

New Beginnings

Manifesto

I realize that I have neglected the gift of a healthy, whole body that God has given to me. I have forgotten the importance of good health in my life and for the calling God has put before me. I know that I am HIS design- that He specifically formed and fashioned me and I desire to honor Him with ALL parts of my life. I am ready to hold nothing back. I am ready to be ALL IN.

I am ready to allow God to show me a new way. I am ready for a new start on His terms. I know that He can bring beauty from ashes (Isaiah 61:3), that He is doing a new thing, even now. He can make a way in the wilderness and streams in the desert (Isaiah 43:19). I trust Him and His plan and this time, I will use Him and His word as my guide.

When I am tired, I will look to Him. When I am discouraged, I will allow Him to remind me of who HE says I am. When I begin to feel as if I'm not enough, I will remind myself of how He sees me. I will take my eyes off of those around me that I'm tempted to compare myself to. Take my eyes off of the scale and off of the airbrushed images I will see in magazines, television and social media.

Today, I will commit to this journey for my good and ultimately for HIS glory. This journey is about far more than a number on a scale, a dress size, or my physical appearance and so I will stop looking for instant results. I will trust Him and remember that my job is obedience. His is results.

May my heart be changed to look more like His, which will bring healing and wholeness in ALL areas. I know that my worth is not dependent on anything I can do, but on what He has already done for me.

May I not obsessively restrict in an attempt to take control myself. I know that this must be a lifelong change with sustainable, healthy habits. I will take it one healthy choice at a time, knowing that there is GRACE for when I mess up and there are always second chances with God.

I will embrace this New Day, these new mercies, and this new beginning.

SIGNED

DATE

Wellness **WITNESS**