

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!***

# Declarations

DEEPER  
FURTHER  
STRONGER

1. In light of everything I am seeing/hearing right now, what are you speaking to me?

FULL  
OF THE  
WORD

FULL  
OF THE  
SPIRIT

FULL  
OF THE  
NATIONS

FULL OF  
LOVE



# Declarations

DEEPER  
FURTHER  
STRONGER

1. In light of everything I am seeing/hearing right now, what are you speaking to me?
- 2. How do I apply what I am seeing/hearing into my life?**

FULL  
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# Declarations

DEEPER  
FURTHER  
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1. In light of everything I am seeing/hearing right now, what are you speaking to me?
2. How do I apply what I am seeing/hearing into my life?
3. **Jesus, You are my Lord, I choose to follow Your leadership regardless of how I feel.**



# Declarations

DEEPER  
FURTHER  
STRONGER

1. In light of everything I am seeing/hearing right now, what are you speaking to me?
2. How do I apply what I am seeing/hearing into my life?
3. Jesus, You are my Lord, I choose to follow Your leadership regardless of how I feel.
4. **I trust You and I am willing to apply everything You speak to me.**

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# Transform Your Fitness (Part 1 to 3)

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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

# Transform Your Fitness

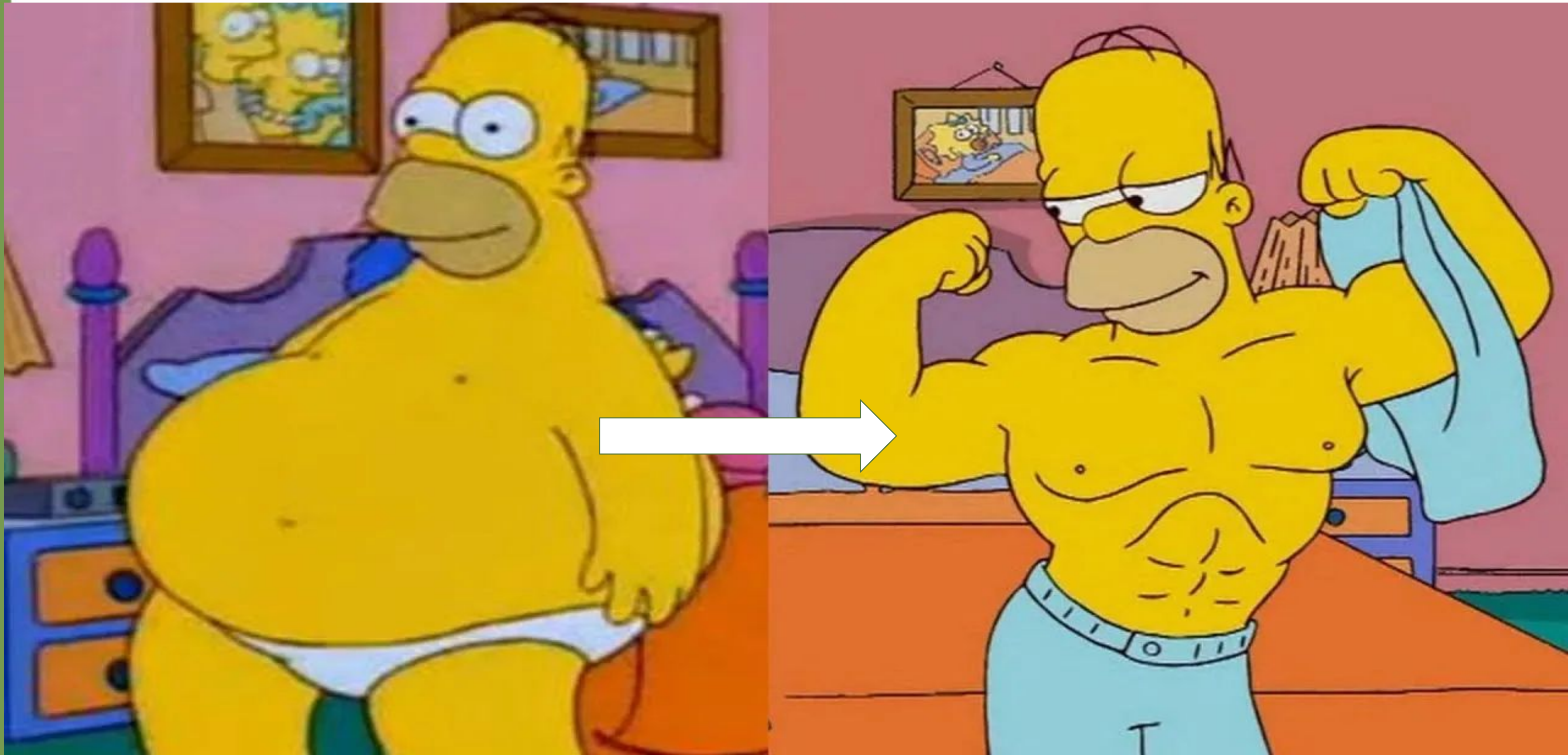
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## 1. Psychological Factors (mindset, emotions, habits)

