

A close-up photograph of a hand reaching up towards a golden key hanging from a white string. The key is positioned just above the hand's fingers, creating a sense of tension and focus. In the background, other keys are visible hanging from strings, but they are out of focus. The background is a solid, dark blue color.

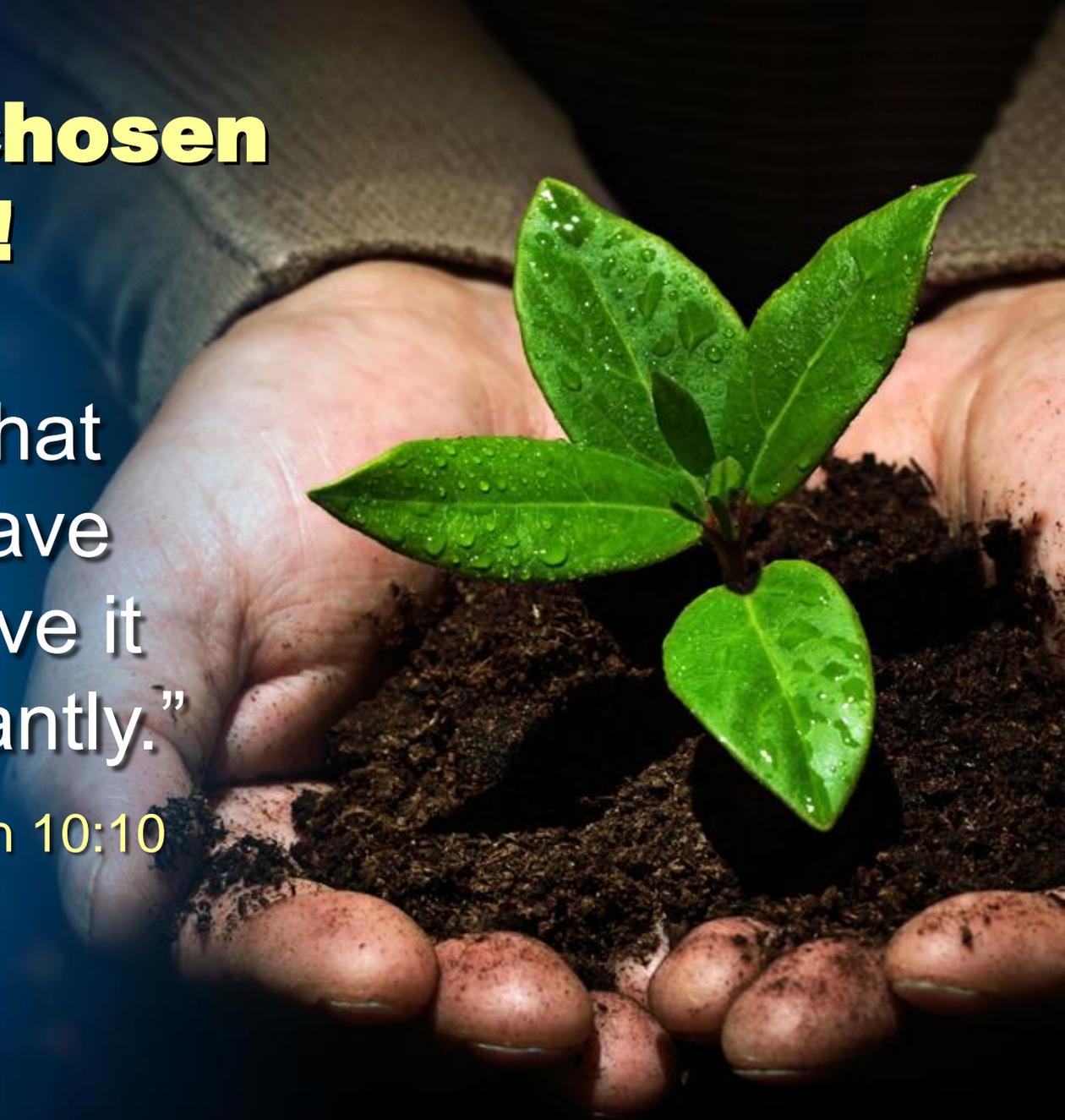
Keys to Victorious Living

Staying the Course

You have chosen God's plan!

“I am come that
they might have
life, and...have it
more abundantly.”

John 10:10



Your brain is being re-wired as you think new thoughts, practice a healing lifestyle, and exercise trust in God.





**Intentional
positive choices
restore your
brain and body.**

Freedom Keys

- ✓ Creating an Environment
 - Internal:* your outlook
 - External:* your surroundings
- ✓ Creating a Lifestyle
- ✓ Creating Connections
 - God and others



“Experiences,
thoughts, actions,
and emotions
actually change
the structure of
our brains.”

John Ratey, MD. User's
Guide to the Brain, p. 17.



