

Weight Loss Mistakes

THE 9 BIGGEST
Mistakes Health-Conscious
Christian Women Make
That Keep Them

**OVER
WEIGHT
&
OVERWHELMED!**

SPECIAL REPORT

Cathy Morenzie

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INTRODUCTION

As a Christian Woman, have you ever felt torn between your Christian values and societies expectations of what we should look like?

Have you ever felt that the pressure to look a certain way is not in alignment with who you believe God has called you to be?

Have you ever felt that because of your weight you're not properly reflecting God's glory?

Do you always feel like you're disappointing yourself and God because you can't do something as simple as eat healthy food or stop eating junk foods?

Or maybe you've struggling with wanting to look a certain way but you're not sure if you're being too vain?

If you've had any of these struggles, you're not alone. Christian women are struggling with there weight and health, and they can't understand why their faith is not working for them in this area of their life.

If you've been struggling with your weight for a short time or all of your life, read this quick report and see if you've been making any of these mistakes. If you have been, then be sure to sign up for our 21-Day, [Weight Loss, God's Way Challenge](#) that will help you to correct these mistakes and teach you how lose weight in a way that is in line with your values and beliefs.

MISTAKE #9

STINKIN' THINKIN'

“Watch your thoughts, they become words; watch your words, they become actions” ~ Unknown

It's impossible to think wrongly and achieve your healthy weight. One of the biggest mistakes that may be keeping you overweight is that you're putting all your emphasis on the physical aspects of losing weight like diet and exercise, but neglecting mental and spiritual aspects such as renewing your mind and your thoughts.

Despite having the best diet and workout routine, when your thoughts are not in alignment with who God created you to be, you will align with who society has conditioned you to be. Wrong conditioning will have us think and believe that we will never be good enough; that we will never measure up to society's standards and would need to spend countless hours in the gym trying to achieve the perfect bodies.

Diet and exercise are important but weight loss is just as much mental and spiritual as it is physical. If you want to start losing weight, begin to also practice renewing your mind. For one day, write down every time you catch yourself in your stinkin' thinkin' and replace it with scripture.

For example if you catch yourself saying “Why bother, I will only put the weight back on anyway,” immediately say ‘I am an over-comer’ - Romans 8:37 paraphrase. If you catch yourself saying “I'm a failure,” immediately say, “I have the victory.” - 1 Cor. 15-57. If you catch yourself saying, “I can't do it,” immediately say, “I CAN do all things through Christ who gives me strength” - Phil 4:13 instead.

Are you ready to learn new habits and skill-sets to replace your stinkin' thinkin' with the mind of Christ?

Join Us: [Weight Loss, God's Way](#)

MISTAKE #8

SURFACE SCRATCHING

“Until you understand why you do what you do, you will remain stuck.”

Until you can get to the root of why you do what you do, you will continue to be overweight and overwhelmed. Until you can understand why you want to exercise but end up on the couch watching TV or why you want to eat healthy but end up at McDonalds, you will never reach your weight loss goals.

Many Christian women make the big mistake of only scratching the surface of their weight issues. They focus on finding the right diet, doing endless hours of cardio on the treadmill or they believe that ‘if only I could be more disciplined’ then they would be successful at losing weight. Shallow strategies keep them feeling overwhelmed as they try to stay on top of each new fad diet or workout and figure out which (if any) will actually work.

To successfully lose weight you will need to understand that there are certain negative beliefs that you have about yourself, that keep you repeating your negative behaviors over and over again. You will need to understand weight gain is often related to deeper issues such as childhood traumas, poor self-esteem and limiting beliefs.

Ask yourself, what are the things that always upset you? Are people always getting on your nerves? Are you always over-burdened? Do people treat you like a door-mat? If you’re often feeling blue, why? Take some time to answer some of these questions and write down your answers. They will give you some insight into the root causes of why you’re struggling with your weight. We talk more about emotional eating in our 21-day challenge.

Are you ready to understand the deeper issues behind why you struggle with your weight?

