free movement
- Healthy hormones
- Good mobility and flexibility
- Strength base
- Cardiovascular fitness
- Fast recovery ability
- Healthy body composition
- Functional movement patterns
- Strong immune system
- Pain-free joints
- Progressive physical capacity

3. Environmental Factors (surroundings, lifestyle)

- Supportive family or friends
- Access to a gym or equipment
- Safe places to walk/run
- Healthy food availability
- Enough time in schedule
- Structured routine
- Encouraging social circle
- Active workplace culture
- Nearby parks or recreation spaces
- Good weather options / indoor alternatives
- Financial ability for fitness resources
- Low-stress home environment
- Accountability partner or coach
- Limited distractions
- Convenient exercise opportunities



Psychological Factors

- **Mindset**
- **Emotions**
- **Habits**

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Genesis 2:7 (ASV)

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And Jehovah God formed man of the dust of the ground, and breathed into his nostrils the breath of life; and man became a living soul.



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Genesis 1:27

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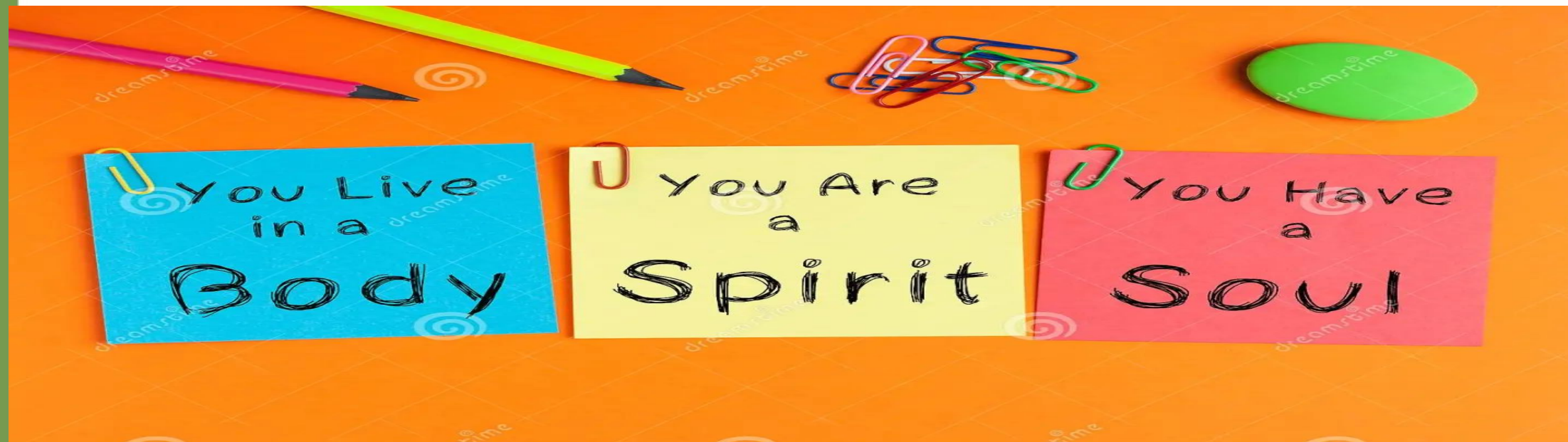
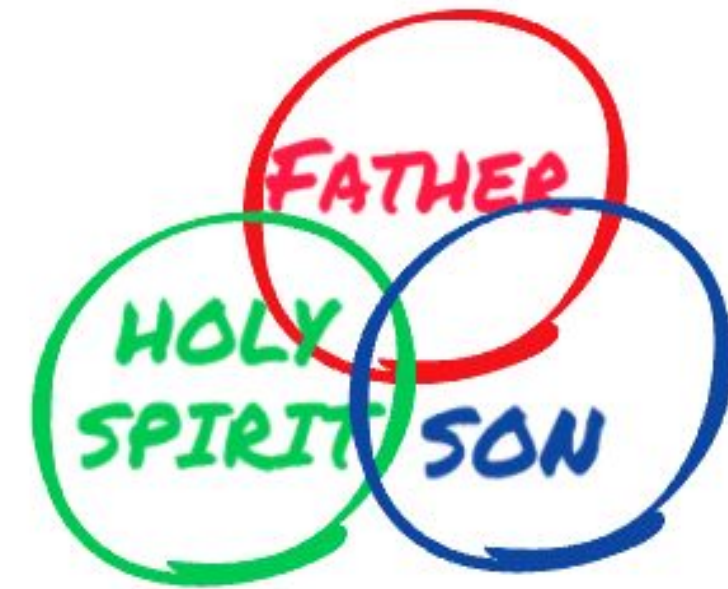
So God created mankind in his own image, in the image of God he created them; male and female he created them.

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John 6:63

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JOHN 4:24
-GOD IS SPIRIT



-SPIRIT = LIFE
JOHN 6:63



1 JOHN 5:19
-DEVIL CONTROLS
WORLD

- SEE
- TOUCH
- TASTE
- HEAR
- SMELL

-FLESH = NOTHING



Ecclesiastes 12:7

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and the dust returns to the ground it came from, and the spirit returns to God who gave it.