Growth Building Blocks

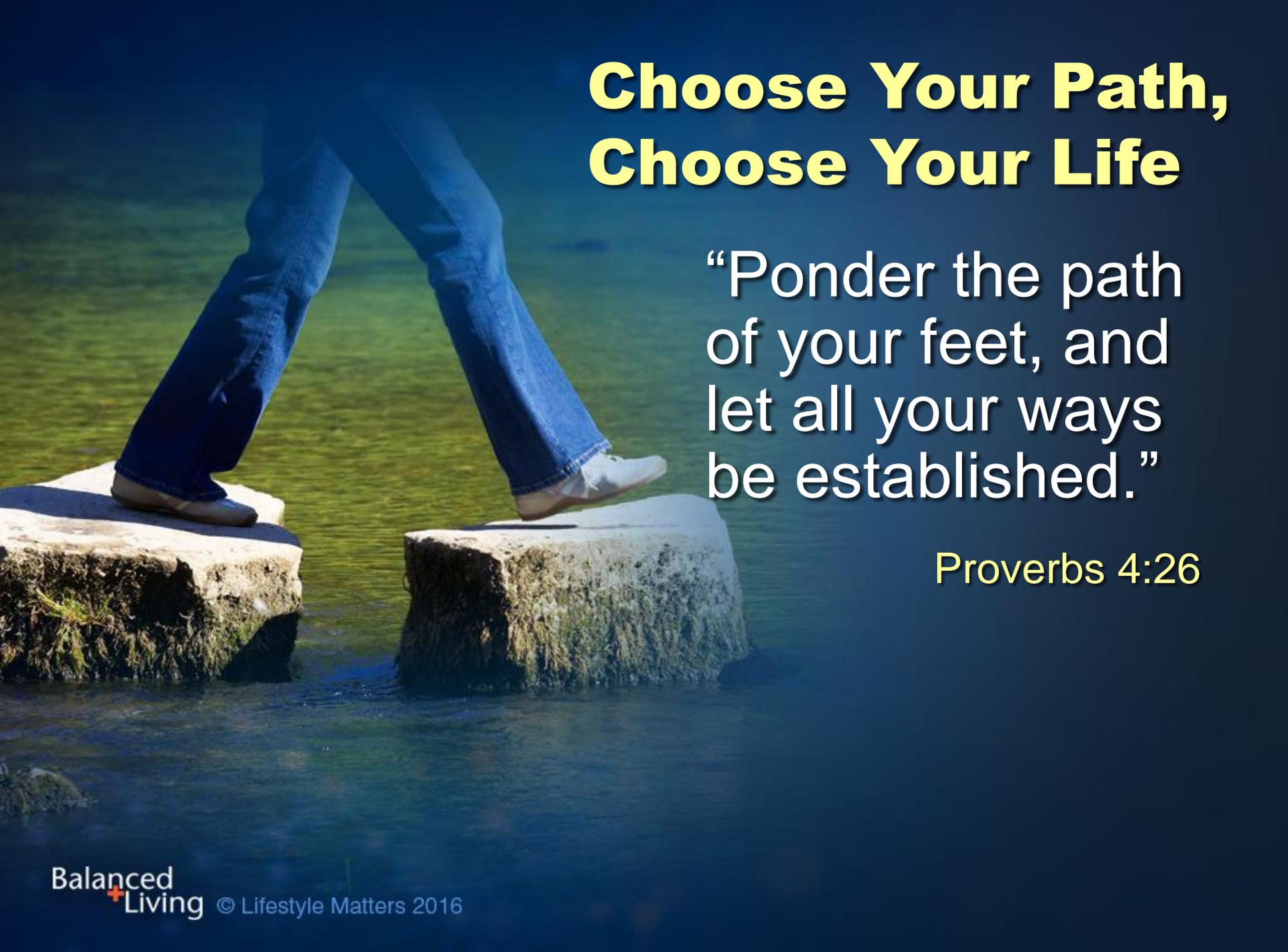
1. Get your goals in order
2. Internalize and practice
3. Mindset matters
4. Build positive relationships
5. Connect with God

UPGRADE



1. Get Your Goals in Order





Choose Your Path, Choose Your Life

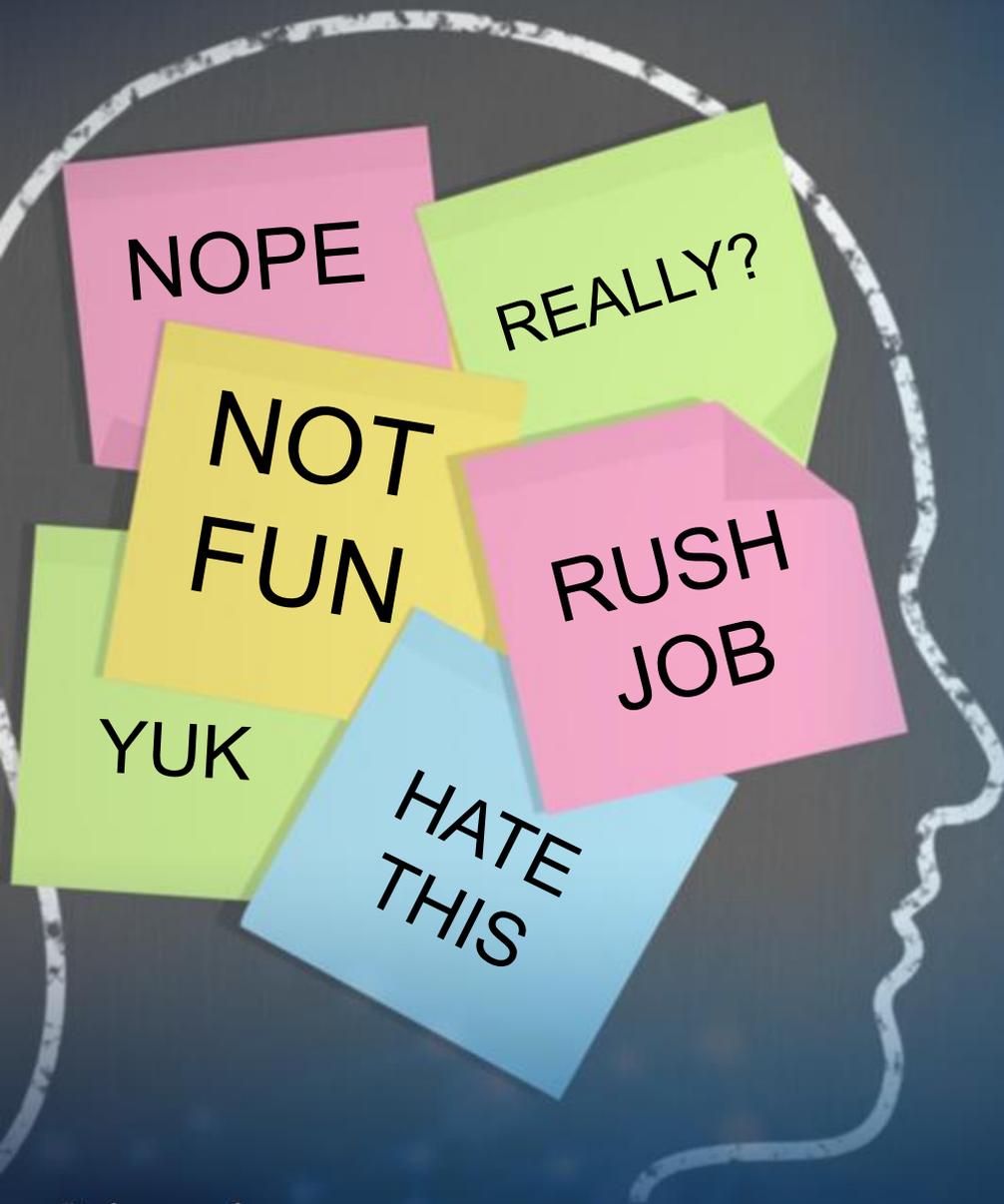
“Ponder the path
of your feet, and
let all your ways
be established.”