Join Us: [Weight Loss, God’s Way 21-Day Challenge](#)

MISTAKE #7

CONTROL FREAK

“Let go, you were never in control anyway”

If you're a control freak, you need to know that it's getting in the way of your weight loss. Control freaks can get so consumed with losing weight 'the right way' that they often get overwhelmed with the process and end up sabotaging themselves. They also try too hard to control their calories and their exercise and once again, end up sabotaging themselves. This self-sabotage is a result of rebelling against themselves by bingeing or abandoning their weight loss regime. It's time to understand that control is a myth. Trying to control actually makes you out of control.

A controlling attitude is a character trait that many women have adopted in order to feel loved and accepted, but it is not who God originally created you to be. To successfully lose weight by letting go and letting God have control will mean:

- if you step on the scale and you don't lose weight, don't freak out — take some time and record what you think could have happened
- lower your goals - if you think you will lose 5 pounds per week then plan for 3 or 4 so you won't be too disappointed
- write down every time you hear yourself wining or complaining - this only adds more stress to your body and makes losing weight more difficult

Remember that the Christian walk is all about trust and submission. With all your attempts to control your weight loss, are you really in control?

If you're ready to give up control, click here: [Weight Loss, God's Way Challenge](#)

MISTAKE #6

AUTO PILOTING

*“Let us not look back in anger, nor forward in fear, but around in awareness.”~
James Thurber*

“I’m so busy!” This seems to be the mantra of so many Christian women. They pride themselves in getting a lot done every day but there’s a price to pay for constant busyness. Trying to get so much done in one day, forces you to do things out of habit without thinking about it. This big mistake forces women to live much of our lives on automatic pilot.

Living on automatic pilot means we are often not in control of the food choices we make. We grab something fast because we are in a rush, we eat because we have a craving for something, or someone gives us something to eat and we are too polite to say no. Most times, we’re so over-whelmed with our day-to-day living that thinking of our health does not even make it on our to-do list. Living like this feels like a never ending cycle and can leave us feeling so out of control.

For 1 day write down everything that you eat. Ask yourself, were you really hungry? How did the food made you feel after you ate — bloated, content, stuffed, sleepy or energized?

Are you ready to become conscious of your eating habits?

Join us: [Weight Loss, God’s Way Challenge](#)

MISTAKE #5

PEOPLE-PLEASING

“If I were still trying to please people, I would not be a servant of Christ.” ~ Gal 1:10b

Many Christian women have a natural gift of serving and giving but somewhere along the line, their gifts have morphed into the nasty habit of people-pleasing. In the case of weight loss, people-pleasing completely sabotages one's weight loss efforts because it's impossible put so much focus and emphasis on trying to please others while also trying to take care of your health.

People pleasers have let their fear of what others might think of them come before their fear of God which continually leaves them over-scheduled, over-committed, over-whelmed and over-weight. Because of their need to people-please they will say 'yes' to going to an unhealthy restaurant even though they don't want to. They will follow their friend's diet even though they really want to do their own thing.

To begin to learn how to stop people-pleasing try these baby steps:

- Do something for yourself today. You may feel like you're being selfish but do it anyway.
- Make a list of the things you don't want to do but do only because you feel obligated. Create a plan to give up one of those things on your list within the next week. Can you delegate it, politely tell the person you no longer want to do it. Maybe you can teach your children to make their own lunches or find someone else to go to the meeting.
- The pressure of being so many things to so many people is what contributes to your excess weight and poor health.

Want to learn more about how people-pleasing is affecting your

weight? Join us: [Weight Loss, God's Way Challenge](#)

MISTAKE #4

LONE-RANGER SYNDROME

“Accountability breeds response-ability” ~ Stephen Covey

Weight loss efforts tend to be a very isolating and lonely stronghold. No one wants their friends, family and loved ones to know how much they’re struggling so people tend to isolate themselves and try to solve their problems on their own. This mistake will make the difference between success and failure for so many women.

The truth is: Success at losing weight is never accomplished on your own. Your own motivation and will-power are great when you’ve got them but they don’t stay for long. These high emotional feelings are not sustainable. If they were, we would have reached our goals already.

As you go through challenges, you will need others around you who will motivate you, help build your integrity and show you how loved and cherished you are. They may give you a different perspective that you may be unable to see on your own and create a hedge of protection around you. Your support systems will also give you some the encouragement you need when you’re unable to motivate yourself.