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Transform Your Fitness (Part 1 &2)

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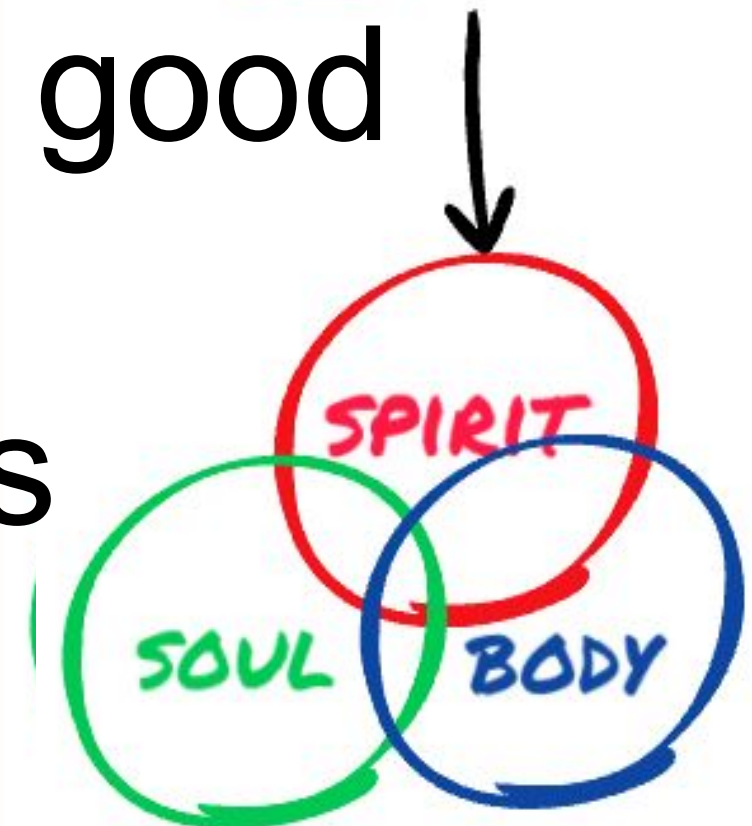
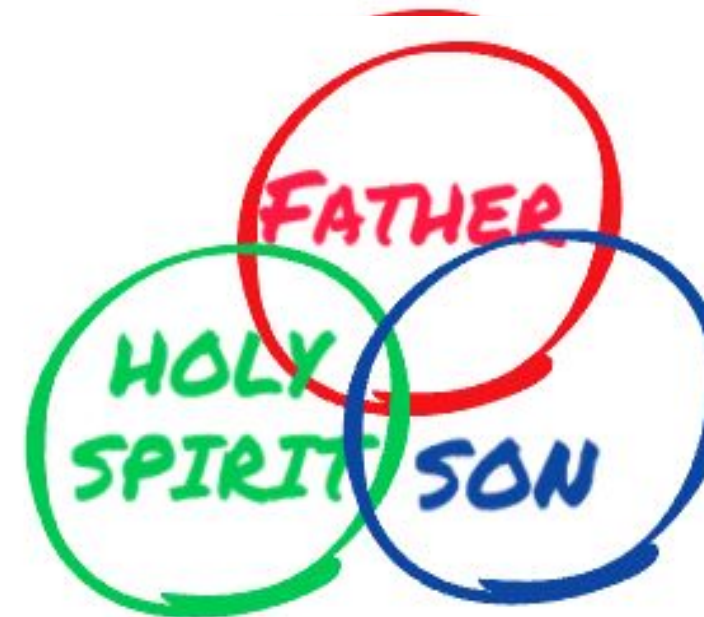
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1. Law of Attraction
2. 1st Law of Thermodynamics
3. Law of Compounding
4. God's will is for you to be in good health
5. Jesus demonstrated it for us