Proverbs 4:26

A list is a great starting point to:

- ✓ Create a new template for growth and change
- ✓ Organize choices and priorities for daily practice





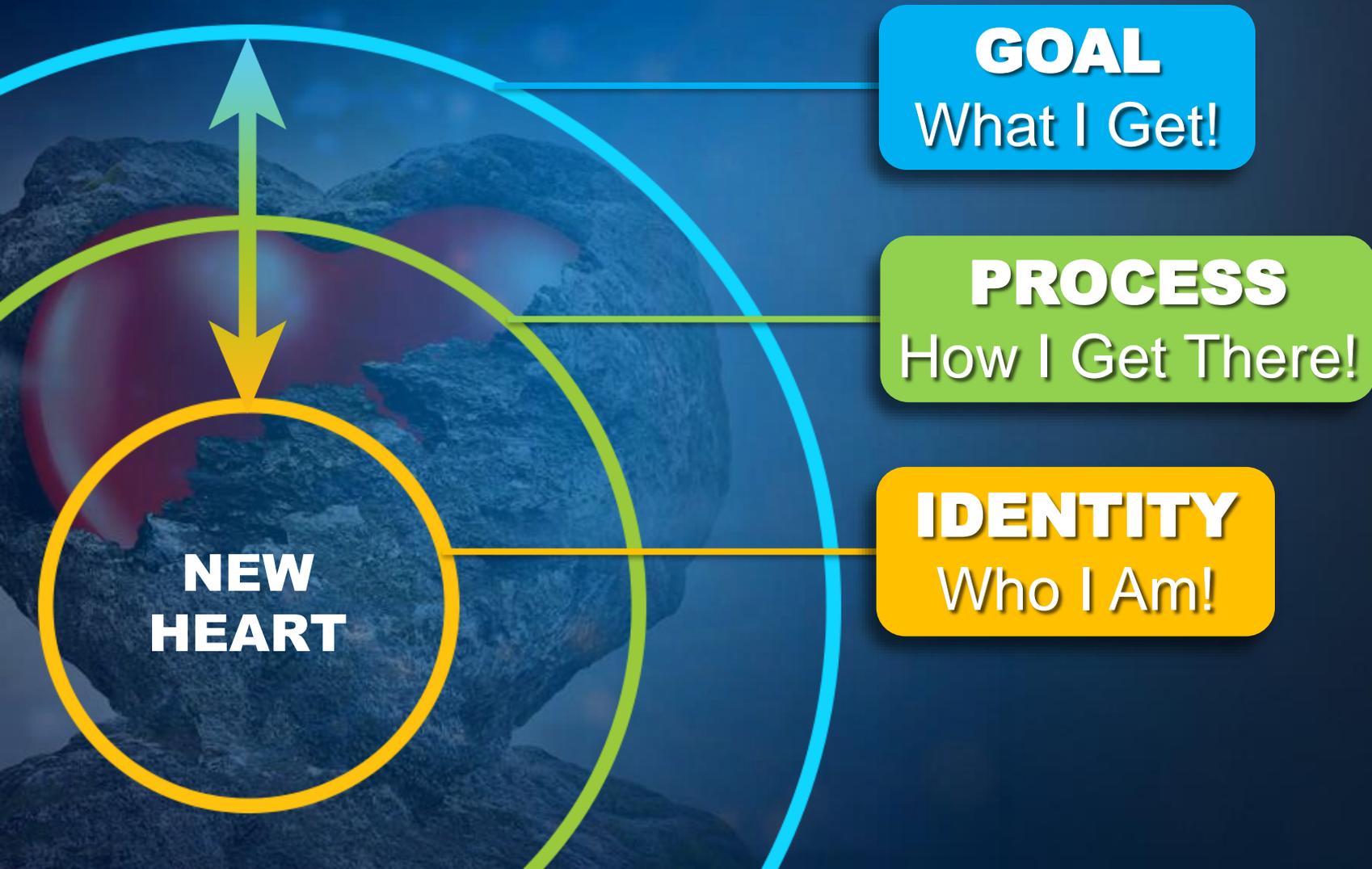
Your list or your life?

Even the best list
can become a
burden until it
becomes a part
of you...



With time and practice, it becomes a joy, not a job to live life-building principles.

