

The Seekers Method

~Phase I~

	DAYS 1-7	2	PHASE I/WK1	4	6			
Food Prepped and week planned out Reference FB group for what to expect day by day IN UNIT 6-UNITS section Consider taking before pics (Changing your fuel source workshop gives tips on this)	DAY ONE! Write out goals; APPTAT your day. Plan your week! Get REST! Prioritize God! 1 Chronicles 16:11	*Phase I Spiritual Thought Model Re-watch if needed *On Ramp: PHASE I PREP: SUMMARY OF A SEEKERS DAILY/WKLY HABITS * Romans 12:2	Install Hormone Horoscope Have you planned for your cycle this month? Plan more food/treats and GRACE for your cycle! 1 Peter 4:2	Ref FB group for what to expect day by day-UNIT 6 learning. You're not dieting. You're seeking. Which means NO WILLPOWER. Seek HIS power. Zechariah 4:6	Observe your thoughts. Journal where you feel God wants you to question your thinking. Philippians 2:5	How do you want to feel on Monday? Proud of your weekend or regretful? 2 Timothy 1:7 Look this up and lean INTO Him!	What are your food plans this wknd? Food weaknesses? Pray! ALSO SHOP/PREP/PLAN. You can have excuses to quit or reasons to SUCCEED! Deut. 30:19	
Food Prepped and week planned Reference FB group for what to expect day by day. NEW OBSTACLES to plan for? Write them down and plan! Reach out b/c we can help!	DAYS 8-14 8 Write your goal weight/date daily. KNOW what you do today affects this week/month/year goal. 1 John 2:16	*Changing your fuel source Seek Gods strength; not your own. Matthew 6:24-25	10 Galatians 5:16 Look up this scripture and ask yourself: How can I begin to do this with my food choices?	PHASE I/WK2	12 James 4:17-what have you learned about this scripture What is SIN in your life right now based upon this scripture?	Have you been weighing yourself? Commit today to NOT doing it daily. Identify dates and just do it then. Romans 7:15-20	14 *Get the vision! You'll love this workshop but you MUST DO IT! Proverbs 29:18	
Food Prepped and week planned Are you doing the work in this program? Skipping Time with God will keep you stuck DIETING.	DAYS 15-21 16 Are you seeing Evidence of God? Document it! Praise Him for it! 1 John 2:16	*Food bondage James 4:17. (Has the power to change your life) James 1:22-25	Are you using APPTAT? Writing your 4 circles? See daily for all scriptures for APPTAT.	PHASE I/WK3	18 *Phase II Prep Video Isaiah 59: 1 & 13 Galatians 5:16	When is your period? Did you install the Hormone Horoscope app? Revelation 3:19	20 How are you like King David? 2 Samuel 11:1 from the Food Bondage workshop	You're nearing the end of Phase I. Get ready. Dig deeper! 2 Corinthians 12:10
By now you should have good habits formed. Discipline yourself if you're slipping This is the time MANY want to quit.	DAYS 22-28 22 Observing any 'dieters' thoughts? Take it to God! Make time for this weeks workshops There's A LOT that God wants to reveal to you. Do the work! Make time. Philippians 4:13 & 2 Corinthians 12:9	Matthew 6:5-6 & Matthew 6:16-18: Dive into the content this week. It will change you if you let it! *The Hidden Key; Spiritual Fasting A LOT OF WORK	24 Matthew 6:16-18 again! Pray and trust that this will work. But only if you've been obedient w/your food.	PHASE I/WK4	26 Begin tracking your mood next to your food. This will serve you in Phase III. Psalm 147:6	Luke 14:11 Do you see that you might need a bit more humility in your life? Where might Pride be floating around in your life?	28 Where do you need to clean up your life? TV shows? Music? Cheating on your food plan? Bad influences? PHYSICAL Disciplines have Spiritual Blessings 1 Peter 5:8	
	DAYS 29 & 30 30 Have you watched the Phase II Prep video? Are you READY to step into Phase II? Have you determined HOW you will transition into Phase II and what you will add to your menu? Deuteronomy 2:3 that we had spent enough time wandering about in those hills and that we should go north.	Romans 12:2. Read it. Believe it. Walk toward it!						