Law of Attraction

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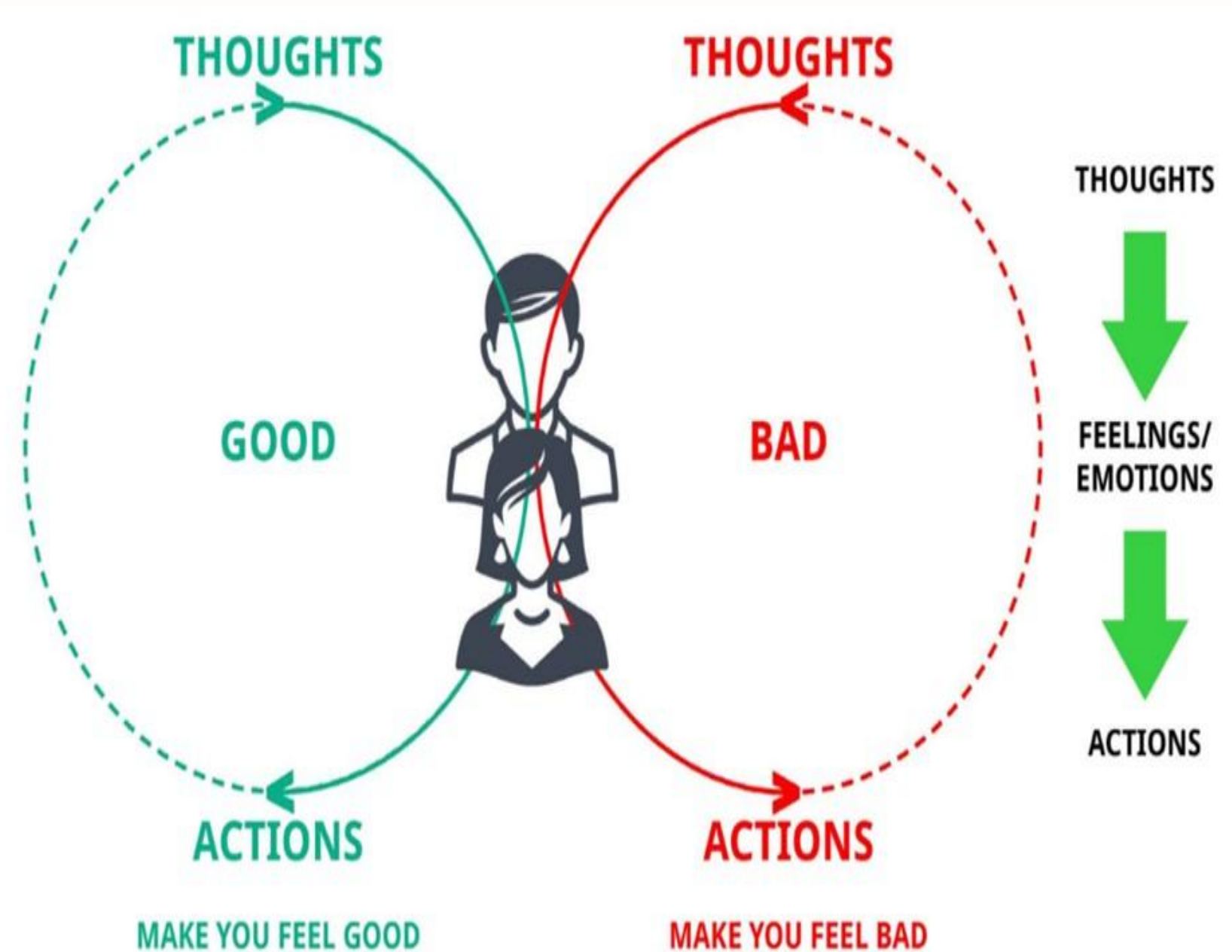
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Proverbs 23:7
as he thinks in
his heart, so is
he



1st Law of Thermodynamics

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THE BODY AS A BOX



$$\Delta \text{ Energy in Body} = \text{Energy In} - \text{Energy Out}$$

1st Law of Thermodynamics

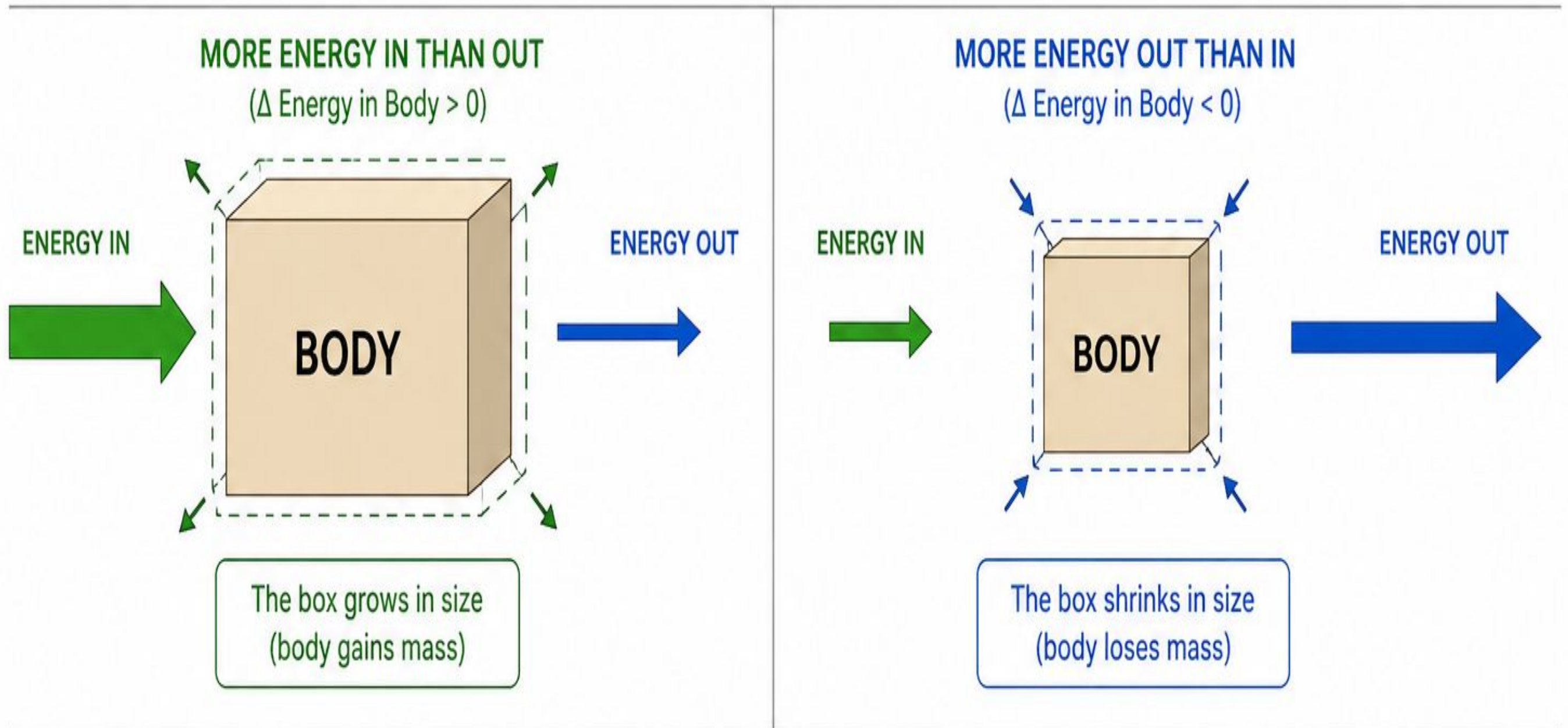
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Proverbs 13:11

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Dishonest money dwindles away,
but whoever gathers money little
by little makes it grow.

