

THE MIND SHIFT BLUEPRINT

THE ULTIMATE GUIDE FOR KINGDOM WOMEN
WHO DESIRES TO SHIFT THEIR LIVES FROM
MEDIOCRITY TO MIND MASTERY AND ABUNDANCE
IN AS LITTLE AS 30 DAYS

*The Ultimate E-book
Guide*

GIRL PLUS KINGDOM TV &
MINISTRIES

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The Ultimate Guide For Kingdom Women who desires to shift their lives from mediocrity to mind mastery and Abundance in as little as 30 days

The brain is a superpower and tool that God placed inside of man to help us to do practically everything. Nothing is done without the consent of the brain, and it will be so important for you to remember that as you go through your life's journey.

First allow me to start by saying that real transformation starts in our mind.

And everything you will experience in your life will be predicated upon your mind first being willing to believe that whatever you seek to have is possible.

But before it can, it has to be programed into doing so.

By now I am sure you know that you didn't get to where you are overnight, and for the most part it wasn't your fault. Studies show that our brains start the programming process from the womb all the way up to our 7 years of age.

This is the time where our brains begin to calculate who we become and how we will do things in life but let me say that it is the LORD who has placed in us his gifts and purposes in our lives no matter what happens to us during these years of life.

Because God has already put inside of you who you will be, no matter what programming takes place, God will see to it that you will get there if you partner with his plans for your life.

Although every positive and negative experience is now locked into your subconscious part of your mind, I am going to give you the tools you need to

break old patterns and behaviors that are not conducive to where God is taking you, so you can begin the process of transformation and become the woman of your God-dreams!

Before you can enter into the promised land, your mind must be completely renovated. The bible says in romans 12:2 to be transformed by the renewing of your mind.

So, this lets us know that it is the mind that will help us to get the transformation we have been seeking God for. And it is done through us renewing or “re-programming” our minds.

In order to do this, you will need new knowledge and information. And as kingdom citizens, we don't go out and get worldly systems to reprogram our minds with. Instead, we use the word of God, which I will give you the strategies you need to do so further on in this e-book.

So, to warm up we are first going to break down in simple form how this brain of ours work. We have three parts of our brain but two that help play a major role in our decision making and overall lifelong development.

- 1. The subconscious Mind**
- 2. The conscious Mind**

Many never learn this information and they stay stuck in cycles, even blaming the devil for everything instead of going within to figure out what is going on and why it is happening.

They fail to see that there are some things and some belief systems that need to be addressed and re-arranged and that it is the subconscious mind that is responsible for their outcomes in life, so let's dive deeper into what the subconscious mind is and how it works.

Part 1: The Subconscious Mind

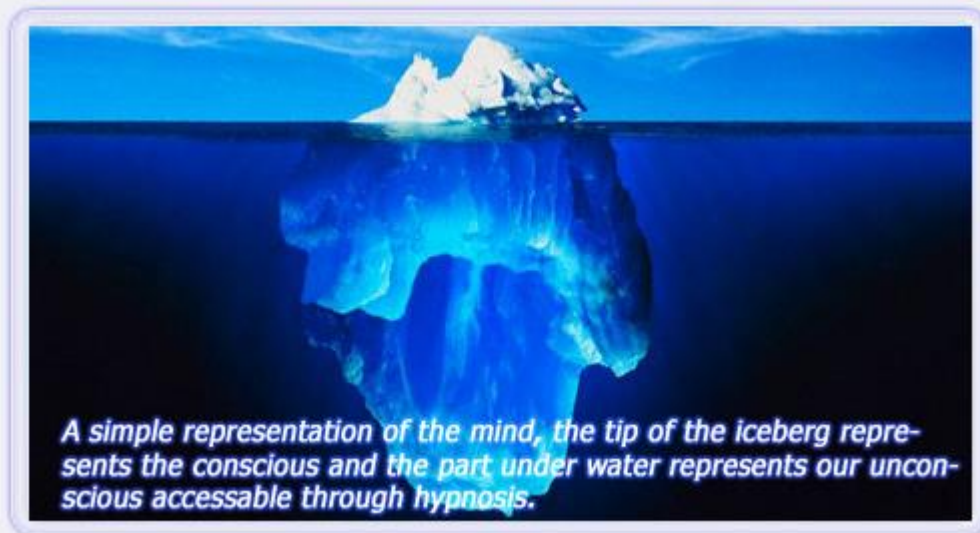
The Subconscious mind is a very big potato. It's the part of our brain that is loaded with all the ingredients of our lives. It's responsible for the thoughts you don't even recognize you're thinking, and it is considered "the spirit of our mind", spiritually speaking and it is also the part of our brain that is responsible for our behaviors and patterns.