Accountability partners, support systems and mentors are invaluable tools when you’re trying to lose weight. If you battle with weight challenges then you know that much of your suffering tends to be in silence.

If you’ve been a ‘lone-ranger’ on your weight loss journey, it’s time to get in a loving supportive community to encourage and support you on your journey. Who can you ask to be your accountability partner? Tell them what your goal is.

Don’t do it alone, join us: [Weight Loss, God’s Way Challenge](#)

MISTAKE #3

SHORT-SIGHTED

It's understandable to be focused on an ideal weight, after all, your goal is weight loss so you should have a specific number in mind. However, focusing on the number on the scale each week and each day is very short-sighted and it's one of the big mistakes that Christian women make when they're trying to lose weight.

Focusing solely on what you weigh will leave you feeling frustrated and very discouraged. The scale is not always an accurate reflection of the mental, spiritual and physiological changes that are also taking place.

Often times the number on the scale will determine the type of day that some women will have. If the number is not favorable, they will end up bingeing or sabotage themselves because of their disappointment. Unfortunately, the opposite result can also lead to negative consequences... Some women will step on the scale, lose a few pounds and feel that they deserve a treat for losing a few pounds. Refuse to let the scale determine they type of day you will have. It's not a reliable tool when used by itself.

To begin correcting this mistake right away, instead of focusing on the scale, make a list of other changes that are happening to you. Are you feeling more confident, are your clothes feeling looser, are you making better food choices, are you developing a more active lifestyle, is your trust in God increasing as a result, do you have more energy, can you now climb a flight of stairs without getting winded are you more grateful for your body and your health?

These are the type of measures that will leave you feeling inspired and motivated and in turn will help you release more weight. weight. When you're feeling stressed that you're not losing weight fast enough, it will only cause you to put on more weight. Remember stress leads to weight gain.

Want to learn more? Join us: [Weight Loss, God's Way Challenge](#)

MISTAKE #2

COMMITMENT COSTS

“Too many Christians have a commitment of convenience. They’ll stay faithful as long as it’s safe and doesn’t involve risk, rejection, or criticism. Instead of standing alone in the face of challenge or temptation, they check to see which way their friends are going.” ~ Charles Stanley

On a scale of 1-10 how strong is your desire to be in excellent health?

Now on a scale of 1-10, how committed are you to taking the actions to get in shape? How close are your two numbers? 10:5, 10:6 or if you’re really honest, 10:2?

Many women make the mistake of thinking their desire to lose weight is the same as their commitment and this keeps them in a frustrating cycle of overwhelm and frustration. Unfortunately, when your desire and your commitment levels are in conflict, it’s your commitment level that will invariably determine your results. Low commitment = poor results.

If you’re truly committed then ask yourself these questions: Are you willing to spend money on your health? Healthy foods, exercise, clothing, gym memberships, exercise equipment, and personal training will cost you. Are you willing to wake up earlier to exercise (or stay up later)? Are you willing to reduce or eliminate certain kinds of foods? Are you willing to trust the process regardless of what it looks like and how long it takes? Are you willing to change the way you think?

Reflect on areas of your health where you are not committed. What small changes will you make to increase your commitment level?

Are you ready to learn a strategy for commitment? [Weight Loss, God’s Way Challenge](#)

MISTAKE #1

POWER POPPERS

The number #1 mistake Christian women make that keep them over-whelmed and overweight is that they fail to consistently access their God given power that comes from the word of God.

Luke 10:19 Jesus says, “I have given you authority to trample on snakes and scorpions and to overcome all the power of the enemy; nothing will harm you.” And that’s just one of many scriptures that talks about the power we have in Christ.

Christians have access to incredible power and authority to overcome every stronghold they face yet they feel so powerless. Why? Surely we should be able to take authority over something so small as a piece of chocolate, right??

Yet, like a balloon, we feel deflated and powerless because we don’t believe in ourselves; we don’t believe we are worthy to access God’s power, and if we’re really honest, we may not even believe in God’s power. So we spend much of our life feeling confused, frustrated and overwhelmed, instead of feeling like an overcomer.