- 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

# Transform Your Fitness

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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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FURTHER  
STRONGER

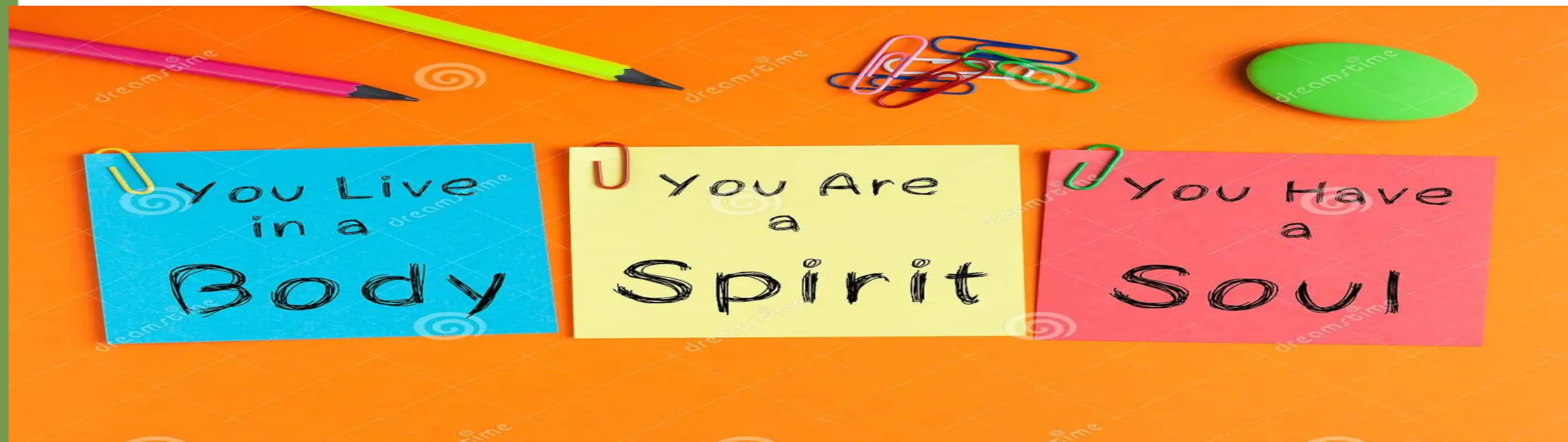
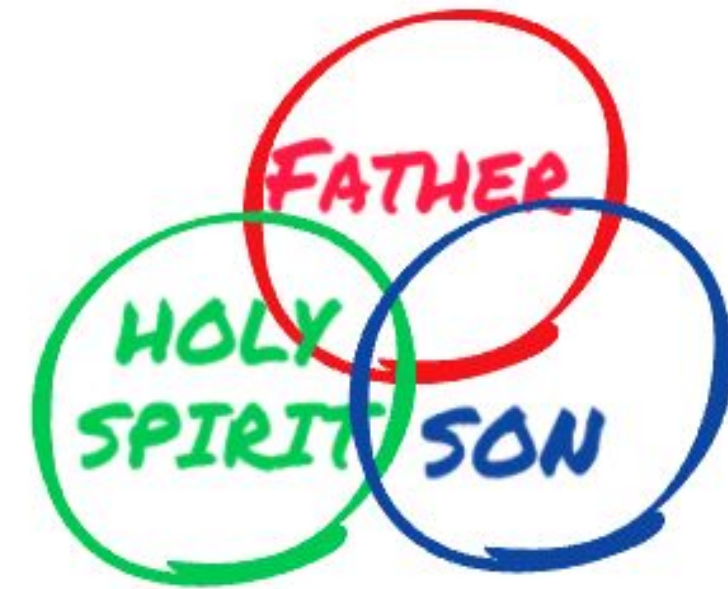
So God created mankind in his own image, in the image of God he created them; male and female he created them.