The subconscious brain is on auto pilot. This means that it is constantly running behind the scenes nonstop like a well-made tape recorder that is on repeat.

The Iceberg is a great analogy for our brain function because it is an uncanny reflection of our conscious and subconscious mind. It is the part of the Iceberg that's under the water and the part that you don't see but it is what is keeping the hold iceberg in place and grounded. It's what caused the titanic boat to sink because they could not catch it in time to dodge it and make a pivot and it will be the thing that can cause you to sink if you don't reprogram it!



Basically, this illustration shows us that at the bottom of the iceberg or “subconscious mind”, is the part that no one sees. They don’t see the hard work, dedication and time that you have put in order to see the success you are getting. At the top of the iceberg or the “Conscious mind” is what the results are due to what the subconscious mind has been consistently putting in over and over again based on what it sees, hears, does and even speaks (I’ll explain in more detail later) and once it is healed, by God, cognitive therapy or awareness, and reprogramming it my God your life will take off!



Just imagine a CD in a CD player playing that same love song on repeat over and over again. This is what is happening in the subconscious layer of our minds, and we are not even aware that it is playing on and on which is scary. It is responsible for 95% of our brain functionality and no wonder why we are governed by it the most.

Part 2: The Conscious Mind

The conscious mind is what you're aware of or the "tip" of the iceberg. The conscious mind includes:

- Fantasies
- Feelings
- Memories
- Perceptions
- Self- Awareness
- Sensations
- Thoughts

Essentially, it is anything that is in your current awareness. The thoughts and feelings you are experiencing at the moment, and your awareness of your current environment are all part of your conscious experiences.

How the Conscious Mind Works:

It isn't possible to keep every thought, memory, or feeling inside of conscious awareness at all times. So instead, certain information is maintained in awareness, other information remains outside of immediate awareness, but still

accessible, and other information is hidden from awareness and lodged in the subconscious mind.

The conscious part of our brain is only 5% of our brain. It is responsible for collecting the information we get by hearing, seeing, reading new information, seeing the same image or thing over and over, speaking and thinking. If this is done enough times (repetition is the mother of skill), then it passes on the information to our subconscious mind and a new habit begins to take root, therefore a new habit is created!

See your brain does what you tell it to do. Most people think that they have no control over their lives but it's simply not the case. You are solely responsible for creating the life you have, and it is up to you to change what you hate about it the most.

So, whatever you feed your mind over and over again is what your brain will listen to and consider moving forward with. Just consider this when you decide to entertain certain people, places and things.

The thing that makes changing your mind so difficult is your belief that it is hard to do. Granted that there are strongholds holding you hostage but because of the power of Jesus Christ, they don't have power to control you but you have the power over them.

Another thing that makes it difficult to change your mind is not being consistent and disciplined or if you are struggling with unhealed trauma which means your brain needs a reset and healing which God can do and even counseling can help you with this through cognitive therapy.

I want you to know that when we are not asking the Holy Spirit to help us it can hinder our growth because in him do we live, move and have our being! Not in ourselves or our own strength and we need his help in order to change and maintain the change we've made (reread that part).

The danger is not realizing this information and also not understanding why we do the things that we do but now that you have this information you need you will be successful moving forward from here on out and you will see how God will change your story.

People always tell you what you need to do and I get it, they may mean well. But it is crazy frustrating when you don't show a person how to do what they need to do in order to see the change you are telling them they should make. This is why I created this guide so that you can start to reprogram your life using proven strategies to see the results you have been praying for.

What I must mention above all else is that the Holy Spirit will help you if you just ask him to! We cannot change our minds without his help as believers and he will be the one you will give all of the glory and credit to when he moves upon your life in this season like never before!

