


## 7 days fasting and prayer guide

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Gts/Shutterstock.com Want you to fit into your skinny jeans next weekend? You totally can! Just eat breakfasts, lunches, dinners and snacks (yes, there's still room for snacks!) set out in this plan of healthy eating for the next seven days. You will drop pounds quickly without feeling like you are starving all the time. And for even better results, combine these delicious dishes with this fat burning workout routine. Download a nutrition plan that will help you lose weight in seven days! More on Women's Health: 11 Weight Loss Tricks for BeginnersThe Time You're Likely to Destroy Your DietFall Foods, which make you gain weight This content is created and maintained by a third party, and imported to this page to help users provide their email addresses. You may be able to find more information about this and similar content on piano.io Today is National Day or Prayer, and no matter what religious affiliation you have (if any), there is no doubt that there are many benefits to prayer. In fact, over the years researchers have studied the effects of prayer on the body and found some pretty surprising results. Read on for the five best ways prayer or spiritual connection can help your health - no matter to whom or what you pray to! 3 Health benefits of prayer 1. Manage your emotions. According to a 2010 study published in the journal Social Psychology quarterly, prayer can help manage and express emotional pain, including illness, sadness, trauma, and anger. 2. Reduce asthma symptoms. A study last month by researchers at the University of Cincinnati found that urban teens with asthma experience worse symptoms when not using spiritual coping like prayer or relaxation. 3. Reduce aggression. A series of studies cited in the Personality and Social Psychology Bulletin from Ohio State University showed that people who provoked abusive comments from a stranger show less anger and aggression soon after if they prayed for another person after the account. Think about it the next time someone cuts you off in traffic! In addition, those who pray regularly have been found to have lower blood pressure, less headaches, less anxiety and fewer heart attacks! Jennifer Walters is THE CEO and co-founder of healthy lifestyle sites, FitBottomedGirls.com and FitBottomedMamas.com. A certified personal trainer, lifestyle and weight management trainer and group exercise instructor, she also has a master's degree in health journalism and regularly writes about all things fitness and wellness for various online publications. The opinions expressed by the participants of the entrepreneurs are their own. The only way to improve your life is to make choices that will make your life better. It's tempting to think that you need to make radical changes in trying to shake things up and improve everything at once. But the reality is that these are the little things that add up and have a huge impact on us. If you really want to start improving your life, start small but steps that you can build on over time. Take on new and exciting activities, but start slowly so you don't get overwhelmed. Soon, you will begin to see your life improved by taking steps that will help you build knowledge, improve trust and engage in activities that make you feel healthier and more connected to your inner self and others. Here are seven steps to help open your mind, relieve stress and remind you of what is really important in life. Start today, and in just seven days you will begin to notice small but profound improvements in your life. Start learning new skills. What have you always wanted to learn but never found time? Maybe you've always wanted to learn to speak a foreign language, play an instrument, knit or use a sewing machine. You may wish you had practical skills like Photoshop or Excel tables, but never made the time to learn it. Or you might want to consider taking up activities you used to enjoy but gave up on how to learn roller skating or skiing. Choose something that nibbles into the back of your mind and come up with a plan to learn it. Next, look for the resources you need to help you master this new skill. To learn a foreign language, there are a number of apps available for download. LinkedIn Learning offers a variety of tutorials to help you with business, management and software tools. YouTube is another great resource, offering free tutorials for everything from learning Rollerblade to using a sewing machine. Set aside 15-30 minutes each day to work on a new skill, and see how awesome it feels to start chipping away at this bigger goal. Related: 20 lucrative skills you can learn for less than \$202. Give yourself a reward every day. One of the greatest self-service tips located far away at the beginning of the episode is Twin Peaks, courtesy of agent Dale Cooper: Every day, once a day, give yourself a gift. Don't plan, don't wait, just let it happen. It can be a new shirt in a men's store, a cat's wash in an office chair or two cups of good hot black coffee. Too often, people are fixated on the idea that reward itself should be a large, rare event, limited to special occasions; that it should be pre-planned and earned hard work. The truth is, it doesn't have to be this way. You don't need to push yourself to deserve something good. In fact, it is much healthier to engage once in a while (in moderate doses, of course) rather than constantly living