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Law of Compounding

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“The law of compounding dictates consistently delivering **small** changes will inevitably have a tremendous impact over time.”

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Transform Your Fitness

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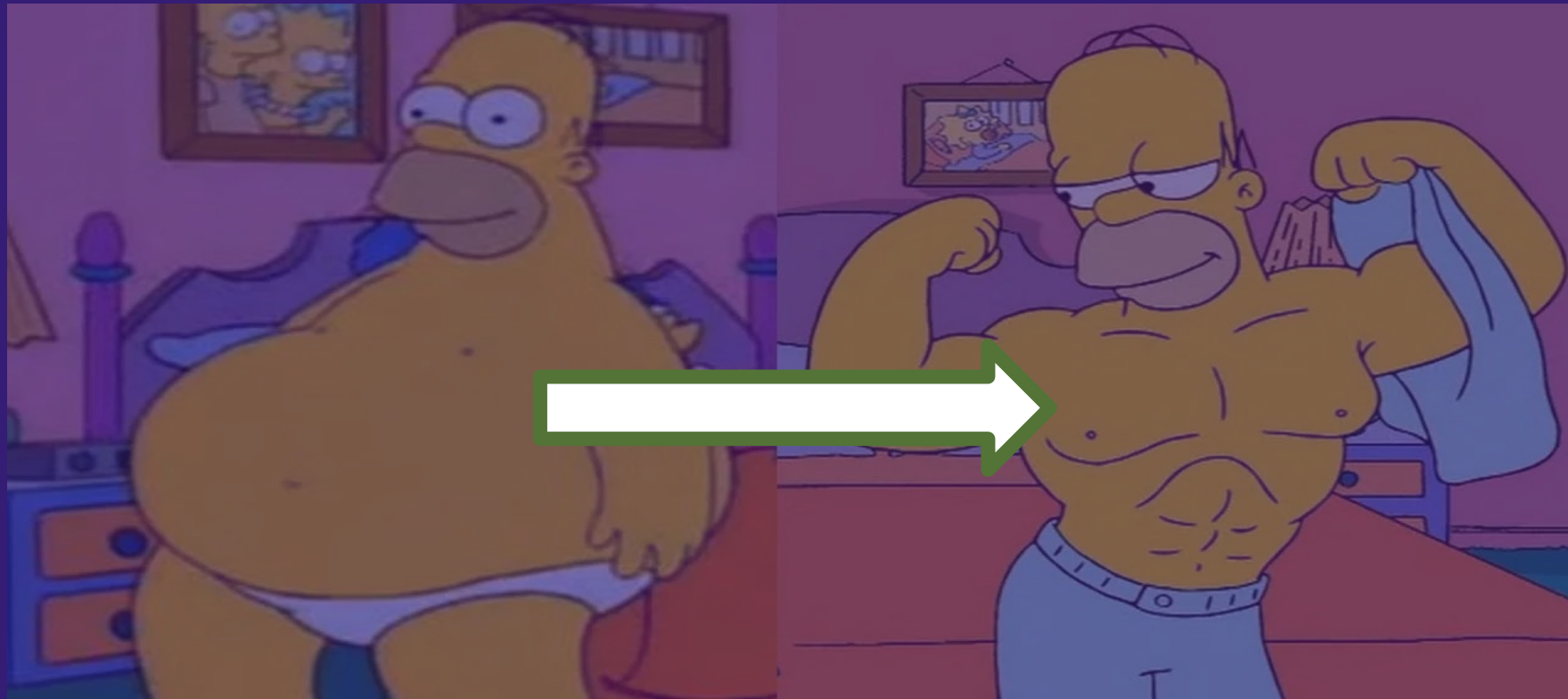
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Strategy Factors



Law of Attraction
1st Law of Thermo-D
Law of Compounding

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Strategy Factors

- Training plan
- Meal planning
- Habit tracking
- Scheduled workouts
- Realistic milestones
- Accountability check-ins
- Long-term consistency

Transform Your Fitness (Part 1 &2)