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# Ecclesiastes 12:7

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STRONGER

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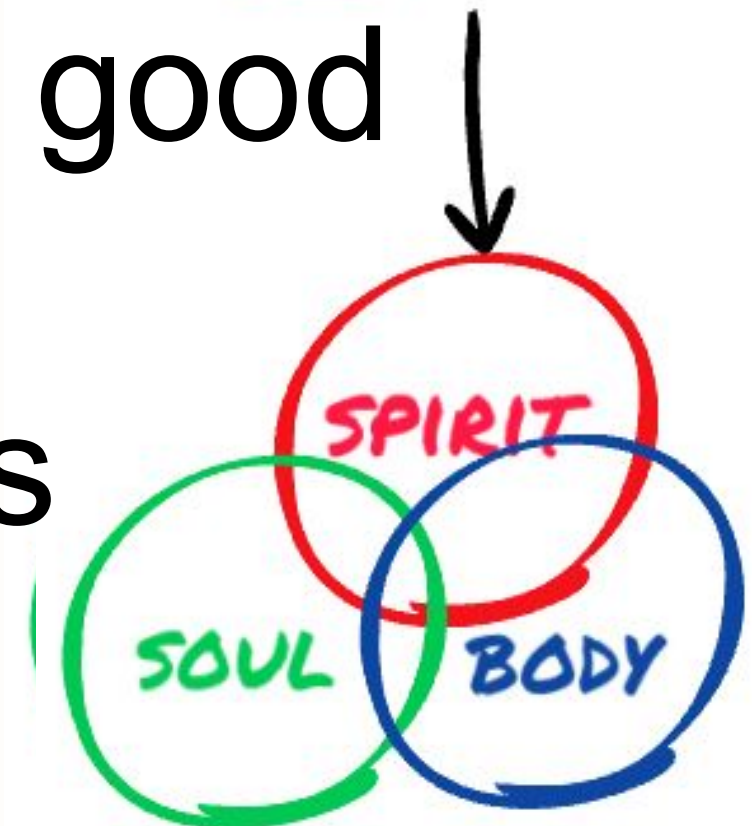
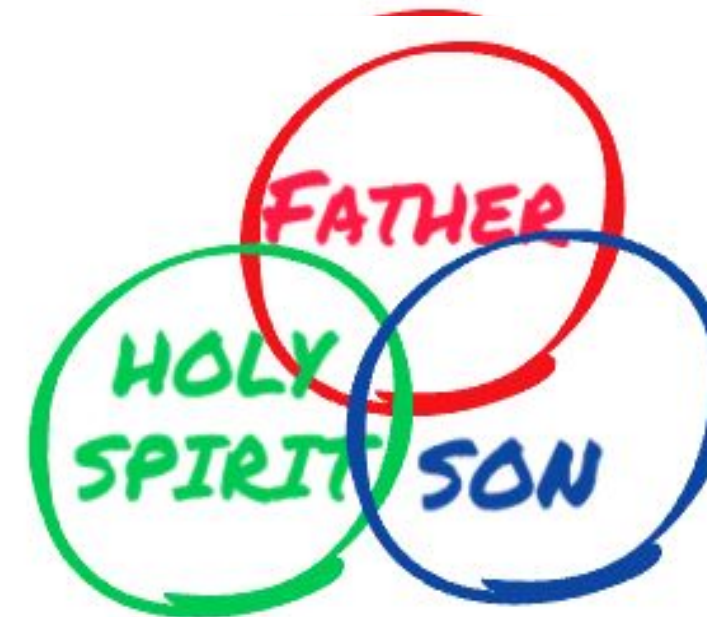
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1. Law of Attraction
2. 1st Law of Thermodynamics
3. Law of Compounding
4. God's will is for you to be in good health
5. Jesus demonstrated it for us



