

Presenter
Christen Adolfi

Christen is a real estate agent, artist and Creationist speaker, but her primary goal is to help people gather a strong array of evidence that in this vast universe, He knows your name! He's got this! She believes that physical, emotional and spiritual health comes from believing in the deepest parts of our soul that He CAN and He WANTS to do what you need Him to do!

Christen graduated from Oswego State with a BA in Russian. She's been married to her husband John for 21 years - loves hiking, languages, and accordion music, but her great passion is to use nature and the Bible to proclaim her favorite verse that "it is the Father's GOOD pleasure to give you the kingdom!" (Luke 12:32)

My hope for you...

I wish for you HOPE! I wish for you INSPIRATION... for that spark to light again that this isn't all there is to life or health!

I wish for you a willingness to be out of your COMFORT Zone! I pray that some part of you will be horrified of settling for the default of becoming a frail, elderly woman! I wish for you a fight in your soul and a fun, new belief to take root that if "THEY" can do it then SO CAN I!!!

Christen

**Changing
Your
Life**
Christen Adolfi



Presentation Overview

I pray that every day you're inspired to age gracefully and *playfully*....that you discover the power of gratitude. I pray you'll envision the best version of you and pursue it...one that's light hearted and at peace....smiling from within which lights the attractive twinkle in the eyes. I wish for you the mystery of God given femininity and a glow of health that comes from harmony with divine law.

I pray you'll try new colors, live on the wild side, try a fashion you'd never dream of...That you'll do something every day to beautify and ennoble the life that was given you. I wish for you an awe that you were given existence, an active imagination that grasps the streets of gold and the beautiful pearl gates and above all a STRONG, confiding trust in Him who said "Fear not little flock for it is the Father's GOOD pleasure to give you the kingdom! Luke 12:32

I wish for you a knowledge of the immensity of God's power. That you'll become convicted He wants your health and happiness more than you do.... that the sole focus of the God of heaven is THIS tiny little planet! I pray the eyes of your heart will be opened to see the fiery chariots and angels of heaven lining the storm clouds when you are surrounded by your enemies. I pray you'll see that the innumerable angels - 10,000 times 10,000 and thousands of thousands.... the entire resources of heaven are constantly in motion under the Commander of the Lord's army to protect and uplift YOU! I pray for you an unmovable conviction that NOTHING takes Him by surprise and that nothing that in any way concerns your peace is too small for Him to notice or in which He takes no immediate interest.

I also wish for you - not more time but rather a greater sense of purpose...a desire to live life with no regrets. I pray for you clarity of mind and a deep conviction of priorities. I pray you won't stay on that rat race/merry-go-round but that you'll let Him lead you in green pastures and by still waters. I pray you'll start collecting the evidences and promises of God's love and that you'll find a fun, new adventure tracking God's faithfulness to you. I also pray that you'll see that growing in grace in ALL areas of your life is as simple as beholding Him so that His water of life can turn your desert into a rose.

Those that decline the struggle, lose the strength and joy of victory.

Notes



Exercise

Make the little things count! Maximize opportunities! You don't have to go to a gym to get in shape, just start small!

- Do 5 - 15 squats before you leave the bathroom every time.
- Turn music on and dance while you fold the laundry
- Make it burn! Maximize the couple of steps needed to reach a knife or get an ingredient while cooking.
- Go for walk when talking on the phone. DON'T sit there.
- Do the 100-day setup challenge...I think you can do it! But at least do 5-15 before getting out of bed and do 5-15 wall push-ups before going to bed.
- Get small dumbbells and watch video on how to use them.
- Watch motivational videos...see my YouTube playlists for ideas.
- Do something fun like learn to belly dance from YouTube - find something that will make you want to go do it.
- If you don't feel like exercising then look at a photo of the frail versus limber/strong women on your Construction Zone wall and then turn on Play Rocky music. (Eye of the Tiger)



Tips to Start Transforming Your Health!

HOPE - proof that your physical health can be transformed!

Youtube Resources

- Debunking the Myths of Aging
- Never, Ever Give Up. Arthur's Inspirational Transformation!
- Man loses over 300lbs from Yoga and Hard Work

Pinterest

- Get on my 2 boards - "The Human Body" and "Growing Old Playfully" to look at ideas and start collecting your own inspiration!

Life Under Control and Stress Free

Youtube Resources

- Getting Things Done by David Allen.
- Mind mapping - so much fun and so helpful! Ex. "Maximise the Power of Your Brain - Tony Buzan MIND MAPPING"
- Find a stretching routine even if it's just 5 minutes
- Do breathing exercises while at stop lights
- listen to a soothing song like Brian Crain's "Song for Sienna" before doing something difficult or stressful

Other Resources

- The Power of Full Engagement by Tony Schwartz & Jim Loehr
- Create a 1/2-hour tea time.... you, your Bible, God, a beautiful smelling candle etc.

Attitude

Take the 365-day Gratefulness Challenge

- Write 1-3 things every morning that you were grateful for and at least one thing each night that went well that day, or one person you did a good deed for or made smile

One woman’s story: I was feeling really down. I knew in my head I had it good but I really wasn’t enjoying life! I started seeing a nun who did life-coaching and counseling. She told me the secret to happiness was reflection and gratitude. She asked me to write something down each evening about my day that I was grateful for. *It really amazed me how quickly I began to notice things that I otherwise would have missed.* I remember sitting on my bed one night and realizing that the little moments I was thinking through were really special and if I had not taken the time to notice them they would be lost forever. I decided to take the idea further and bought a beautiful photo album. I took one photo daily of something I was grateful for. *Seeing and celebrating the good in my life affected not only the way I felt spiritually and physically but it improved my relationships with others too.*

Listen to high quality spiritual food

- Nancy Lee Demoss Wolgemuth’s “Revive Our Hearts” daily program (online library of written or audio versions)

Create a “Construction Zone”

- Write down your dreams, goals and inspirational quotes & photos are in front of you.

Track Your Progress

- Get a white board or \$10 piece of “shower” board from Home Depot to dream, brainstorm and track your progress toward goals.

Weekly Check-ins

- Ask yourself every week - What am I going to regret in 10 years not doing? And then do something every day towards it.

Start a Happy Book!

- Buy a blank, unlined journal and start a happy book :)

Food Resources

Internet

- ForksOverKnives.com sign up for inspiring emails
- Dr. John McDougall’s videos on any problem you have and how its reversible on YouTube

Documentaries and Books

Watch any of the awesome health movies out there!

- ▶ What the Health
- ▶ Vegucated
- ▶ Supersize Me
- ▶ Read Ministry of Healing
- ▶ Forks Over Knives
- ▶ Fat, Sick and Nearly Dead
- ▶ Hungry for Change

Food changes

- Set small baby steps.
- Give up soda and switch to just water for one month.
- Make sure 1/2 to 3/4 of every meal are fruits or vegetables.
- Try one new recipe a month.