When you heal the subconscious mind with the help of God, it will be 100 times easier to create and form new habits. A lot of times we beat ourselves up because we are trying but aren't seeming to get the change we want, not understanding that it is trauma that you are needing to heal from to make the process of transformation much easier!

So once your mind begins to heal from trauma you will begin to see maximum results. This is what they won't tell you, but cognitive therapy is very good for those of you who have been through so much pain and traumatic experiences in your life as it will help you to be more aware of your mind and then it gives you the power to actually make the changes once you notice the patterns.

However, I always recommend that you first seek God because he is the ultimate healer! Not a therapist or counselor and he will begin to also deliver you from any demonic oppression and strongholds of the enemy that has kept you trapped.

Don't think that this all happens overnight either because it does not.

However, when you are in Christ, God can supernaturally do it for you in a time frame that man can't explain! When you want the change, God will help you to get it and it is by your faith that you will be made whole!

So now you can imagine why you may feel stuck in life. Now you can see why you try to break bad habits but can't seem to figure out how to do so. And now you can move forward and grab ahold of your transformation for good!

Now I want to expound upon strongholds and demonic oppression!

satan has already done his dirt by planting demonic seeds into our souls from when we were little kids!

He planted them through the traumatic experiences you went through in your life and in your bloodline as a whole. This is how he knows how to strategize against you because he has studied you and your bloodline for centuries.

After he has studied you, after he wounds you, after he plants those evil seeds within you then he sends his demons to try and control you by attaching themselves to you in those places so by the time you become an adult, he's trapped your soul from moving forward!

This is why you must seek the Lord for healing and full deliverance in the areas you need it and when you don't know these areas, you simply pray and ask God to reveal to you what it is.

Hell has an assignment for you and your family to kill steal and destroy!

This is why he does what he does because he wants you to lose your soul and go to hell with him!

This should be enough fuel to make you mad enough to want to change your mind so you can go and get your stuff and shut the devil down in your life.

And it is your time to go into the enemy's camp using the word of God accompanied with the leading of the holy spirit and some fasting and prayer to take back everything he stole from you!

Just know that God has given us power over ALL of the powers of the enemy and with this being said you have no choice but to overcome and break through these mental barriers which is why it's so important to first surrender your life to God, build intimacy with him and enter into a personal covenant with God!

Once we surrender, we see the promises he has made in his covenant towards us come alive! In my personal experience this was the game changer for me because God didn't release the authority he called me to walk into until I surrendered.

God didn't start delivering me from evil spirits and generational curses until after I surrendered. God didn't start overflowing me with his blessings and showing me double grace until after I surrendered. It all began happening for me after I surrendered my whole life to him.

You should know that the new covenant of grace through Jesus Christ sets you free, heals you and delivers you and once you receive salvation freedom are available to you and it will require your trust, faith and belief in the God of the bible in order to receive this new mind.

The bible says let this mind that is in Christ also be in you. In order for this to happen we have to be filled with the Holy spirit (if you are not just ask him) and with the word of God! And because Jesus is the word, our minds

must be filled with the word of God in order for us to have the mind of Christ!

This is why Jesus is so important to us! Because Jesus Christ has paid the way for us to have a new mind and life in general. He gives us all extended grace and mercy in our daily lives and walk!

I don't know why we had to go there but it's important for you to know this. So that you can have the faith to understand that it's already done and freedom is available for you!

You want his blessings, but do you want to journey with him, seek his face, know his heart and go after it, walk with him and become one with him in a intimate father and childlike way?

This looks like you being willing to spend quality time with him every day when you rise and before bedtime. That before you speak to anybody else you speak to him when you wake up. This is intimacy. That when God says to you to dwell in his presence, and you stay with him until he releases you.

Even waking up in the wee hours when he nudges you so you can pray and spend time with him. It's all a part of building that intimacy with him. You will see along your journey that having discipline is a spiritual key you'll need to transform your mind.

And when you create holy habits as mentioned above, this will birth out discipline in you which will help you in other areas of your life. But in all I am saying you must apply the lessons because faith without works is dead.

So, you must choose him and understand that prayer is not something you do to prove to God that you love him but it's communicating to him to continue building strong intimacy with him which helps you in this process of transformation.