# Law of Attraction

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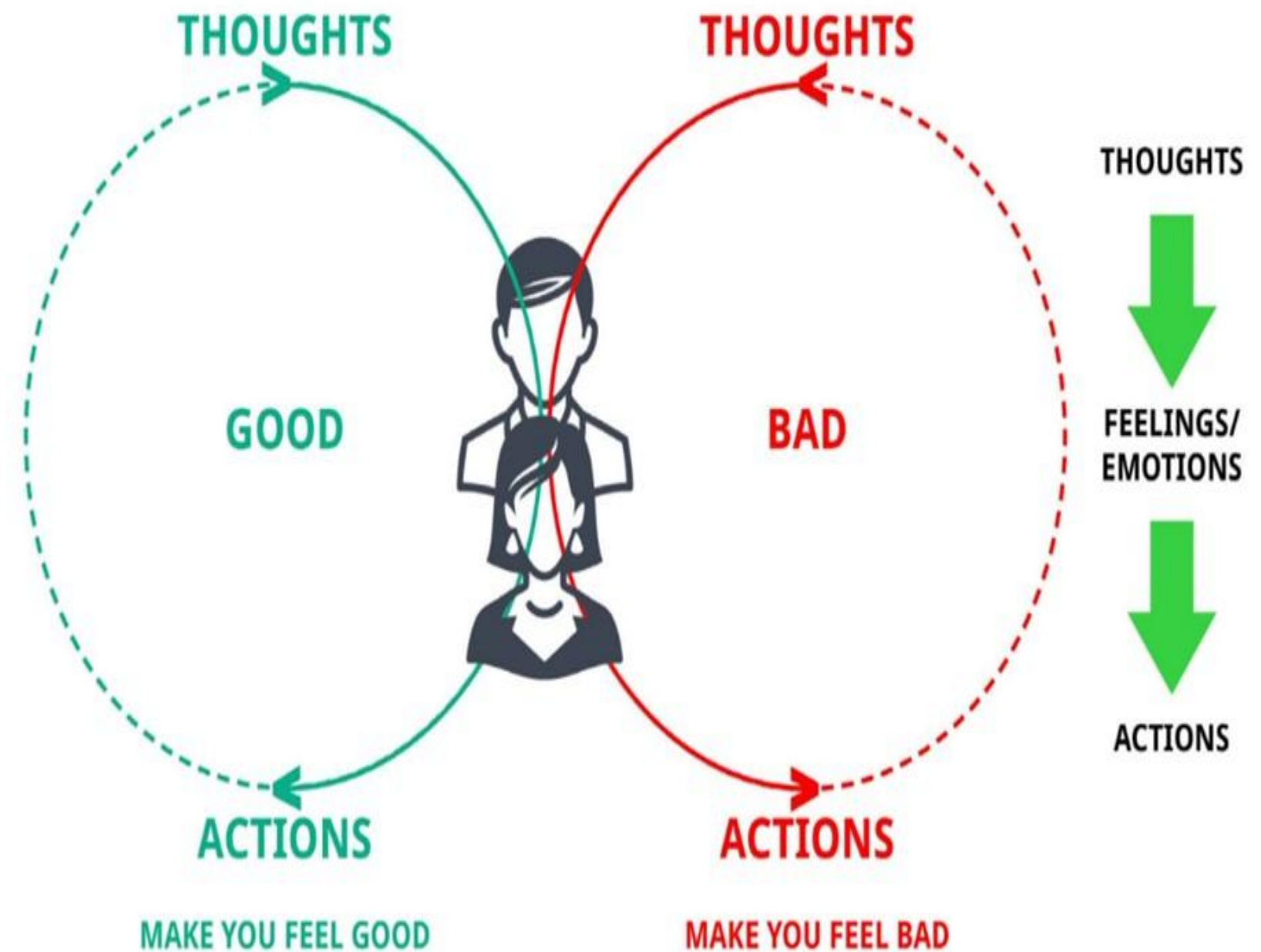
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**Proverbs 23:7**  
as he thinks in  
his heart, so is  
he



# 1st Law of Thermodynamics

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FURTHER  
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## THE BODY AS A BOX



