

Presenter
Christen Adolfi

Christen is a real estate agent, artist and Creationist speaker, but her primary goal is to help people gather a strong array of evidence that in this vast universe, He knows your name! He's got this! She believes that physical, emotional and spiritual health comes from believing in the deepest parts of our soul that He CAN and He WANTS to do what you need Him to do!

Christen graduated from Oswego State with a BA in Russian. She's been married to her husband John for 21 years - loves hiking, languages, and accordion music, but her great passion is to use nature and the Bible to proclaim her favorite verse that "it is the Father's GOOD pleasure to give you the kingdom!" (Luke 12:32)

My hope for you...

I wish for you HOPE! I wish for you INSPIRATION... for that spark to light again that this isn't all there is to life or health!

I wish for you a willingness to be out of your COMFORT Zone! I pray that some part of you will be horrified of settling for the default of becoming a frail, elderly woman! I wish for you a fight in your soul and a fun, new belief to take root that if "THEY" can do it then SO CAN I!!!

Christen

**Changing
Your
Life**
Christen Adolfi



Attitude

Take the 365-day Gratefulness Challenge

- Write 1-3 things every morning that you were grateful for and at least one thing each night that went well that day, or one person you did a good deed for or made smile

One woman’s story: I was feeling really down. I knew in my head I had it good but I really wasn’t enjoying life! I started seeing a nun who did life-coaching and counseling. She told me the secret to happiness was reflection and gratitude. She asked me to write something down each evening about my day that I was grateful for. *It really amazed me how quickly I began to notice things that I otherwise would have missed.* I remember sitting on my bed one night and realizing that the little moments I was thinking through were really special and if I had not taken the time to notice them they would be lost forever. I decided to take the idea further and bought a beautiful photo album. I took one photo daily of something I was grateful for. *Seeing and celebrating the good in my life affected not only the way I felt spiritually and physically but it improved my relationships with others too.*

Listen to high quality spiritual food

- Nancy Lee Demoss Wolgemuth’s “Revive Our Hearts” daily program (online library of written or audio versions)

Create a “Construction Zone”

- Write down your dreams, goals and inspirational quotes & photos are in front of you.

Track Your Progress

- Get a white board or \$10 piece of “shower” board from Home Depot to dream, brainstorm and track your progress toward goals.

Weekly Check-ins

- Ask yourself every week - What am I going to regret in 10 years not doing? And then do something every day towards it.

Start a Happy Book!

- Buy a blank, unlined journal and start a happy book :)

Food Resources

Internet

- ForksOverKnives.com sign up for inspiring emails
- Dr. John McDougall’s videos on any problem you have and how its reversible on YouTube

Documentaries and Books

Watch any of the awesome health movies out there!

- ▶ What the Health
- ▶ Vegucated
- ▶ Supersize Me
- ▶ Read Ministry of Healing
- ▶ Forks Over Knives
- ▶ Fat, Sick and Nearly Dead
- ▶ Hungry for Change

Food changes

- Set small baby steps.
- Give up soda and switch to just water for one month.
- Make sure 1/2 to 3/4 of every meal are fruits or vegetables.
- Try one new recipe a month.