To begin correcting this critical mistake, regardless of how you feel, wake up in the morning and declare God’s word over your life, your health and all of your situations. As you move throughout your day continue to declare Luke 10:19. When you experience a food craving or you feel like you want to break your boundaries, declare Luke 10:19. And before you go to bed each night, reflect on your day, wipe the slate clean and declare Luke 10:19 again. Remember, whether you believe it or not right now is irrelevant. The bible says God’s word will not return until it has accomplished what it set out to do (Isaiah 55:11). So believe it and act ‘as if’ and it will over time become ‘as is’.

Are you ready to start accessing our God given power?

POWER POPPERS

It's the key to your healthy life and your strong walk with Christ. If this is truly your heart's desire then it's time to take the next step?

Join us now: [Weight Loss, God's Way Challenge](#)

Closing Prayer

Father, we thank you for the gift of health. Help us to be willing to do what seems impossible. Change our perspective so we can see our bodies and our health as a means to glorify you.

I pray for everyone reading this report. We seek You to meet, every unmet need. In the name of Jesus!

ABOUT CATHY MORENZIE

Cathy Morenzie, a noted personal trainer, author, blogger and presenter, has been a leader in the faith/fitness industry for over half a decade. Her impact has influenced thousands of people over the years to help them lose weight and develop positive attitudes about their bodies and about fitness.

Over the years, she has seen some of the most powerful and faith-filled people struggle with their health and their weight. She wondered how it was possible for people to exercise so much power and authority, and yet feel so powerless in the area of health and fitness? How is it that we have been given the power and authority to cast out demons, yet we can't stop ourselves from eating a piece of chocolate? Why do we struggle with so many issues around our weight such as emotional eating, physical inactivity, self control, guilt and feelings and low-self esteem?

Cathy Morenzie herself - a rational, disciplined, faith-filled, personal trainer - struggled with her own weight, with emotional eating, self-doubt and low self-esteem. She tried to change just about everything about herself for much of her life so she knows what it's like to feel stuck.

Every insecurity, challenge and negative emotion that she experienced was equipping her to help other people who faced the same struggles - especially women.

With her Healthy by Design books and programs Cathy has helped thousands to learn to let go of their mental, emotional and spiritual bonds that have kept them stuck and instead rely on our heavenly father for true release from our fears, doubts, stress and anxieties. She also teaches people how to eat a sustainable healthy diet and find the motivation to exercise.

Learn more at www.cathymorenzie.com

ABOUT CATHY MORENZIE

Connect with Me

Friend me on Facebook:

www.facebook.com/weightlossgodsway

Follow me on Twitter: twitter.com/cathymorenzie On

Instagram: [cathy.morenzie](https://www.instagram.com/cathy.morenzie)

Subscribe to my blog: cathymorenzie.com

What is the:

WEIGHT LOSS, GOD'S WAY CHALLENGE

Undercover what's really holding your weight release back and learn how you can use the power of your faith to overcome food temptations.

Knowledge alone is not power. Applied knowledge is. That's where the Weight Loss, God's Way Challenge comes in. It is the first step towards actually implementing the tools and concepts in this book into your day to day life.

In the Challenge I will work with you, to step you through each of the 21 principals in a loving and supportive group environment.

The 21-Day Challenge includes:

- **A copy of the Weight Loss, God's Way Devotional Book - Value \$14.97**
- **Light-hearted Daily Videos - Value \$97**
- **21 Professional Workout Videos - Value \$97**
- **A 21-Day Easy to Follow, Delicious and Nutritious Meal Plan - Value \$27**
- **A 21-Day Journal to Record your Progress and Your Prayers - Value \$14.97**

[Weight Loss God's Way Challenge](#)

WEIGHT LOSS, GOD'S WAY CHALLENGE

What are People Saying about the Challenge?

“I’ve lost another 6.2 pounds!”

“I have lost another 6.2 pounds this makes me 17 pounds from my last time and also my A1C is under control it is down to 6.2 and only have to take 1 metform a day thank you Jesus”

~Cathy Schlung - 21 Day Challenge Memeber

“I’m changing. I have a new attitude.”