You Are What You Repeat



“All true obedience comes from the heart. It was heart work with Christ. And if we consent, He will so identify Himself with our thoughts and aims...”



“that when obeying
Him we shall be but
carrying out our own
impulses.”

Desire of Ages,
p. 668

As positive choices become part of you:

- ✓ They become automatic
- ✓ They become core values, not just beliefs



As positive choices become part of you:

- ✓ If you fall, you know how to get up and try again
- ✓ Your values have become a life, not a list



2. Internalize and Practice



Practice Healthy Choices:

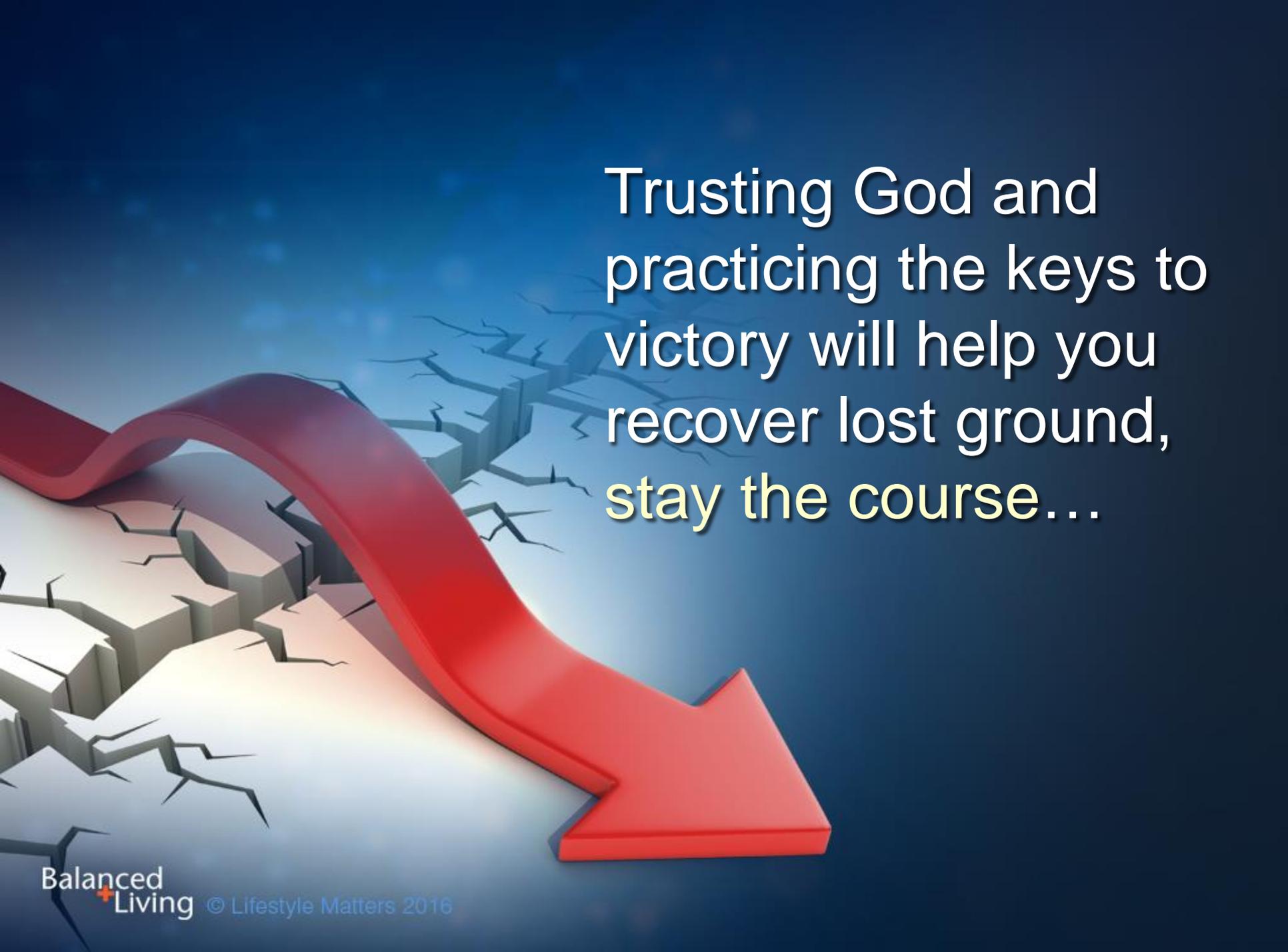
- ✓ Morning
- ✓ Noon
- ✓ Night





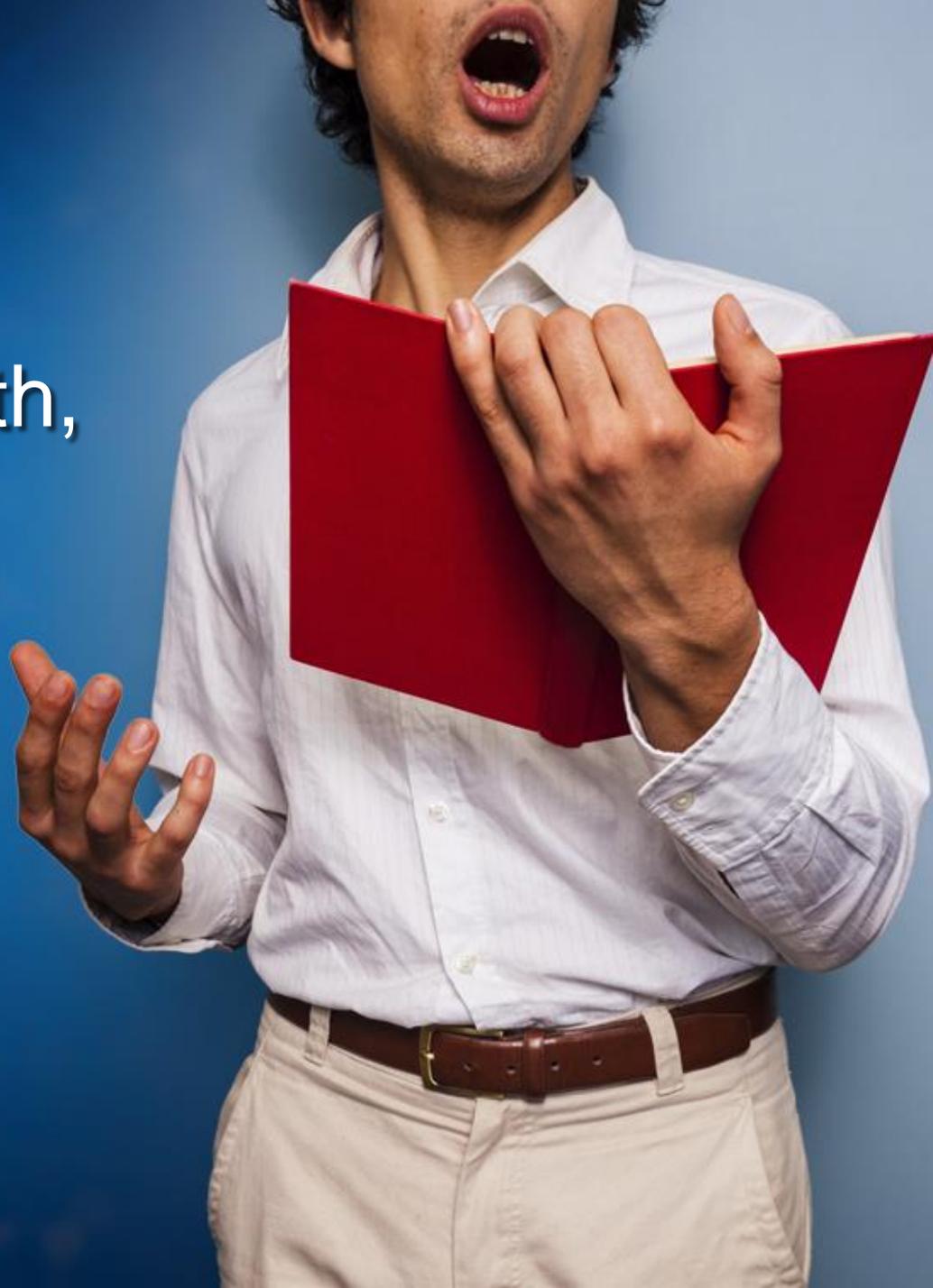
“It is so easy to overestimate the importance of one defining moment and underestimate the value of making small improvements on a daily basis.”

Atomic Habits.
James Clear, p.15



Trusting God and practicing the keys to victory will help you recover lost ground, stay the course...

...and sing a new
song in life—
growing in strength,
obedience, and
purpose as you
move forward,
turning setbacks
into comebacks!



A close-up photograph of a young woman with dark hair, smiling warmly at the camera. She is holding a clear glass of water in her right hand. The background is a soft, out-of-focus blue and white gradient.

You will need
determination,
prayer, and a plan—
but your body and
brain will daily
respond to healthful
lifestyle changes.

3. Mindset Matters



**Attitude is
everything**





Expect challenges.
Successful people
are not mistake-
free—they just
refuse to give up.

Don't let yesterday's
reason become
today's excuse.