The more you draw closer to him the more he will draw to you. He desires intimacy with you and that is not based on how much you go to church but on the quality of the time you spend with him. It's not even in what you say, it's your heart posture towards him.

It's you keeping his word and doing his will. It's you doing what he says even when you don't want to and even studying and fasting often to kill your flesh so your spirit man can thrive more! This shows you're committed to him. It's even you repenting and asking him to wash you daily. Your heart must stay soft and broken before him. And I promise you all of this is relevant in your process to living the life of your dreams.

To be honest, I use to wonder why I felt like my prayers were not being answered or why was I not able to walk out my deliverance and or stay free long enough. Why did it seem like the curses were not breaking?

I was missing quite a few things and that was to surrender, exercise my faith, renew my belief system and the other thing I'll add here is personal relationship with God. I had been promised to receive the promise or gift of the Holy Spirit, but he didn't fill me up with the Holy Spirit until after I surrendered!

I had been promised to be healed and delivered but that didn't happen until after I surrendered. I had been wanting to discover my purpose, but I didn't until after I surrendered.

My gifts didn't ignite until I healed but I didn't heal until after I fully surrendered. My health sprung forth and my youth was restored like the eagle after I surrendered. I wasn't able to speak directly to demonic forces and command them to obey me until after I surrendered.

It isn't that God is hiding these things from you. The devil doesn't want you to attain it. But when you surrender fully, my God you will never be the

same! Everything about your life will begin to gradually change forever!

That's a promise!

There were and are so many promises that God has given me some I have seen and I believe God that I will see them all come to pass in this life!

I am simply saying that some things you hope to see happen in your life won't happen until you surrender your life to God so that the personal promises he has made to you will begin to come to pass and so that the promises made through his son Jesus and what he personally promised you.

Without your full yes, you asking God for certain things just won't happen! God has to make sure that you're with him for the right reasons and some things he will give you once you surrender.

Intimacy is what will get you to your greater! Because without a natural hunger and thirst for God you won't see your life change! It's the intimacy

with God that allows the true transformation you seek to manifest in your life!

God wants full access to you so that he can trust you with more and give you his power to break the limitations of darkness off of you so you can thrive!

So I urge you to not skip steps, surrender your whole life to God like today, build a relationship with him and enter into a covenant with God that will change your life forever! What has he promised you? Become one with him and surrender all to him and watch what God does for and with you!

So, when the Apostles left and forsook everything they once knew to follow Christ, Jesus took good care of them and of course they had to do their part of staying with him, trusting and believing in him, having a willing mind to serve him and walking in complete obedience!

Their lives were never the same even after Jesus left because of their yes to him while he was with them! We see it happen again with Jesus in The Garden Of Gethsemane when he told Father God, not my will but your will be done.

He had already died in the garden, by dying to his Will and accepting what God told him to do and as a result God did just what he said he would do for Jesus Christ!

Surrendering is where you get that double favor on your life. Surrendering is where you get to walk in the miracles signs and wonders by his spirit.

Surrendering is what breaks the generational curses and cycles off of your bloodline because God gives you the Authority and the power to do so after you surrender your life to him fully!

You must get to the place where you can say with your whole heart, not my will but your will be done. Have your own way in me. Do whatever you desire to do in me I'm all yours.

I will stay right here in your presence and allow you to do your surgical work in me until I see like you do! I want you and all that you have for me. Please don't skip steps sis! I keep repeating this because I want you to see the importance of what is being said!

So when people make you think they are so special, or that they have this little secret hidden thing with God that makes God move on their behalf.

Most likely if it's by his spirit, it's because they are in divine covenant with him and have surrendered to him and God moves for them in a great way, because he honors the covenant he made with them and it's also their obedience and heart posture towards him. It is also their dedication to remain consecrated to God and walk upright before God and behind closed

doors. (The Bible says that by knowledge are the just delivered. So all of this knowledge is setting you free today!

So now it's up to you to build intimacy with God, surrender your whole life to him and you will begin to thrive like never before! This is the moment where you can take time to reflect and see if you are in alignment with God's will for your life sis and if not today is your day to repent and get it right before God so that as you move forward, you can begin to have a solid foundation with God.