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

# 1st Law of Thermodynamics

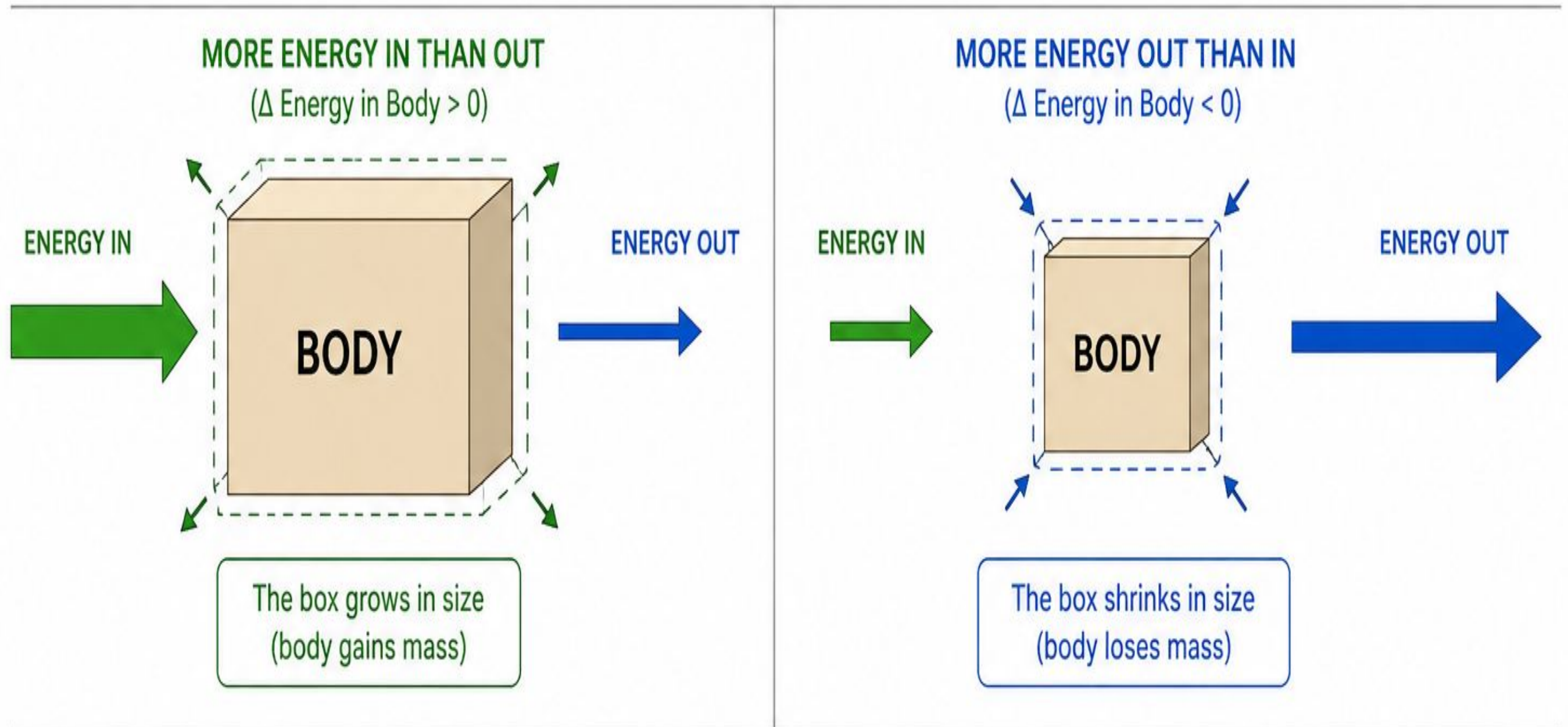
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# Law of Compounding

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FURTHER  
STRONGER

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

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# What is Your Most Valuable Possession?

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# 1 Corinthians 6:19-20

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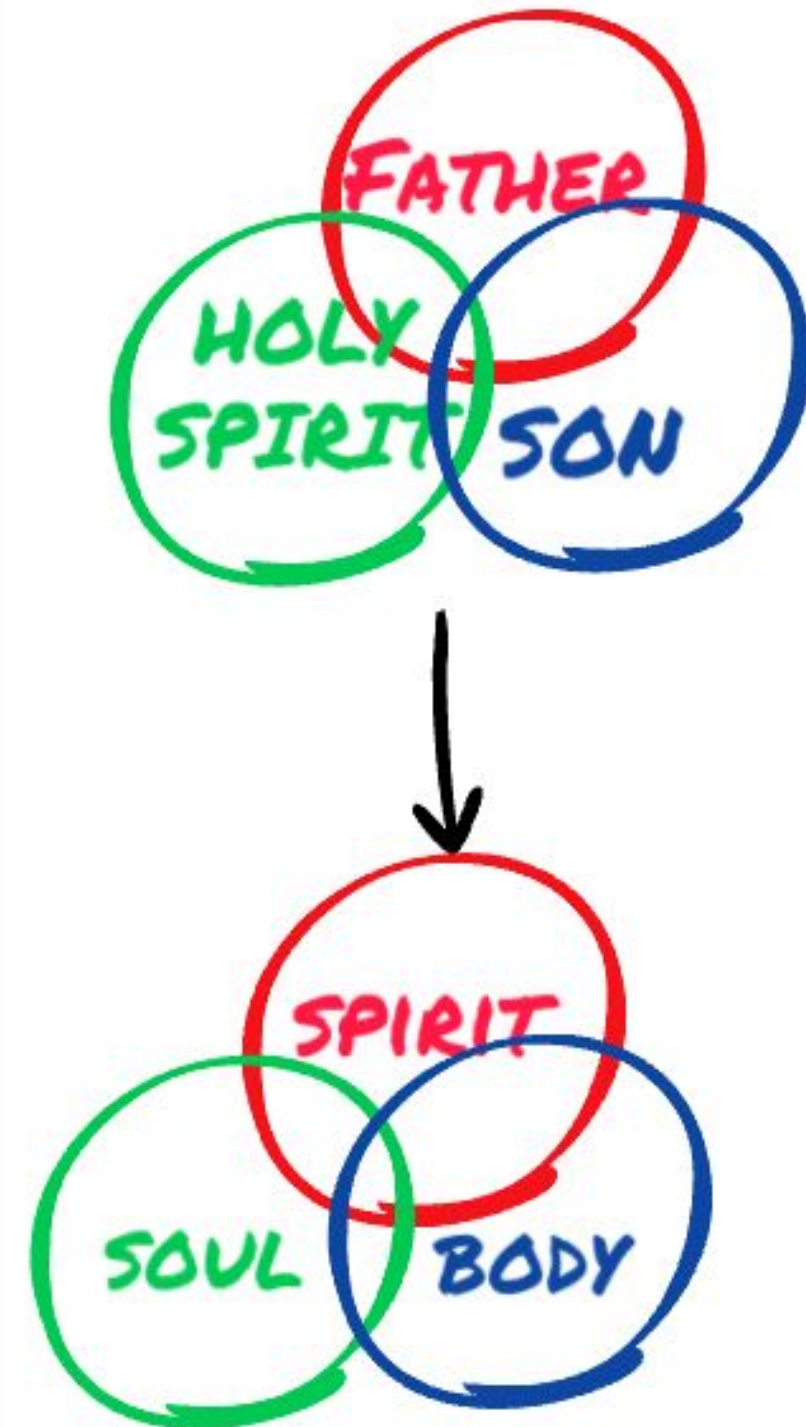
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**19** Or do you not know that your body is the temple of the Holy Spirit who is in you, whom you have from God, and you are not your own? **20** For you were bought at a price; therefore glorify God in your body and in your spirit, which are God's.



