



Five Common Weight Loss Issues and Challenges And You Can Overcome Them All

Challenge One: _____

Challenge Two: _____

Challenge Three: _____

Challenge Four: _____

Challenge Five: _____

What can you do to overcome fear of failure? _____

What does God say about your health? _____

What does the enemy say about your health? _____

What do you say about your health? _____

What excuses have you used to stop you from your success? _____

What is the golden key you can use to unlock all that has held you back? _____

How can you be consistent so you walk toward the destination you want? _____

For God has not given you a spirit of _____, but of
_____, and of _____ and of a
_____.