Before we move on, take a break and come back if needed. But don't wait till three days later or you'll risk not returning at all! I want you to get all that God has for you so when you take a break come back sis and pick back up where you left off!

Next: Let's get to the practical steps you will take to actually reset your mind God's way! Grab your pen and pencil and let's get started!

These things I'm going to share with you are 100 percent scripture and it has transformed my life from walking in failure to succeeding in everything I do! I know it's a lot of information but you must commit to the process despite that and have a hunger for the change you have been begging God for. Just consider the bigger picture and remember what it will cost you if you don't pivot and make the necessary changes sis. What do you have to lose and what will you gain if you bet on yourself and do the work today!

This is the only way that you're going to see the fruit you desire to see.

Nothing is just going to magically happen for you, you must be willing to do the work and be intentional with your process.

Nothing would have changed for me if I would have not been willing to get uncomfortable and allow God to help me to make the necessary changes. If I would have allowed laziness to stop me from getting where I want to be I wouldn't be here typing this and helping you today!

Before you do this, please acknowledge God and ask him to help you with this process. A lot of times we don't see results because we simply won't ask the Holy Spirit to come in and help us to transform so that he can give it to us the way we can receive it!

We think that we can do it on our own even if we never say it out loud!

Failure to include God in every detail of your life can leave you starting over and never finishing what you start.

You'll have to depend on God to achieve success God's way from here on out. And the key to doing so is including him in everything you do before, during and after you do anything! Yes, this will require a new level of Faith and trust in God but you can do it because you can do all things through Christ who strengthens you!

Let's Begin:

Renewing Your Mind: Romans 12:2

And be not conformed to this world: but be ye transformed by the renewing of your mind, that ye may prove what is that good, and acceptable, and perfect, will of God. This is the scripture that will help you to understand how transformation happens according to how God set it. Without doing this, you can't even know what the will of God is for your life. Which is why it's been hard for some of you to discover your purpose.

You will transform once you change your mind with Gods word. This is apart of what this scripture is saying. You can't change your life if you don't change the way you think!

The word Transform in Greek means: "be transformed." The Greek verb of this word means Metamorphoo or Metamorphosis meaning to "be transformed" and it is in the passive voice. We do not actively transform ourselves. We have to control our thinking, and as we do, transformation takes place.

Strategy #2 Meditate on the word of God both day and night Joshua 1:8

Keep this Book of the Law always on your lips; meditate on it day and night, so that you may be careful to do everything written in it. Then you will be prosperous and successful.

God was explaining this to Joshua before he got ready to use him to lead the children of Israel into the promise land. This shows us that meditation is a major key of success and a way to transform your mind.

When we aren't meditating on his word we will not receive transformation.

This means that we will not be able to get the results we want to have in both natural and spiritual circumstances. And reading the word is different than just pure meditation.

If we read the word, just to read it without the desire of the word transforming us, then the word becomes just head knowledge. This defeats the purpose of why you're reading the word to begin with.

You should never read the word of God just to know it because God intended for us to know it and believe it and move on it by faith.

Meditating on the word is a mindful practice that changes the way you think and when we couple this with doing the word we will begin to prosper and have good success.

How Do You Meditate The Right Way?

You will get a bible verse based on the results you will want to see in your life. Everyday for the next thirty days when you wake up and during your prayer time with the Lord before bed time include those scriptures in your prayers.

You will do this in a quiet place, put on some Christian instrumental worship that won't make you fall asleep and begin to say the scripture(s) out loud over and over. If you feel led to do so you can opt in to wear headphones and follow along with a Christian meditation video on

YouTube, you will maximize your retainment of the word a great deal because it is going directly into your ear gate. But be careful and ask the holy spirit to guide you so that you won't end up listening to the wrong thing even if it looks like Christian content because there are witches who uses the name of God to do their evil works through media! So pray before you do that even when you're listening to instrumental meditation music.

As you meditate you will speak the word with conviction like you believe it is happening in your life right now. Use statements like I am and I can And decree the word over your self. The bible says that when you decree a thing, it shall be established. It may seem like it isn't working but if you keep at it consistently your life will begin to line up with what you are speaking and declaring according to the word of God! I'm living proof that this works wonders!