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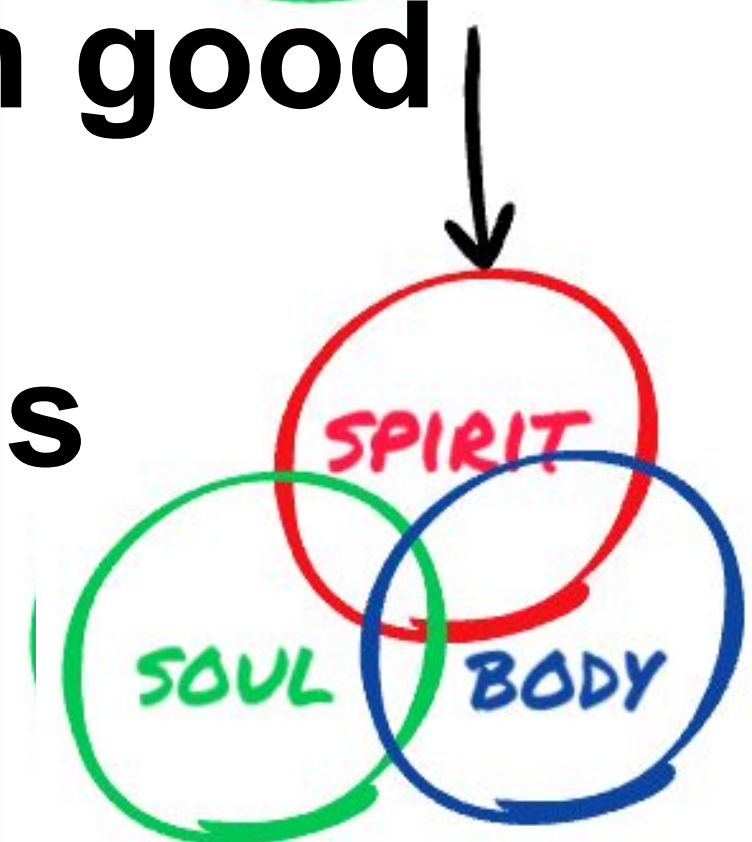
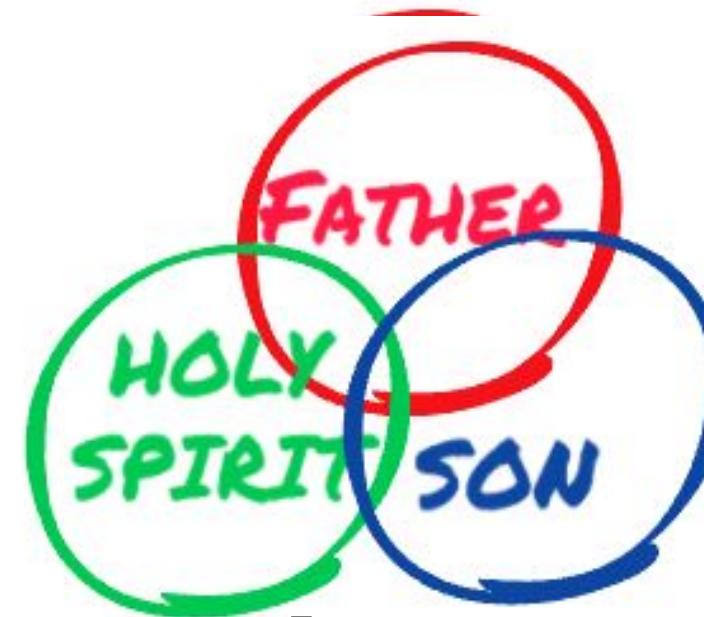
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5. **Jesus demonstrated it for us**



What is Your Most Valuable Possession?

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1 Corinthians 6:19-20

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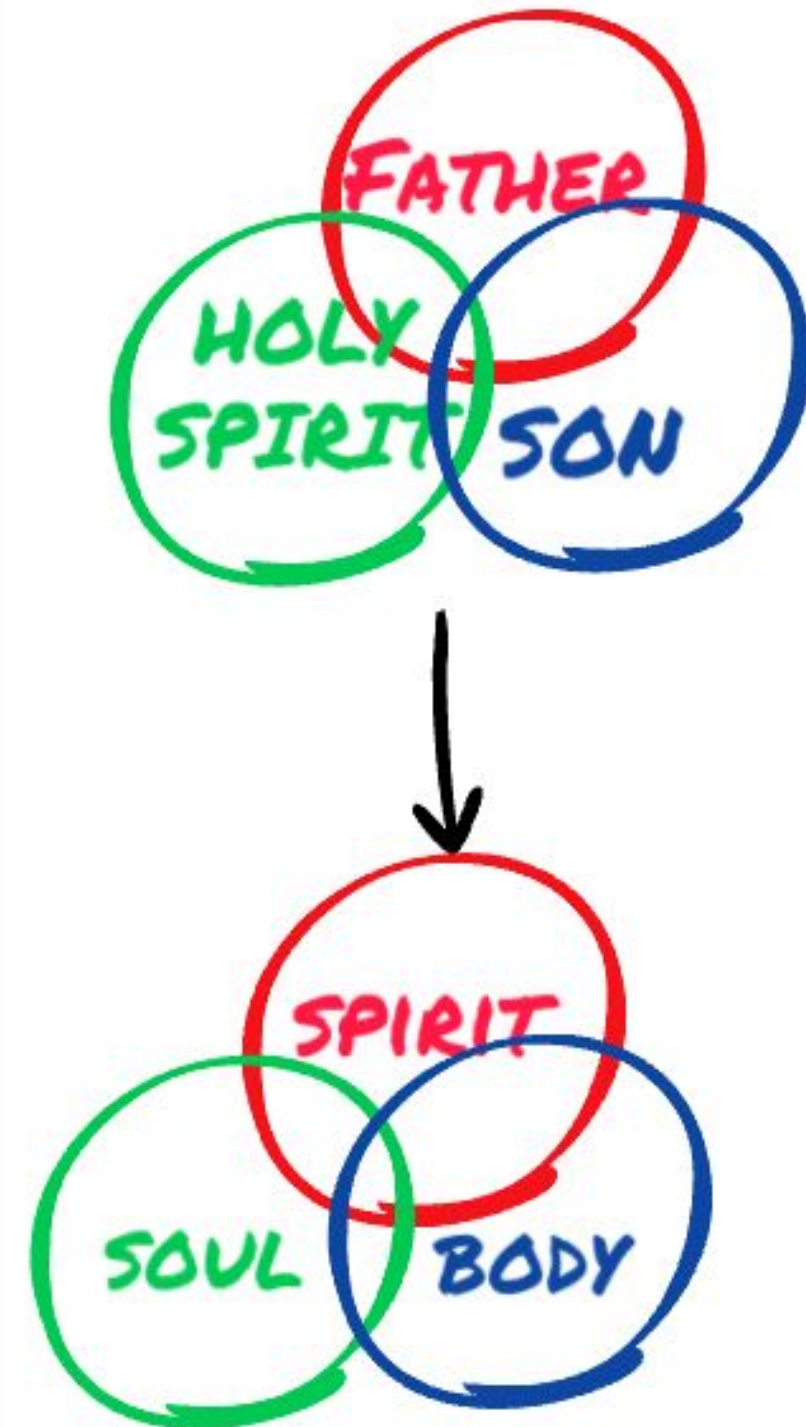
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19 Or do you not know that your body is the temple of the Holy Spirit who is in you, whom you have from God, and you are not your own? **20** For you were bought at a price; therefore glorify God in your body and in your spirit, which are God's.