# Matthew 13:45-46

DEEPER  
FURTHER  
STRONGER

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

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# John 14:9

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<sup>9</sup> 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’?”

# John 10:10

DEEPER  
FURTHER  
STRONGER

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

DEEPER  
FURTHER  
STRONGER

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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.

FULL  
OF THE  
SPIRIT

[Matthew 12:15](#)

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

FULL  
OF THE  
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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FURTHER  
STRONGER

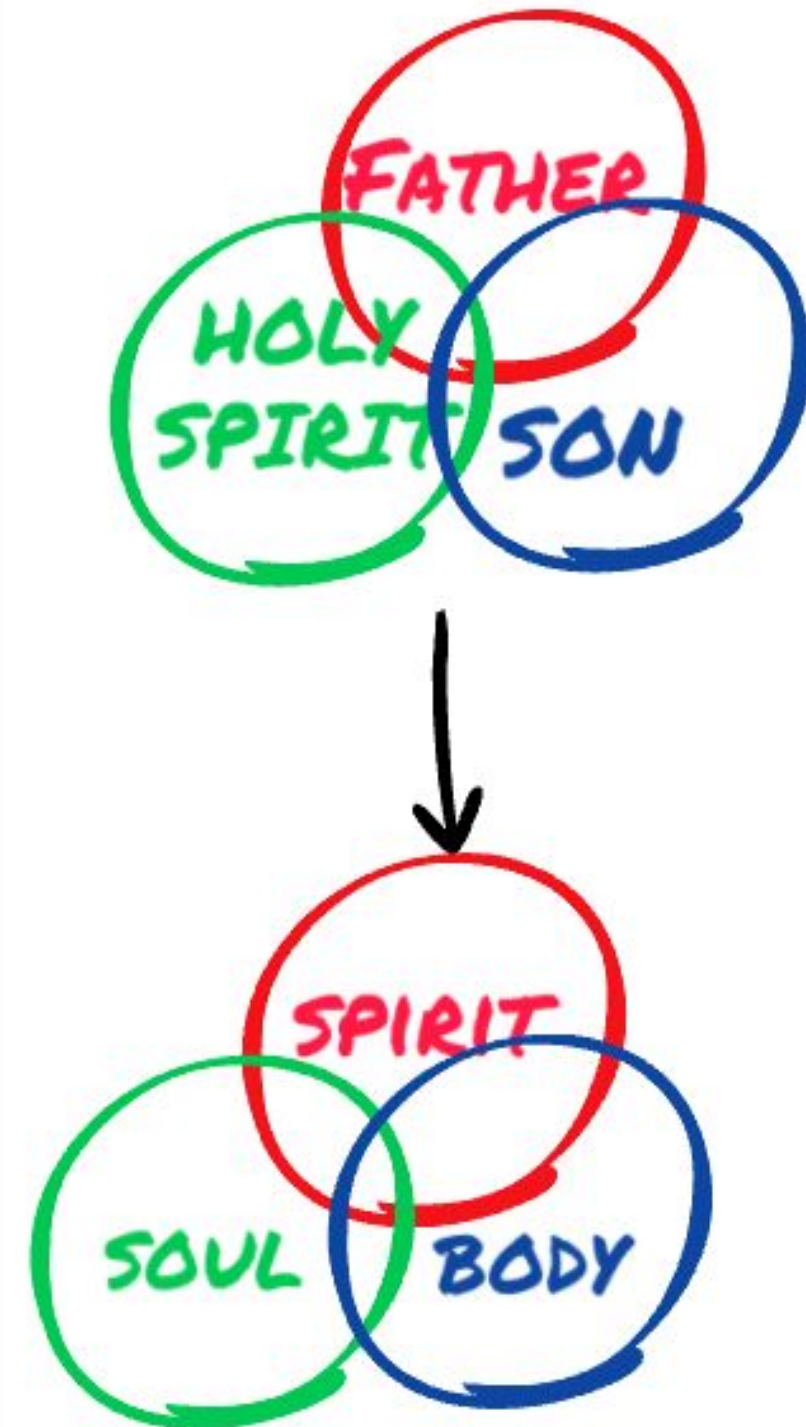
Beloved, I pray that you may prosper in all things and be in health, just as your soul prospers.