Reminder: Yoga is demonic so please don't do that or those poses that put you in a certain position. You can just sit and relax your arms and

shoulders, you don't have to cross your legs and position your fingers in a certain way. You will welcome demonic spirits in by doing yoga but not the Holy Spirit so be mindful of this. And stray away from sound bowls because it is also witchcraft in disguise!

Here's an example of how you can do it: If I want to see transformation in the area of my health the scripture that says by his stripes I am healed and this is the scripture that I will meditate on and speak it by faith that it is already done in the name of Jesus!

I will speak it over and over again and even do it daily every time I wake up for maximum results.

Again, you will have to do more than speak it. You will also begin to walk by faith and apply works with your faith. You would begin to take baby or bite size steps to see what you are speaking come into fruition.

So if you're going to see results such as becoming healthier you will have to change your eating habits and even start by Cleaning out all of the sugars and unhealthy carbs and snacks out of your cabinets and refrigerator.

You can also begin to meal prep your meals in proportions, sign up for a health program, exercise for 15-30 minutes at home or in the gym depending on your body's needs.

You must also get the knowledge you need in whatever area you are trying to transform in and keep it in biblical context because you are a Christian who follows the principles of God for your success and not worldly principles even though some of the things that they do they got it from the Bible!

So as a man think in his heart so is he. So whatever you meditate or focus on, you'll give it the power to exist and you will make it much easier for your feet to follow.

It's all about your mind. Once your mind has grasped a concept, your body will have a much easier time following. It's not the other way around. Which means that you can't just start something new, you must prep your mind by meditating on it over and over and then your feet will follow.

Break down what you're doing slowly but daily in small increments so that your brain won't overload and bring you right back to square one. You have to build that muscle in your brain slowly so that it can begin to stick and stay long term.

A lot of times we will try to do so much when we have not been doing anything at all. This causes our minds to go into shock mode and your body will shut down to protect itself from self-destruction which is why you end up starting back at square one.

So take it from me, don't try to do too much or make drastic changes that your mind isn't used to making. Slow and steady is the key not swift moves and fast paces.

For example: Let's say that you want to eat healthier and take out meat from your diet and add more greens. You will begin to remove processed sugars and meats in week 1 by slowly eliminating them and eating only a little at a time each day.

Then for week 2-3 You'll want to make a conscious decision to only eat meat once a week and add in the healthy food you will be eating with what you currently eat so you can train your taste buds to get used to the new foods and you will do this consistently. With the old foods, you will want to eat those in a smaller to slim quantity and increase the quantity in the healthier food choices. The thing you eat the most (which will be the healthier food) will begin to register in your mind as the go to food. And this will make it easier for you to start turning down meat all together eventually if you keep at it and stay intentional. Also, you must meal prep to keep your hands from going into the cookie jar. And when you shop, shop in the outer skirts of the store not the places in the middle. Remember to eat fruit and

vegetables that are rich in protein that can fill you up because of its water base. These are the words from Coach Ro Parks Herself! Go look her up on Instagram lol!

You can also make a green smoothie or buy A1 greens powder if you hate chewing green foods directly and put it in your water because you know you will drink water. Do you see how I am not telling you to make extreme changes at once? You will take it on a weekly basis and then keep doing this over and over and before you know it, you'll be off of meat for good!

If you want to maximize your chances of transformation I'd highly recommend you to Even get an image of the version of you that you want to see and see it in your mind over and over every day! What you see is your reality and if you see it long enough, eventually your mind will be convinced that it should have it.

This will improve your chances of success as to it will allow you to know what you're doing and why you're doing it which will help you to feel more

confident as you move in that thing! Knowledge is power but applied knowledge when applied correctly will bring the right results.

Knowledge is the key to getting mental transformation so study the word and study whatever area you desire to grow in! The bible tells us that through knowledge are the just or the righteous delivered. This means that you have to get knowledge in order to be set free in a particular area. You have to know the details of what you should do in your specific situations in order to start receiving the power of freedom to execute at a greater level!

Remember when you were just a little child. You saw things over and over in front of you and it shaped you into who you are today. Some things were good and some were not, but it works the same way when you are trying to reprogram your mind.

As a matter of fact, it's the 7-year-old version of you that's living right now.