Matthew 13:45-46

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⁴⁵ “Again, the kingdom of heaven is like a merchant seeking beautiful pearls, ⁴⁶ who, when he had found one pearl of great price, went and sold all that he had and bought it.

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Psalm 139:13-16

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¹³ For You formed my inward parts;
You covered me in my mother's womb.

¹⁴ I will praise You, for I am fearfully and wonderfully made;
Marvelous are Your works,
And that my soul knows very well.

¹⁵ My frame was not hidden from You,
When I was made in secret,
And skillfully wrought in the lowest parts of the earth.

¹⁶ Your eyes saw my substance, being yet unformed.
And in Your book they all were written,
The days fashioned for me,
When as yet there were none of them.

James 1:17

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Every good gift and every perfect gift is from above, and comes down from the Father of lights, with whom there is no variation or shadow of turning.

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John 14:9

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⁹ Jesus said to him, “Have I been with you so long, and yet you have not known Me, Philip? He who has seen Me has seen the Father; so how can you say, ‘Show us the Father’?”

Hebrews 1:2-3

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² has in these last days spoken to us by His Son, whom He has appointed heir of all things, through whom also He made the ^[b]worlds; ³ who being the brightness of His glory and the express image of His person,



John 10:10

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The thief does not come except to steal, and to kill, and to destroy. I have come that they may have life, and that they may have it more abundantly.

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He Healed Them All

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[Matthew 4:24](#)

Then His fame went throughout all Syria; and they brought to Him all sick people who were afflicted with various diseases and torments, and those who were demon-possessed, epileptics, and paralytics; and He healed them.

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[Matthew 12:15](#)

But when Jesus knew it, He withdrew from there. And great multitudes followed Him, and He healed them all.

FULL
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NATIONS

[Luke 4:40](#)

When the sun was setting, all those who had any that were sick with various diseases brought them to Him; and He laid His hands on every one of them and healed them.

FULL OF
LOVE

[Luke 6:17](#)

And He came down with them and stood on a level place with a crowd of His disciples and a great multitude of people from all Judea and Jerusalem, and from the seacoast of Tyre and Sidon, who came to hear Him and be healed of their diseases,

[Luke 6:19](#)

And the whole multitude sought to touch Him, for power went out from Him and healed them all.