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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**



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# Proverbs 1:30-33

DEEPER  
FURTHER  
STRONGER

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OF THE  
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They would have none of my counsel  
And despised my every rebuke.

31

FULL  
OF THE  
SPIRIT

Therefore they shall eat the fruit of their own way,  
And be filled to the full with their own fancies.

32

FULL  
OF THE  
NATIONS

For the <sup>[a]</sup>turning away of the simple will slay them,  
And the complacency of fools will destroy them;

33

But whoever listens to me will dwell safely,  
And will be <sup>[b]</sup>secure, without fear of evil.”



FULL OF  
LOVE

# Transform Your Fitness (Part 4)

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FURTHER  
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“What I found was astonishing. Irrespective of the job role, almost without fail, the morning routines of successful billionaires consistently contained what I am about to share with you now. It seems logical that if you copy their habits, you will see similar results in your life.”



# Total Transformation

DEEPER  
FURTHER  
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## Happier, Healthier and Wealthier

Move from barely surviving,  
to positively thriving!

[Click here](#) for your free E book



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

# Transform Your Fitness (Part 3)

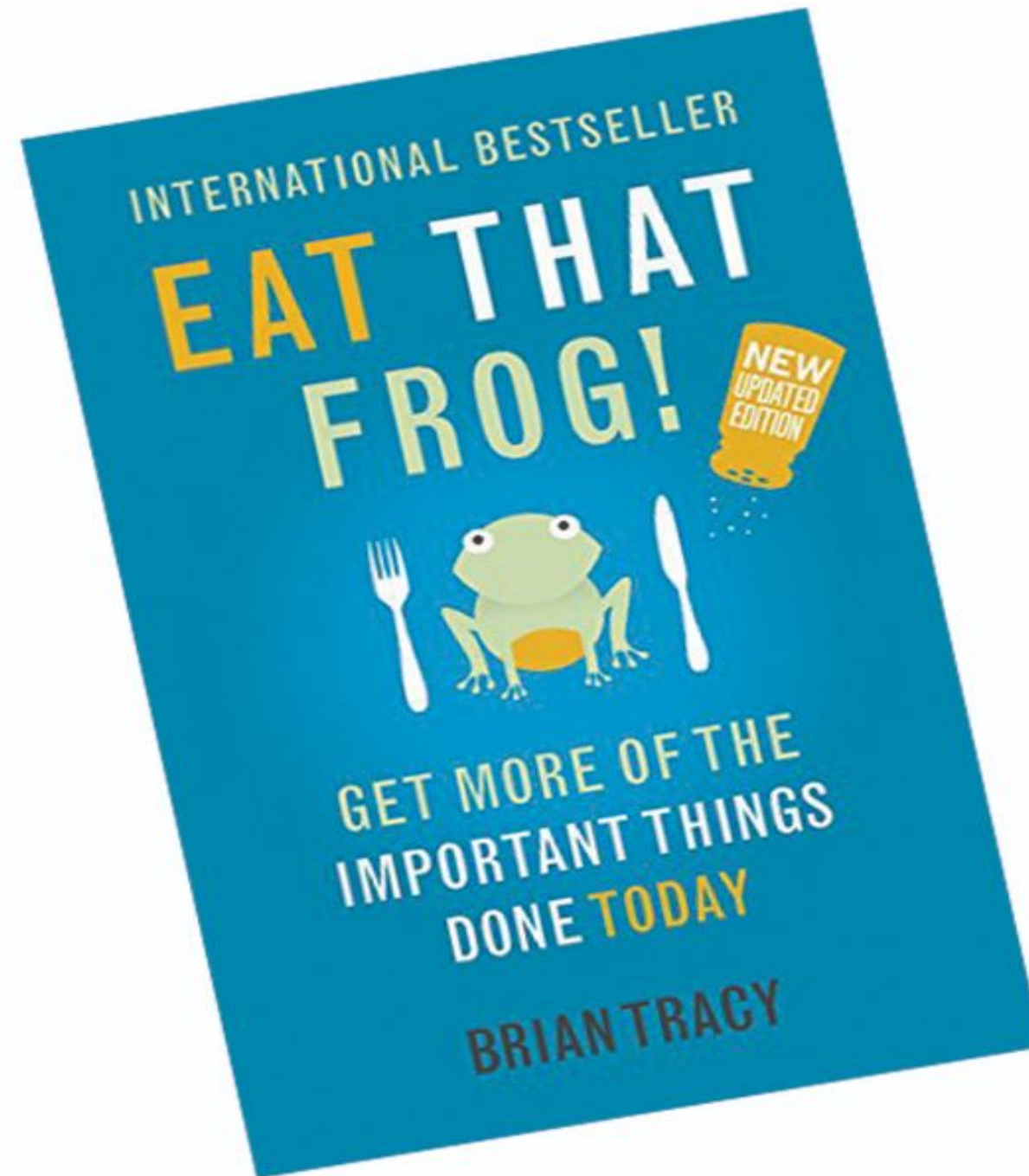
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1. Stay Unplugged