Yes, you read it right. Your mind started the process of being programmed from the womb up until you were about 7-8 years old. All of the information

you got during this time including the traumatic events you experienced were locked in your mind by the time you turned 7-8 years old. You may say I wasn't even aware. I don't even remember all of these events. This doesn't mean that your mind wasn't creating biases and locking them into your subconscious mind because that's exactly what it did.

This is why you still behave the way you do. Those old memories keep you behaving like the younger and immature version of yourself. But victory is yours through Christ Jesus and now you have the power to declare that you have the mind of Christ, and you can transform it through what we have already discussed thus far!

By the way if you struggle mentally from anxiety, fear or depression, I would definitely meditate on this scripture about letting this mind be in you that is also in Christ Jesus! I'd say it over and over again every day I wake up and in the midnight hour as well!

The next thing you should know is that negative talk and thinking delays your transformation. Stop talking negative about yourself and complaining about what you don't have. Instead, you're going to have to train your mind and words to speak positively and see everything through the lens of gratitude and by faith.

I want you to put what you want to see out in the atmosphere. Speak into existence that you are at your healthiest self that you've ever been or whatever you want to see happen in your life. It's not a lie it's speaking things that be not as though they were which is another spiritual key! Then I want you to thank God like it's already yours!

The results will begin to shock you when you do this and you're going to be in BEASTMODE!

So here's a summary of what you will do to reset your mind:

In order to transform it starts in your mind. You must change your mind to see it. One practice is meditation according to the word of God and along with that you must create new habits and do them consistently for at least 21-30 days. It can definitely take longer but you're worth it so please don't give up on yourself!

Good thing is that we serve a God who heals, redeems and restores. We serve a God who will bind your broken heart and heal your wounds. Even heal your mind. He will and he can do it just ask him to do this for you so that you can see maximum results as you transform.

You may have a few strongholds in your mind. This can include but not limited to Lies, fear and unbelief. These are strongholds that were put there by the father of lies to keep you from walking in your freedom! They were designed by Satan to keep you stuck so that you won't be able to believe God and step into your promised land.

Every time you didn't cast down those thoughts that were racing in your mind, you began to subconsciously allow them to exist and become your reality. So it is time for you to cast down every lie, image or imagination that doesn't line up with the word of God and who he says you are. The Lord told us to think on the things that are good and lovely. Think of things that are of a good report. See the cup as almost full and running over!

It's time for you to pull down those lies and those negative thoughts and vain imaginations. You can do this by speaking to them and commanding them to come down in Jesus name. Then you replace them with the word of God and with the right images that you want to see happen in your life.

You will know the name of the stronghold by their fruit so don't overthink this. Remember that the Holy Spirit knows everything and he lives in you, giving you the answers already so just ask him what strongholds are present and what lies are you believing that is keeping you stuck! I want you to look up what a stronghold is as well!

I want you to open your mouth and begin to declare that you can do all things through Christ who strengthens you, declare that all things are possible through Christ! Declare that you can lose the weight because God is sending his spirit of liberty to help you! Thank God that he's transforming you!

If you keep struggling after this, it is a sign that either a demon is guarding your breakthrough or that there's some more healing you need from trauma and either way you will ask God to show you which one or is it both and to give you faith to overcome these things with his help and he will!

From this point on you have to study about the knowledge of God which is his word and learn of him through seeking his face in prayer and not his hands only. You'll have to study the scriptures you'll meditate on, which is a part of getting the knowledge that will help you to get and stay free!

This means that you will have to build a solid relationship with him and begin to trust him. This means that you won't be able to believe what you once believed before because it doesn't align with the word of God!

You want to ask God to deliver you from any generational curses and bloodline issues.

You will ask God to heal your mind from any past trauma and in order for you to be healed you must forgive others and let God know how it made you feel and then release them and it to him and speak blessings over those who have done you wrong!

Your conscious mind has to see something and even hear something repetitively(meaning over and over). When we do something at least 7 times people will eventually take notice but when we do something consistently for at least 21-30 days depending on the trauma we are facing, the information sticks and passes over to the subconscious mind. Remember that your mind has to first start the healing process in order to see maximum results which

what God is going to do for you now that you've surrendered your life to him. Everything is changing for you for good!