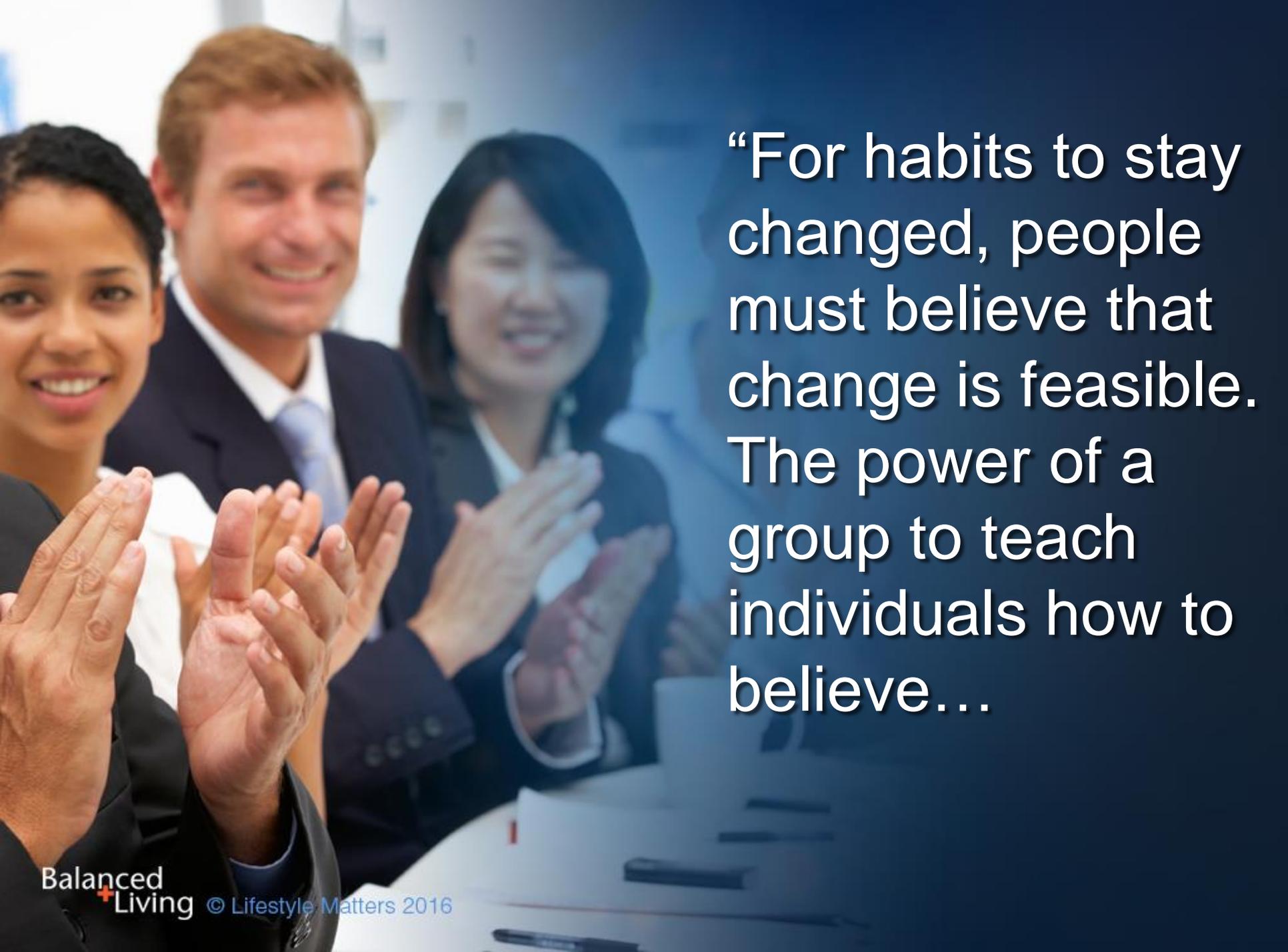


- ✓ **Recognize** negative attitudes, thoughts, and feelings
- ✓ **Replace** with positive promises from God's Word
- ✓ **Refuse** to dwell on past mistakes or future fears

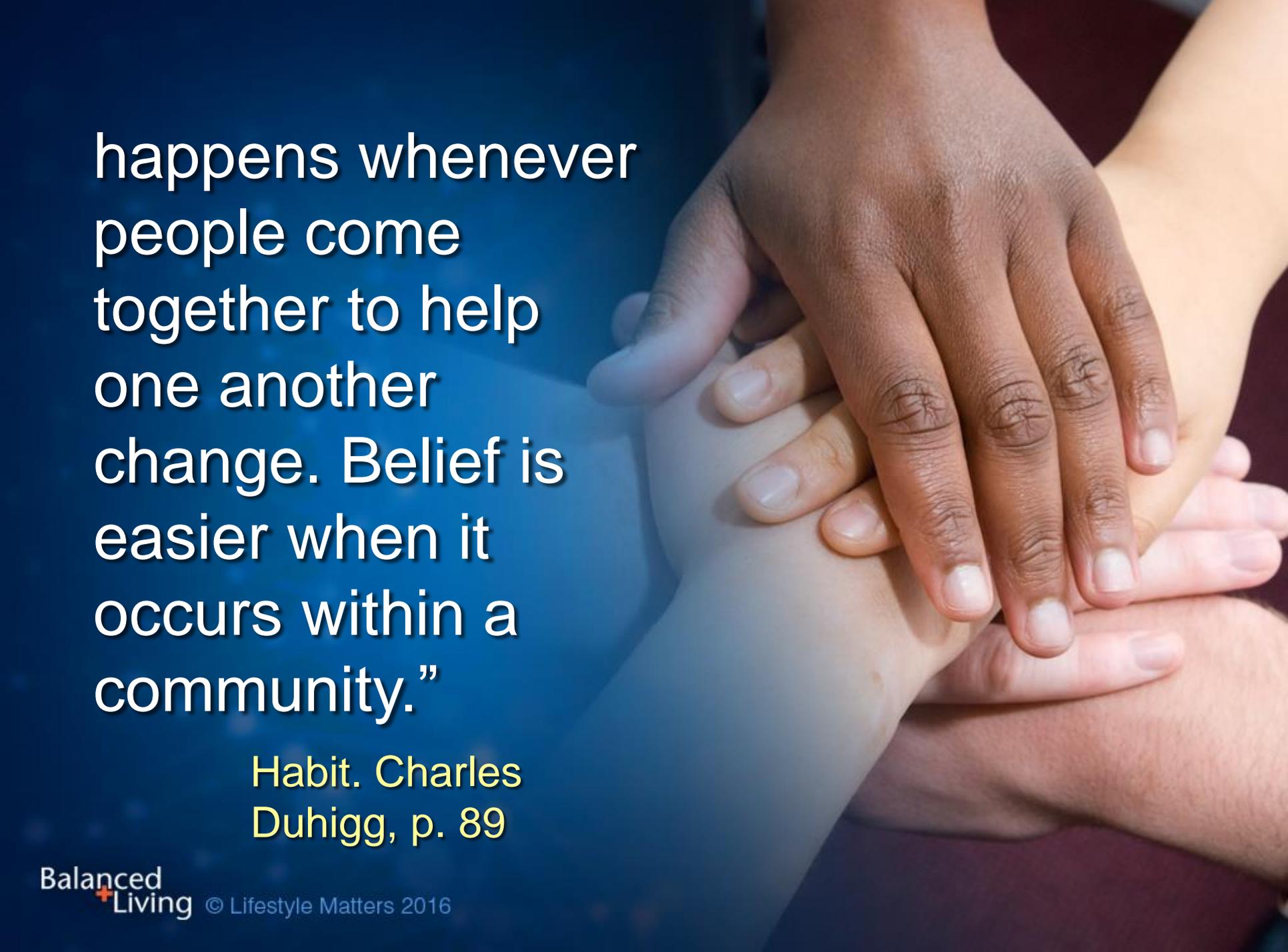




4. Build Positive Relationships



“For habits to stay changed, people must believe that change is feasible. The power of a group to teach individuals how to believe...”



happens whenever
people come
together to help
one another
change. Belief is
easier when it
occurs within a
community.”