As I saw myself in a glass mirror today at work, I said to myself. I love me. I’m changing. I have a new attitude. I am training hard, 5 - 6 days/wk and making better life-style health/eating choices. And I’m loving the process! I’m loving my life. I can finally say that. Not because I’ve reached my goals... but because I’m in the process, the trenches of achieving my goals. And that’s what I love!!! Ha! Thanks Cathy Morenzie I’m finally in that zone. God does answers prayers!

~ Dionne Grant- 21-Day Challenge Member

“It really pushed me to look inside myself”

Just finished the 21 Day Challenge and was so blessed by it! It really pushed me to look inside myself for the things holding me back and to then seek the Lord in receiving that break through! Thank you so much Cathy Morenzie!

~Dihann Meyers Rothman - 21 Day Challenge Member

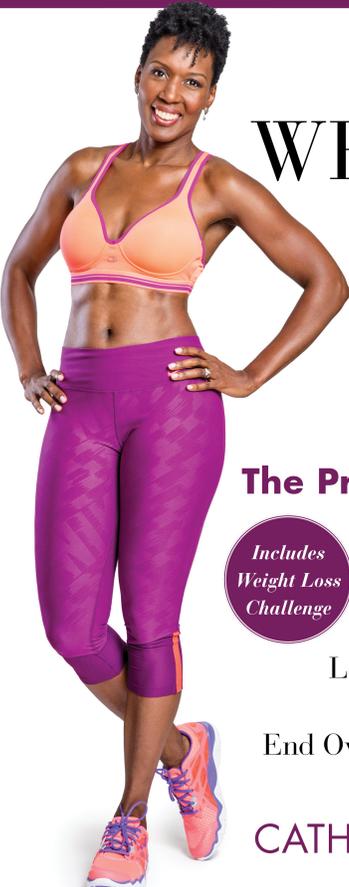
“I am seeing food and exercise in a new light.”

I just finished the 21 day challenge. Through Cathy’s book, the word of God, prayer and the Facebook community I am seeing food and exercise in a new light. I also was paired up with a wonderful accountability partner. It’s good to have someone to help you stay focussed. I lost 7 pounds during the challenge and would encourage you to give it a try.

~ Jean Paris- 21-Day Challenge Member

BOOKS BY CATHY MORENZIE

HEALTHY BY DESIGN



WEIGHT LOSS, GOD'S WAY

The Proven 21-Day Weight Loss Devotional Bible Study

Includes Weight Loss Challenge

Lose Weight for Life
Deepen Your Faith
End Overwhelm & Doubt

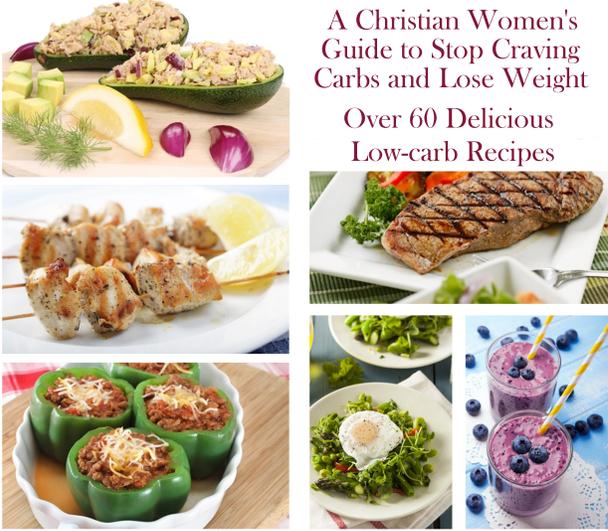
CATHY MORENZIE

HEALTHY

by *Design*

21 DAY MEALPLAN

A Christian Women's Guide to Stop Craving Carbs and Lose Weight
Over 60 Delicious Low-carb Recipes



Cathy Morenzie



HEALTHY
by *Design*
REFLECTIONS
of **GOD'S LOVE**



**A CHRISTIAN
WEIGHT LOSS
DEVOTIONAL**

Includes
Weight Loss Prayers
Shares and Declarations

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Weight Loss Devotional Series

Receiving God's
Love



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