

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

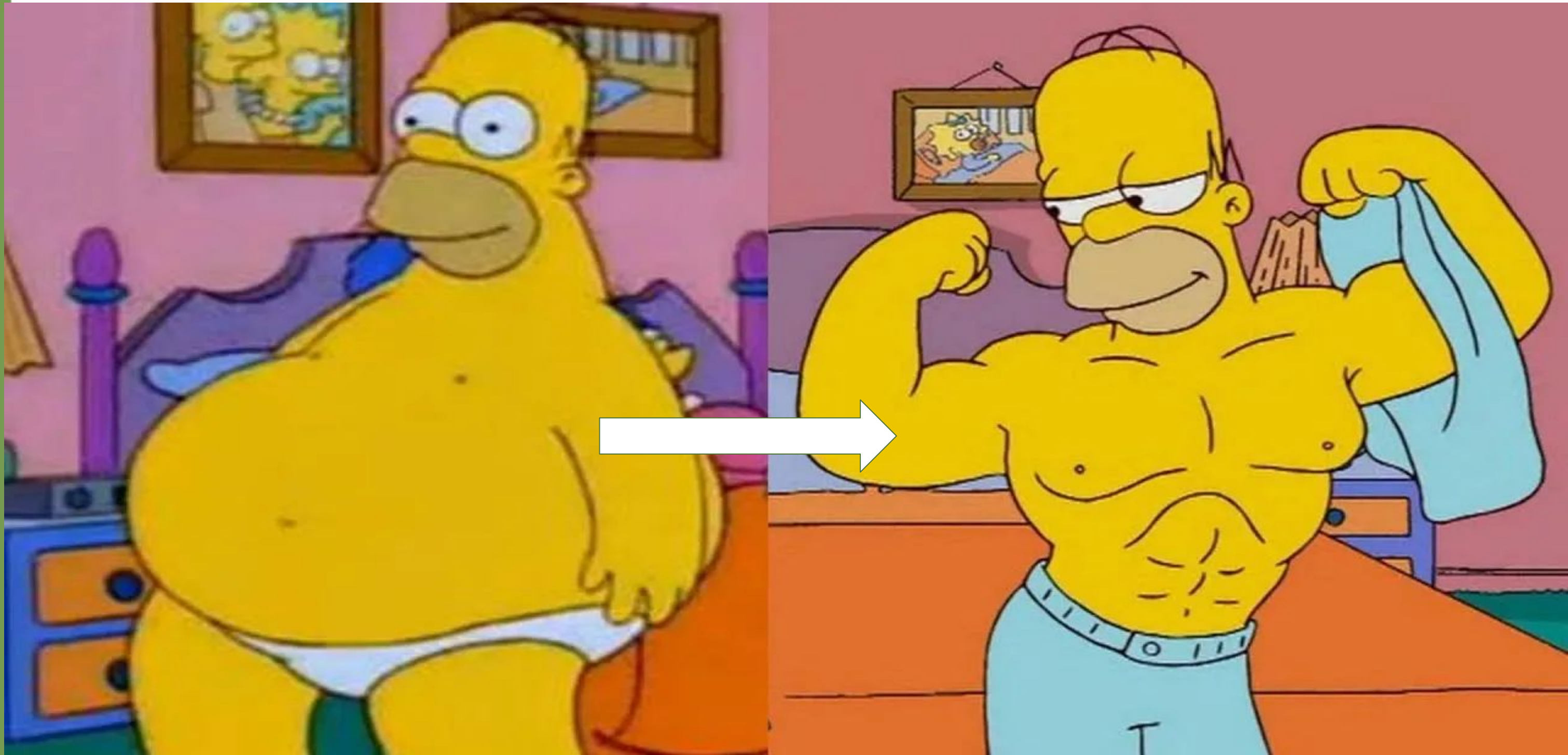
DEEPER
FURTHER
STRONGER

FULL
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NATIONS

FULL OF
LOVE



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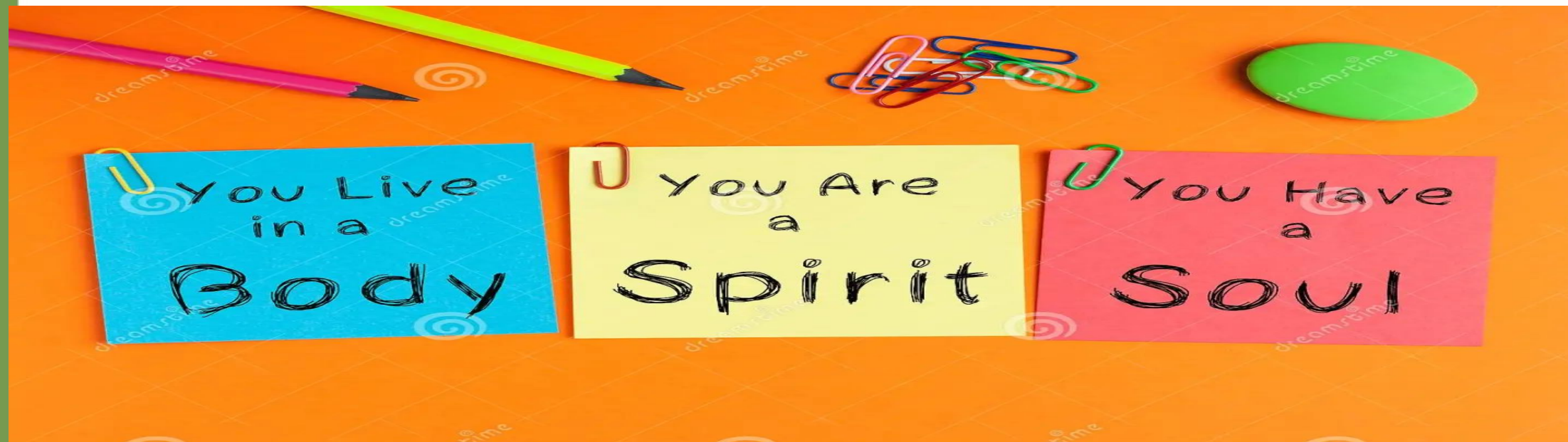
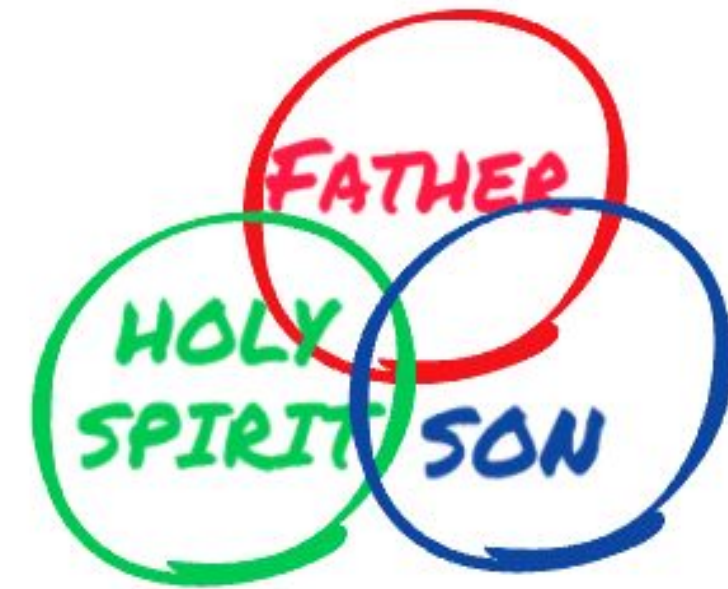
So God created mankind in his own image, in the image of God he created them; male and female he created them.

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John 6:63

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JOHN 4:24
-GOD IS SPIRIT



-SPIRIT = LIFE
JOHN 6:63

SPIRIT

SOUL

BODY

-FLESH = NOTHING

- SEE
- TOUCH
- TASTE
- HEAR
- SMELL

x 7,000,000,000

1 JOHN 5:19
-DEVIL CONTROLS
WORLD



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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Law of Attraction