in deprivation. Providing yourself with a little treatment every day will give you an extra boost of happiness and positive motivation. Consider it the emotional equivalent of pressing a button to upgrade. So instead of burning, you'll be updated and ready to solve your daily problems Start an exercise program. Exercise is not only an important part of a healthy life; it is also a great way to improve your mood, maintain control over your weight, suppress appetite appetite reduce the effects of stress. And as the ultimate incentive, people who exercise live longer and healthier than those who have a sedentary lifestyle. The Department of Health and Human Services recommends getting at least 150 minutes of moderate aerobic activity or 75 minutes of vigorous aerobic activity per week, or a combination of the two. If you don't get that activity level now, it's time to start doing something about it. No matter what your fitness level is, you can start a home exercise program. First, assess your fitness level, taking into account your basic level of fitness. Then think about what your goals are. Want to lose weight, increase flexibility, adjust muscles? Do you hope to train for a marathon or another fitness challenge? Set clear goals so you can gauge your progress. You should aim to include strength training of all major muscle groups in your fitness routine at least two days a week. Try to make exercise a daily habit. Start slowly and work until more rigorous exercises over time. Related: 5 companies where you can exercise while working4. Declutter your environment. Whether you are a fan of Marie Kondo's approach of decluttering, asking yourself if the item sparks joy, you have to recognize that living in an orderly and clean environment is a great way to improve your life. This can reduce feelings of stress and help you work more efficiently. Without interfering with the environment creates a sense of lightness and satisfaction in your home and office life. The neat and tidy space allows you to perform daily tasks more efficiently because everything is easily accessible and you know where to find what you need. Removing clutter is also physically healthier because it removes dust particles that accumulate on all things we never use. And the decluttering process can give you a sense of accomplishment. You will be proud of your environment, which means less anxiety or embarrassment when visitors drop in. Related: Your office isn't big enough for clutter and performance5. Make a bucket list. Bucket list (a list of things you want to do before you kick a bucket) is a great way to provide clarity about what's important in your life. Bucket list can be regardless of the length you want it to be, and it can include both short-term and long-term goals that you want to achieve. This list is an important step towards improving your life because it can help you see what is most important to you. The ultimate goal of the bucket list is to help you make the most of each day. Instead of letting your days float in a blur, use a bucket list to give your purpose to life, focus and direction. It can help you determine what kind of experience you want to have, and help you achieve what you want to achieve. If you have Have a list you should start with these adventures by exploring your world and building memories that make you smile every day6. Resist fear. We all have fears. Fears can help keep us alive and safe. But But can also hold us back, especially if we allow them to control us. Take the time to determine your fears. Some fears are valid, but others are just deep-seated anxieties. Separate real fears from the worst-case scenarios that you have let out of control. When we face our fears, we build courage and learn to overcome these dark thoughts. Working through your fears, you develop wisdom. Some of our fears may come true, but living through adversity helps us gain insight. Even if the worst happens, we can learn to overcome. Understanding our fears helps us develop compassion for others. We can put ourselves in other people's shoes and empathize with what they're going through. And most importantly, facing your fears will help you build resilience and perseverance. If you are faced with your fears, you have learned to overcome obstacles. You have learned that you can succeed even in difficult circumstances. Related: 9 ways to conquer fear and realize your true potential7. Reuniting with an old friend. There's nothing like the joy of being reunited with an old friend. Sometimes we allow space and time to stand between us and those we cherish. Sometimes friendships fall away or become muted, not because of any sense of apprehension or malice, but because we are busy and do not make an effort to maintain those connections. But when we kindly establish old friendships, we reunite with our past. And you may find that these connections are still stronger than ever; that you can pick up things right where you left off. Old friends can remind you of who you were before life became more complicated, and this can help you see who you want to be in the present. They can awaken the old dreams and desires you once had. You may have gone beyond these old ambitions. Perhaps these old desires are no longer valid. If so, the friends we have had forever can help us assess how far we have come and remind us how far we still have to go. Go. 7 days fasting and prayer guide pdf

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