

A Simple Path to Renew Your Life

# GIVE YOURSELF 90 DAYS WITH GOD



You don't need a year to change your life.  
You need a decision . . . and a willingness to walk with God, one day at a time.

# A Fresh Start Is Closer Than You Think



You don't need to overhaul everything all at once.

You don't need perfect discipline or endless motivation.

What you need is a decision.

A decision to give the next 90 days to God . . . and walk with Him daily.

Most people live the same days over and over again, hoping something will change.

But change doesn't come from hoping.

It comes from choosing.

And most people never make that choice.



# Your Life Has Three Parts:

Your life isn't one thing—it's three parts working together.



## **SPIRIT**

→ Your relationship with God

## **SOUL**

→ Your thoughts, emotions, beliefs

## **BODY**

→ Your physical health and daily energy

When these are aligned → life becomes peaceful and purposeful.

## **Your Daily Focus:**

- Align your spirit with God
- Renew your mind with truth
- Care for your body as stewardship





# SUSAN GREGORY

*Author & Founder*

Susan Gregory is a bestselling author of books on the Daniel Fast and a guide for faith-driven living. She created *Choose Life Now* and *Faith Driven Life* to help women and men grow closer to God, renew their thinking, and build simple daily habits that lead to lasting transformation, fulfillment, and joy.

## WALK WITH GOD DAILY

Real change doesn't come from trying harder.

It comes from walking closer.

Each day becomes an opportunity to:

- Spend time with your Father
- Renew your thinking with truth
- Care for your body as a sacred stewardship
- Nourish it, move it, and give it rest
- Take one small, consistent step forward

Your health is not about appearance—it is about having the strength to live the life God has called you to.

Set aside intentional time each day to:

- Pray
- Read Scripture
- Reflect and write
- Move your body

# Start Your Day with Intention



## This is what it can look like in your daily life:

Begin your day with quiet and focus.

- Begin in stillness
- Breathe and center
- Invite God in
- Write your priorities
- Read Scripture

Not everything needs to stay.

## Let Go of What Weakens You

- Distractions
- Draining habits
- Noise
- Misaligned choices



Choose what builds your life.

## Focus on What Strengthens You

- Time with God
- Renewed thinking
- Healthy habits
- Consistent action

# WHAT WILL CHANGE IN 90 DAYS



This is what happens when you walk with God consistently.

As you walk with God daily, things begin to shift.

- Greater peace
- Clearer thinking
- Stronger discipline
- Better decisions
- A deeper relationship with God

Even small, consistent steps create powerful change.

You don't have to do this alone. Many people start with good intentions . . . but lose momentum.

That's why most people need structure and support to stay consistent.



He who has begun a good work in you . . .

— Philippians 1:6



# THIS IS YOUR TIME



*I don't know you yet, but I think I know a lot about you. Why? Because women today share so many of the same challenges. And that's why coming together, learning together, and growing together can be so powerful.*

*I hope you will join us to learn, grow, and become all your Father desires you to be.*

*Be blessed,*

**Susan Gregory**

Imagine 90 days from now . . .

- Waking up with more peace.
- Thinking more clearly.
- Feeling stronger and more aligned with God.

If you've ever started something like this on your own and struggled to stay consistent, you're not alone.

That's exactly why I created Choose Life Now—to help you stay consistent, supported, and focused each day.

### **What they receive:**

Each weekday, you'll receive so you can stay consistent and actually experience lasting change.:

- A short teaching video
- A Spiritual Breakthrough Page
- A clear daily focus
- A daily reminder email

***You don't have to do this alone.***

**Start Your 90-Day Journey  
with God Today**

[Choose-Life-Now.com](https://Choose-Life-Now.com)