6. Exercise



2. Drink Water



7. Get Dressed to Impress



3. Speak Gratitude Out Loud



4. Make Your Bed



8. Eat a Healthy Breakfast



5. Quiet time



9. Write a "To-Do" List



10. Get Enough Restful Sleep



# Psalm 127:2

DEEPER  
FURTHER  
STRONGER

*.. for He grants sleep to those  
he loves*

**10. Get Enough Restful Sleep**



FULL  
OF THE  
WORD

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# Mark 4:19

DEEPER  
FURTHER  
STRONGER

but the worries of this life, the deceitfulness of wealth and the desires for other things come in and choke the word, making it unfruitful.

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1. Stay Unplugged



# 2 Samuel 23:15

DEEPER  
FURTHER  
STRONGER

David longed for water and said, “Oh, that someone would get me a drink of water from the well near the gate of Bethlehem!”.

2. Drink Water



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# Proverbs 18:21

DEEPER  
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STRONGER

The tongue has the power of life and death, and those who love it will eat its fruit..

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WORD

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**3. Speak Gratitude Out Loud**



# Luke 16:10

DEEPER  
FURTHER  
STRONGER

“Whoever can be trusted with very little can also be trusted with much,

4. Make Your Bed



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# Matthew 6:33

DEEPER  
FURTHER  
STRONGER

But seek first his kingdom and his righteousness,  
and all these things will be given to you as well.

5. Quiet time



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# 1 Corinthians 9:27

DEEPER  
FURTHER  
STRONGER

No, I strike a blow to my body and make it my slave so that after I have preached to others, I myself will not be disqualified for the prize.

6. Exercise



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# Genesis 41:14

DEEPER  
FURTHER  
STRONGER

So Pharaoh sent for Joseph, and he was quickly brought from the dungeon. When he had shaved and changed his clothes, he came before Pharaoh.

**7. Get Dressed to Impress**



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# Genesis 18:5

DEEPER  
FURTHER  
STRONGER

Let me get you something to eat, so you can be refreshed and then go on your way—now that you have come to your servant.”

**8. Eat a Healthy Breakfast**



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# Who do you want to be?

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# Habakkuk 2:2

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Then the LORD replied:

“Write down the revelation  
and make it plain on tablets  
so that a herald may run with it.

9. Write a “To-Do” List



1. Stay Unplugged



6. Exercise



2. Drink Water



7. Get Dressed to Impress



3. Speak Gratitude Out Loud



4. Make Your Bed



8. Eat a Healthy Breakfast



5. Quiet time



9. Write a "To-Do" List



10. Get Enough Restful Sleep



# Overcoming Obstacles

DEEPER  
FURTHER  
STRONGER

- **Step One – Find an accountability partner**
- **Step Two – Fix your bedtime**
- **Step Three – Write a daily to do list**
- **Step Four – CELEBRATE**

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# Transform Your Fitness

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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!*