Habit. Charles
Duhigg, p. 89

Jerry Shiel at a LifeStyle Matters training





LifestyleMatters.com

Working construction in Canada

























5. Connect With God





Knowledge is
half the battle—
but it's only half!

“Knowledge imparts
information, but
not the power to
execute.”

Mencius





“The plan of redemption provides for every emergency and for every want of the soul.”

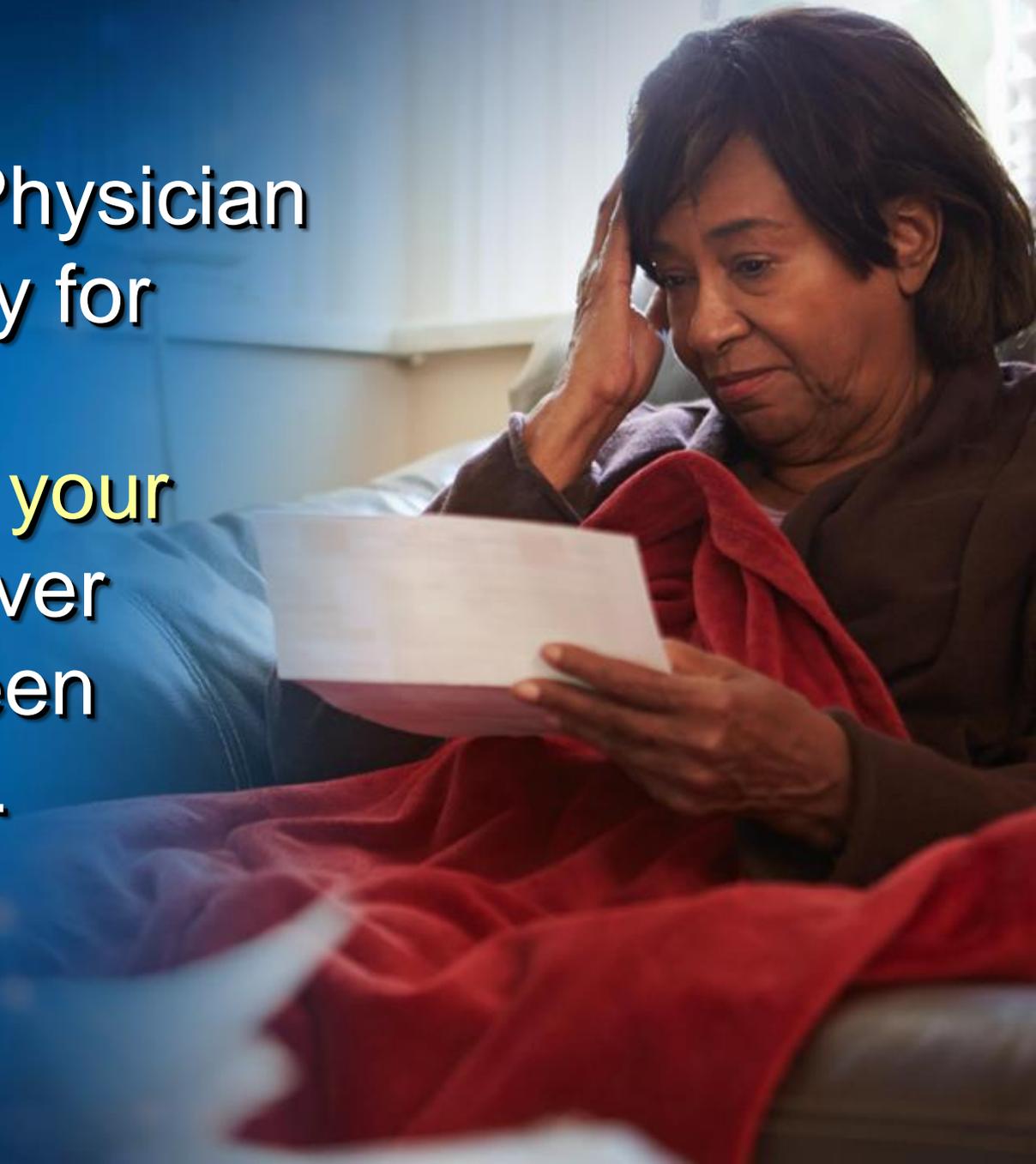
In Heavenly Places, p. 38

“I will remove
your stony heart
and replace it
with a heart
that’s God-willed,
not self-willed.”