3 John 1:2

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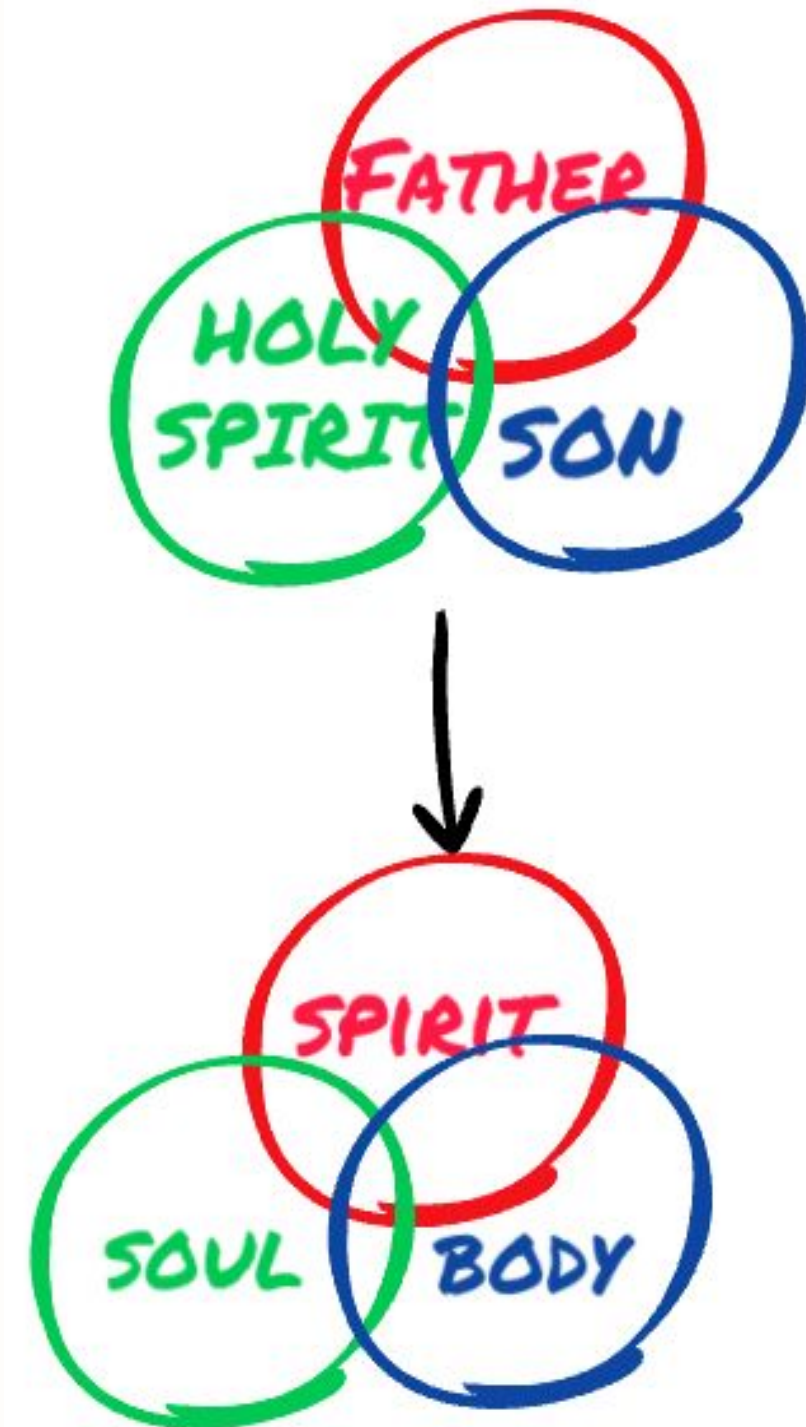
Beloved, I pray that you may prosper in all things and be in health, just as your soul prospers.

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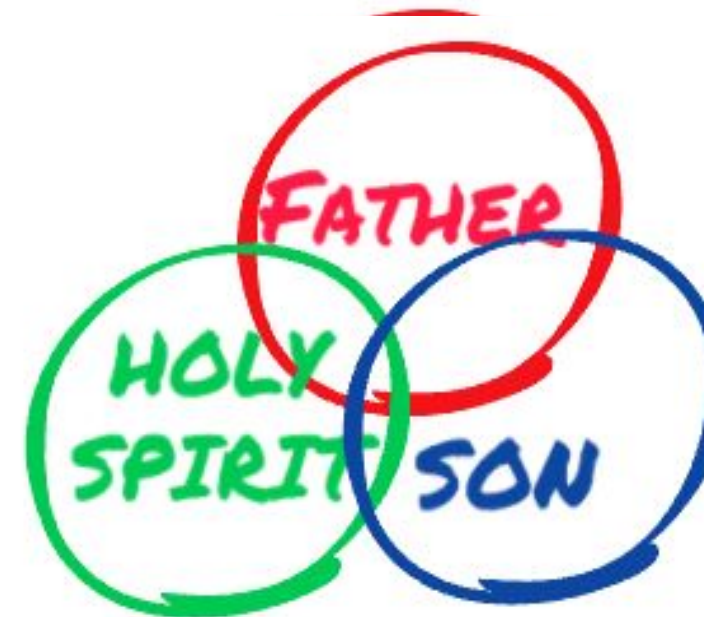
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Transform Your Fitness (Part 1 &2)

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Transform Your Fitness (Part 3)

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1. Law of Attraction
2. 1st Law of Thermodynamics
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5. Jesus demonstrated it for us

Spiritual

- Lack of sense of *purpose* or "*why*"
- Neglecting the body as a *temple* — viewing physical health as separate from spiritual life
- Pride — unwillingness to start small or ask for help
- Sloth — a spiritual disposition toward comfort and ease over discipline
- Ingratitude — not appreciating the body and abilities God has given
- Lack of faith that *change is possible* for you personally
- Misplaced priorities — idolising busyness or other pursuits over whole-person health
- No sense of *accountability to God* or community for how we steward our bodies

Psychological

- Lack of motivation or unclear goals
- All-or-nothing thinking — "if I can't do it perfectly, why bother"
- Fear of failure (or even fear of success)
- Low self-worth — feeling undeserving of good health
- Past trauma associated with exercise, body image, or sport
- Comparison to others, leading to discouragement
- Procrastination and waiting for the "right time"
- Negative self-talk and a fixed mindset about ability
- Decision fatigue — too many choices leading to inaction
- Using food or inactivity as emotional coping mechanisms

Physical

- Lack of motivation or unclear goals
- All-or-nothing thinking — "if I can't do it perfectly, why bother"
- Fear of failure (or even fear of success)
- Low self-worth — feeling undeserving of good health
- Past trauma associated with exercise, body image, or sport
- Comparison to others, leading to discouragement
- Procrastination and waiting for the "right time"
- Negative self-talk and a fixed mindset about ability
- Decision fatigue — too many choices leading to inaction
- Using food or inactivity as emotional coping mechanisms

Environmental

- Lack of time — work, family, and church commitments
- Financial cost of gyms, equipment, or healthy food
- No safe or accessible places to exercise locally
- Unsupportive relationships or social circles
- Sedentary work culture (desk jobs, long commutes)
- Digital distraction — screens replacing active time
- Seasonal challenges — dark mornings, cold weather (very relevant in the UK!)
- Food environment — easy access to unhealthy options, lack of healthy ones
- No community or accountability partner to exercise with

Single Greatest Determinant of Success

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Proverbs 29:23 A man's pride will bring him low, But the humble in spirit will retain honor.

