



The Daniel Fast | Choose Life Now | Faith Driven Life



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Ten Habits for a Lifestyle of Health

Create a Habit in 21 days and a Lifestyle in 90 Days

Habit One: Eat small _____, chew them _____,
clear your _____, and take another small bite.

Habit Two: _____ lots of _____.

Habit Three: Eat _____ meals a day

Habit Four: Eat at least one _____ each day at your _____.

Habit Five: Quit the “_____.”

Habit Six: Make a quality decision to _____
most of the time.

Habit Seven: Let _____ be _____!

Habit Eight: Avoid the _____ mentality.

Habit Nine: Get back on a _____
the very next _____ after a _____.

Habit Ten: Don't use _____ of any
_____ or _____.

It takes _____ days to develop a habit. It takes about _____ days
for those consistent habits to become your lifestyle.

What is God's will for your life about dropping unhealthy pounds? _____

Are you ready to "go for it?" Are you ready to finally set your heart on the desire to lose the
weight and develop the lifestyle of health that your Lord wants for you? _____

If you have any questions, please send them to support@faithdrivenlife.com