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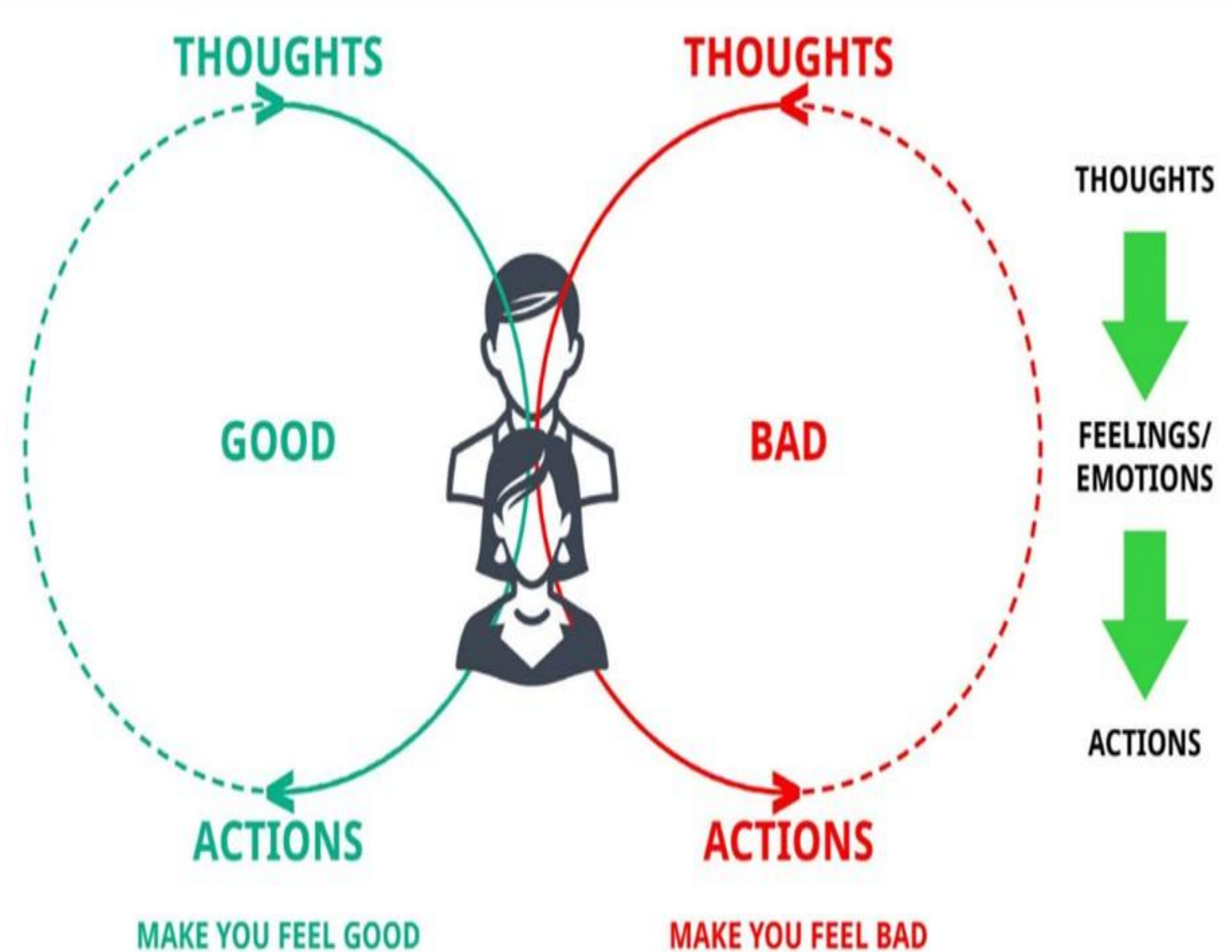
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Proverbs 23:7
as he thinks in
his heart, so is
he



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

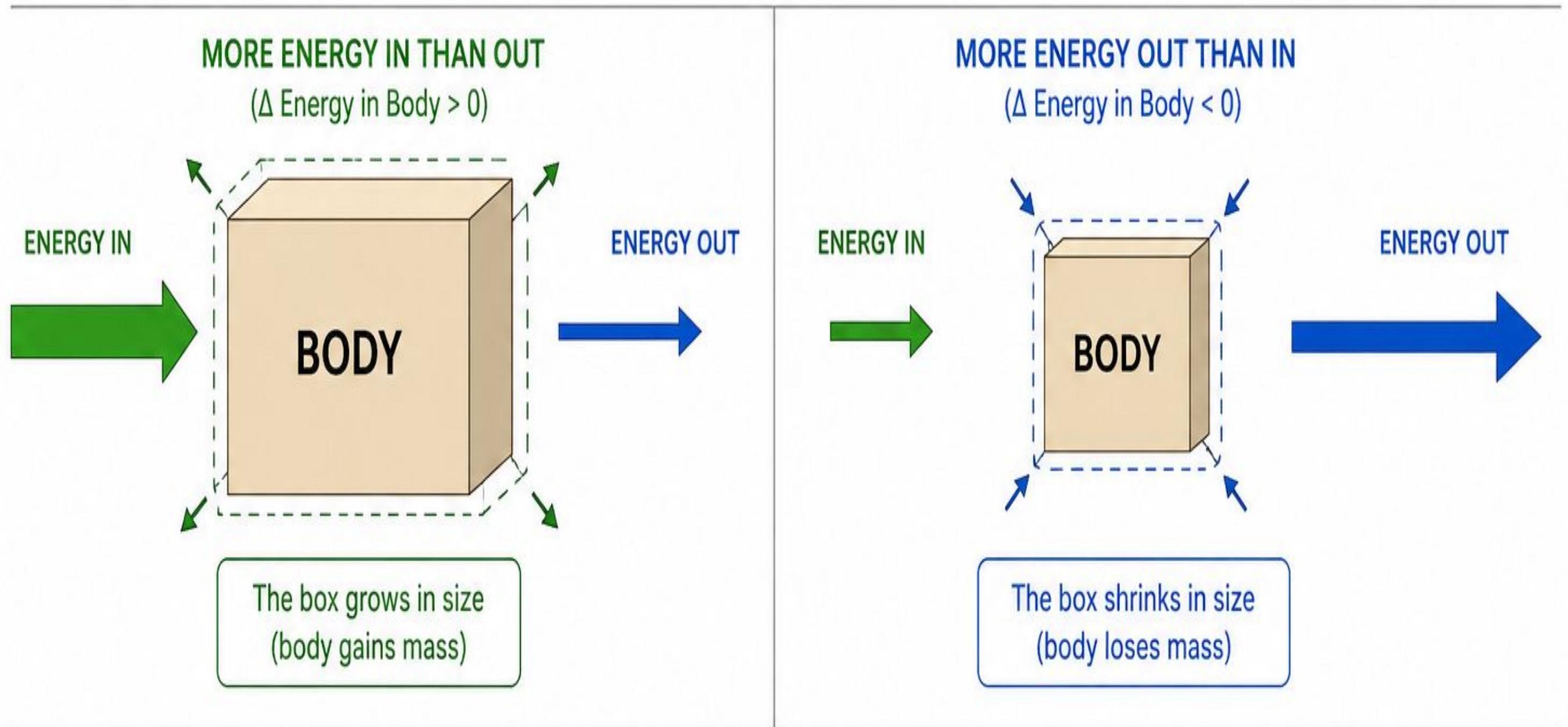
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Proverbs 13:11

