

SHIFT #5 - YOU ARE HEALTHY BY DESIGN

We saw the Nephilim there (the descendants of Anak come from the Nephilim). We seemed like grasshoppers in our own eyes, and we looked the same to them.” Numbers 13:33

Because I am created in the image of God I ...

Examples:

- Wake up each day and spend time with my Father
- Hydrate my body by drinking water all day long
- Walk for 15 minutes each day
- Eat healthy fruits and vegetables
- Nurture my friendships
- Make my bed
- Show my husband honor and respect
- Do not let the opinion of others alter my perception of self
- Keep my body limber and flexible
- Do not contaminate my body with processed foods

Now create your own list. Make it as long as you wish. Remember, these are not rules. This is aligning with who you were created to be.

Share your anchor scripture in the [Private Facebook Group](#).