Keep on going even if you feel it may take more than 30 days! He can do it for you but it's all according to your faith!

So don't move fast, first let's get you to the place where God can heal your mind, spirit and soul so that once your subconscious mind is healed and God delivers your soul and heals you from the trauma, your subconscious mind will be willing to take in new information much easier and respond more effectively to the changes you're trying to make with an ease like you've never felt before!

If you don't let God heal your mind from trauma and past hurts and pain, it's going to be extremely difficult trying to create and learn new behaviors that will stick and take form! So let's do that as well as adding In meditation!

Just in Case You Need by bullet point It Here's a recap with some bonuses!

- 1. Confide in God and invite the Holy Spirit to help you transform**
- 2. Ask God to Help You To Renew Your Mind and heal your mind from past traumas. Because an unhealed mind will go back and forth in cycles of old. So while you're meditating you'll also ask God to heal your mind from the generational trauma.**
- 3. I'd also ask him to heal you in your DNA because trauma is also in your DNA.**
- 4. Seek God For deliverance from strongholds and demonic oppressions in your mind will and emotions.**

- 5. Allow the Holy Spirit to lead you to the scriptures you will meditate on by asking him to do so! You will need him every step of the way!**

Ask him to fill you with his spirit if you've never been filled!
- 6. Study those scriptures and get the knowledge of them.**
- 7. Take courses as God leads you to help you along your journey of transformation and get the knowledge! Remember that the knowledge you get must align with the word of God because it's the word that will work for you!**
- 8. Repetition is the mother of skill so what you do over and over again will stick and build you to the place you want to go.**
- 9. Study on the knowledge of God because it will help you to know who he is and when you know who you serve you will walk in the power he has given you to pull down those strongholds**

10. Pull down the strongholds of lies, fears, doubts and unbelief or anything else you need to pull down. Use your words and tell each one of them I pull you down in the name of Jesus. You won't take residency in my mind any longer. I take authority over you in the name of Jesus. Also look up this scripture and quote it as you pull down every strong hold. Remember the blood still works.

11. Meditate every day and even at night before you lay your head down. But if this sounds overwhelming just start by doing 15 minutes every morning when you wake up.

12. You meditate by going to a secluded area, get you some soft Christian instrumental music.

13. Speak out loud and repeat the scriptures over and over.

14. See it over and over in image form every day!

- 15. Include thanksgiving in your daily practices and thank God that it's already done for you. Use conviction when you say it out loud**
- 16. Declare your new life and say I can do all things through Christ who strengthens me! Make other declarations that will activate your faith in what you're believing for.**
- 17. Create new habits that are slow but consistent for the next 21-30 days at the least. The things you do should align with the goal you're trying to attain. Ask the Holy Spirit to help you with these things.**
- 18. Don't try to do more than 3 things at a time unless God tell you to, or you'll be back at square one!**
- 19. Over time you'll see change so be patient with yourself and be kind to yourself in the process**
- 20. Enjoy the journey of becoming because it really is a marathon and not a sprint**

- 21. Do the work! Change isn't change until it is changed!**
- 22. Get accountability and join a group of women who are going where you want to go who will hold you up and help you to keep going.**
- 23. Give yourself grace but stay consistent**
- 24. Stay disciplined and ask the Holy Spirit to help you with discipline.**
- 25. You must stay diligent and never quit**
- 26. Be willing to get the knowledge about the area you wish to grow in because it will give you more confidence to walk into it!**
- 27. Be willing to get uncomfortable and be inconvenienced the majority of the time. Because change requires discomfort.**
- 28. Stay disciplined when your motivation dry up to keep you going so you don't quit. And when you feel a loss of momentum it's time to pivot what you're doing because it's not working. To get what will**

work you'll need to ask the Holy Spirit to lead and guide you into all truth.

29. Delay gratification so you can achieve your goals.

30. Change hurts and then once you see you're achieving your goals, you'll begin to appreciate the process!

31. Be willing to commit to the process and even write yourself a commitment letter!

32. Be patient because change doesn't happen overnight!

I'm so grateful that I was able to share this insightful and life changing information with you! When you change your mind, you can change the world and do great things for the kingdom of God!

- Start looking in the mirror and say change looks good on me!

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