Ezekiel 36:26



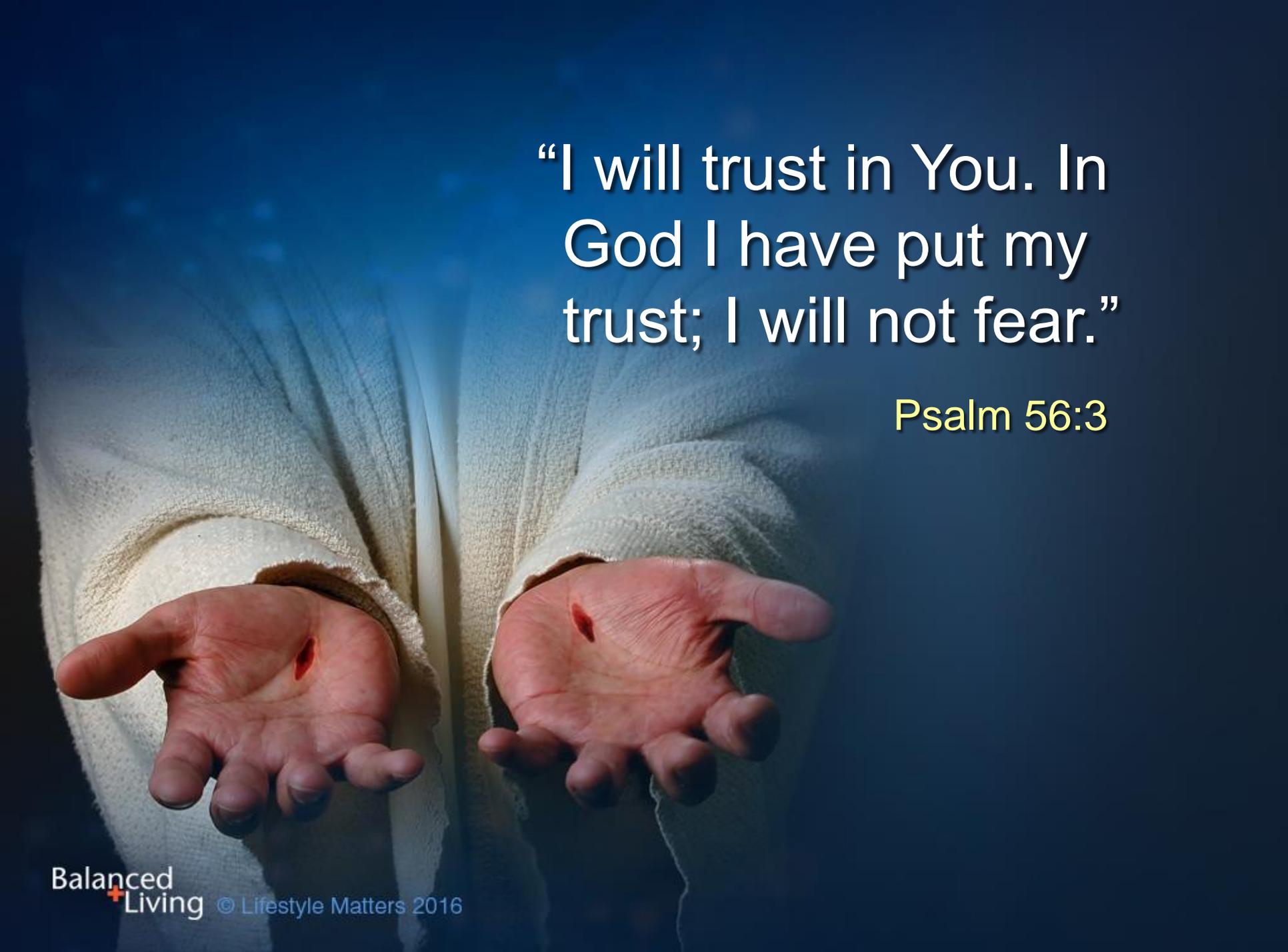
“The Great Physician
has a remedy for
every ill. He
understands your
case. Whatever
may have been
your errors...



“He knows how to deal with them.
Will you not trust yourself to Him?”

Our Father Cares, p. 40





“I will trust in You. In
God I have put my
trust; I will not fear.”

Psalm 56:3

God Invites You To:

1. Trust Him with your daily life and present situation.
2. Allow Him to calm and lead you.
3. Spend time in His Word to learn to trust Him more.
4. Devote time to prayer.

Create Connections: God

Connect with God and *He* will:

- ✓ Forgive you
- ✓ Create new desires in you
- ✓ Empower you
- ✓ Guide you
- ✓ Save you

Create Connections: God

Connect with God and *You* will:

- ✓ Learn from mistakes
- ✓ Mature in His character



NEW
LIFE

START

Create Connections: God

Connect with God and *You* will:

- ✓ Walk in His love
- ✓ Grow in His grace
- ✓ Rejoice in His salvation

A close-up photograph of a person's hands, seen from the side, forming a heart shape. The hands are silhouetted against a bright sunset or sunrise sky, with the sun low on the horizon. The person's face is partially visible on the right side of the frame, looking towards the heart. The overall mood is warm and romantic.

“That Christ may
dwell in your hearts
by faith...being
rooted and
grounded in love.

Ephesians 3:17

Like a pine sapling
that grows stronger,
sturdier, and bigger
with each passing
season...



You will gain strength of character as you walk with God through every circumstance of life.

SUCCESS

JESUS

A photograph of a long, straight asphalt road stretching towards a bright sunrise on the horizon. The sun is low, creating a lens flare and casting a warm glow over the scene. The sky is filled with soft, golden clouds. On the left side of the road, there is a green rectangular sign with a white border and the word "SUCCESS" written in bold, white, sans-serif capital letters. The word "JESUS" is painted in large, white, stylized capital letters on the asphalt surface of the road, positioned in the lower half of the frame. The road is flanked by green fields and a fence line in the distance.

“He who overcomes shall inherit all things... Behold, I am coming quickly... The time is at hand.”

Revelation 21:7; 22:7, 10



alamy®

Images © Alamy
www.alamy.com

Images used in PowerPoint presentation are part of the presentation and not to be used out of context of the presentation, may not be used as stand-alone images unless to promote the presentation/event, and may not be resold in singular form or as part of an image library. Images are © Alamy and presentation templates and content therein are © MISDA, any other usage requires written permission from both parties.

Scripture quotations used in *Balanced Living PowerPoints* are taken from Bibles in the Public Domain which have no USA copyright restrictions. We have indicated which version each quotation is taken from as follows:

KJV - King James Version

BBE - Bible in Basic English

WEB - World English Bible

DBY - Darby's Translation

Any scriptures not otherwise noted are the author's paraphrase of one of these versions.