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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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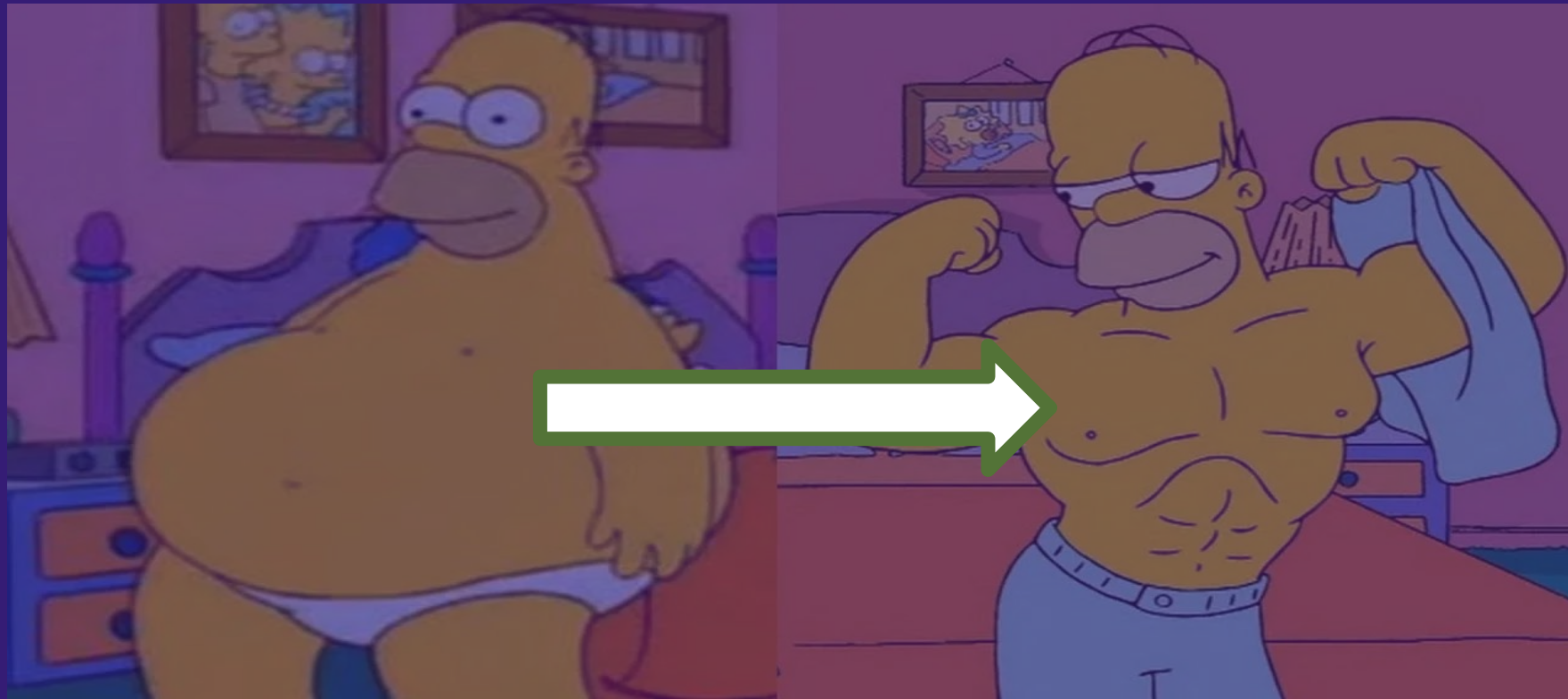
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Strategy Factors



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

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!