James 4:6 ... "God resists the proud, But gives grace to the humble."

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Spiritual

- Lack of sense of *purpose or "why"*
- Neglecting the body as a *temple*
- **Pride**
- **Sloth**
- **Ingratitude**
- Lack of faith that *change is possible* for you personally
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Total Transformation

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Happier, Healthier and Wealthier

Move from barely surviving,
to positively thriving!

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Happier, Healthier and Wealthier; the Secret Morning Routine Used by Billionaires to Boost Their Productivity

Transform Your Fitness (Part 3)

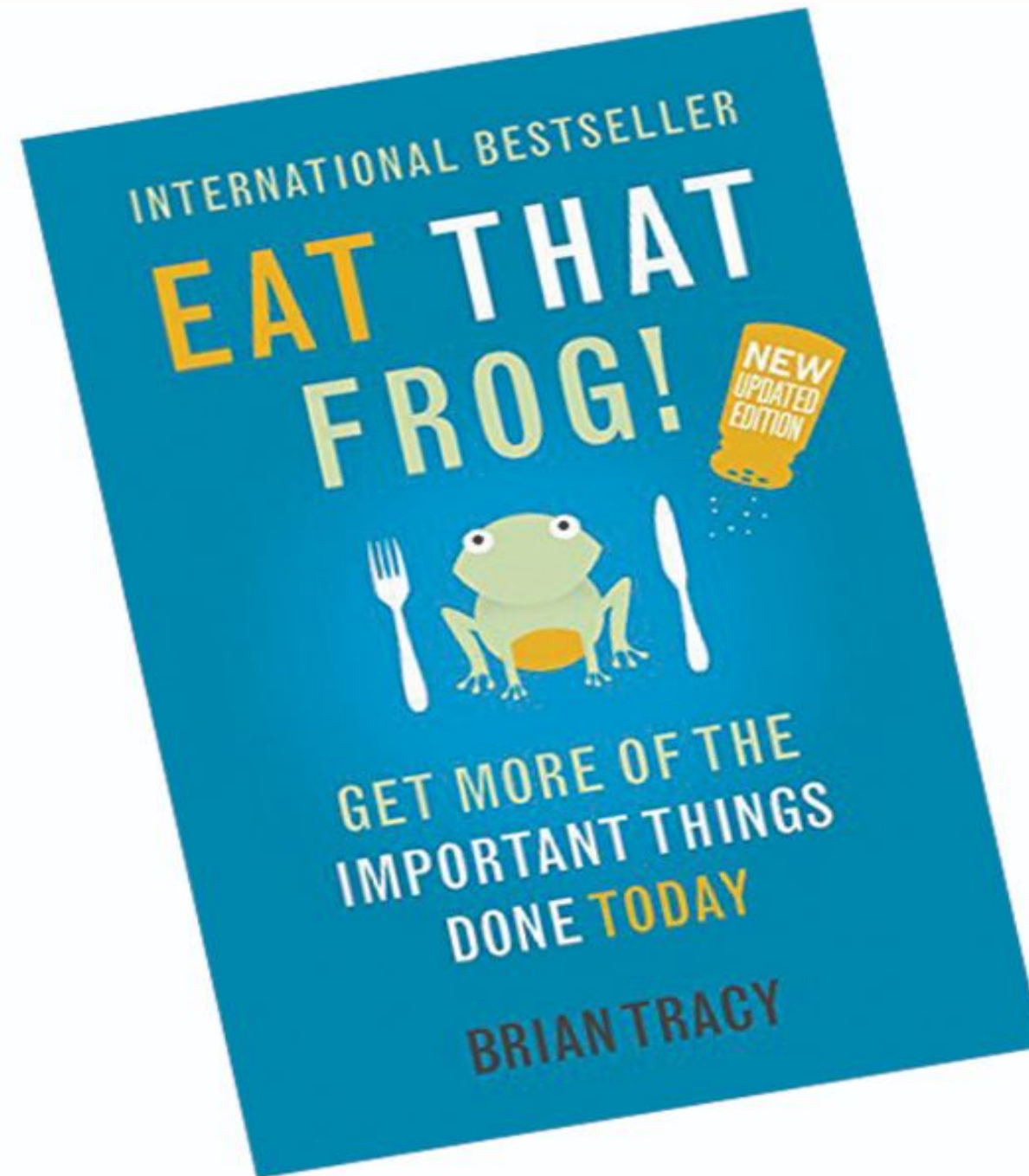
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Total Transformation 2026

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Total Transformation IN 2026

How does it APPLY to me?

FAMILY
FREEDOM

FAMILY
FITNESS

FINANCE
FUTURE

FRIENDSHIPS
FAVOUR

Allow Jesus into Every Aspect of Your Life!