

DON'T QUIT... YOU'RE WORTH IT

FAITH. FITNESS. FREEDOM
| RENEWING YOU FROM THE INSIDE OUT



VICTORIOUS TELEO

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Thank you !!!

Introductions

Welcome, Warrior Woman.

You're here on purpose. This is not just another guide it's a divine invitation to pause, reset, and remember:

You are worth fighting for.

This 8-Day Journey is more than workouts or willpower; it's about aligning your mind, body, and spirit with the truth of God's Word.

Maybe you've tried diets that didn't last. Maybe you've battled emotional eating, shame, or guilt. Maybe you've started over more times than you can count.

But this time, you're not doing it alone.

"Do not give up, for in due season we shall reap if we do not lose heart." — Galatians 6:9

These next 8 days are designed to give you a taste of what's possible when faith meets action. You'll receive inspiration, truth, and practical tools to help you renew your mind, strengthen your body, and anchor your identity in Christ.

"You are fearfully and wonderfully made..." — Psalm 139:14

"Your body is a temple of the Holy Spirit..." — 1 Corinthians 6:19-20

Each day will invite you to:

- Reflect on God's promises
- Release shame and fear
- Rebuild healthy habits spiritually and physically
- Reignite your purpose

This isn't about perfection, it's about progress through the power of the Holy Spirit. You won't just read... you'll rise.

When these 8 days are over, don't stop. The journey continues with the full 30-Day "Don't Quit... You're Worth It" Faith & Fitness Journal a deeper path to deliverance, discipline, and lasting transformation.

So take a deep breath, Daughter of God.

This is your fresh start.

Don't quit... because you're worth it.

With faith and freedom,

Your Sister in Christ

Victorious Telee

Day 1: The Real Battle – It Starts in the Mind

📖 Scripture: “Do not conform to the pattern of this world, but be transformed by the renewing of your mind.” — Romans 12:2

Devotional Thought:

The real battlefield isn't your body, it's your mind. The lies, the doubts, the silent war of shame and comparison these are the chains that often keep us stuck. You may think the fight is against food, fatigue, or your weight. But the truth is, the enemy's first attack is on your thoughts. Because if he can defeat your belief, he can distract your purpose.

Maybe you've told yourself:

- “I'll never lose this weight.”
- “I always fail.”
- “I'm not disciplined enough.”
- “What's the point in trying again?”

But God says:

“You are more than a conqueror.” — Romans 8:37

“You are His workmanship, created for good works.”
— Ephesians 2:10

Sister, this journey is not about being skinny it's about being strong in spirit and free in Christ. You are not defined by the scale, the past, or your struggle. You are defined by the Word of God.

True transformation starts when you renew your mind daily with truth not trends. The more you speak life over yourself, the more you'll see change manifest in your actions, health, and habits. Your mindset must shift before your waistline ever will.

Reflection Questions:

Take time to write or reflect on these in your journal.

1. What thoughts have you believed about yourself that don't align with God's truth?
 2. In what ways have you allowed fear, shame, or perfectionism to hold you back?
 3. What truth from God's Word can you declare over your life today?
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Faith Declaration:

"You are more than a conqueror." — Romans 8:37

"You are His workmanship, created for good works."
— Ephesians 2:10

Daily Action Step:

Write down 1 lie you've believed and replace it with 1 scripture truth.

Post it somewhere visible. Speak it out loud every morning this week.

Day2 :The Spiritual Side of Weight Struggles

📖 Scripture: “Man shall not live by bread alone, but by every word that proceeds from the mouth of God.” — Matthew 4:4

Devotional Thought:

Weight struggles often go deeper than food. Behind every craving can be a spiritual hunger, a longing for peace, comfort, control, or love. The truth is, many of us don't just eat to live... we eat to feel better. Emotional eating isn't about weakness; it's a misplaced coping mechanism.

Have you ever:

- Reached for sweets when feeling stressed?
- Overeaten because you were lonely, bored, or overwhelmed?
- Punished yourself with food or restricted it to feel in control?

These aren't just physical patterns. They're spiritual battles. The enemy tempts us, just as he did Jesus, by saying, “Turn these stones to bread.” But Jesus didn't respond with willpower. He responded with the Word.

Your greatest hunger can only be satisfied by God. He is the Bread of Life. When you feel empty, don't run to the fridge, run to your Father.

Fasting, prayer, and meditating on Scripture aren't just religious habits, they are powerful weapons. Fasting disciplines the flesh. Prayer renews the mind. Scripture fills the soul. These tools remind your body that your spirit is in charge.

Reflection Questions:

Take time to write or reflect on these in your journal.

1. What emotions most often trigger unhealthy eating patterns for you?
 2. How have you sought comfort in food instead of God?
 3. What would it look like to fast not just from food but from negative thinking or emotional triggers?
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Faith Declaration:

"I do not live by food alone. My comfort comes from Christ, my strength is in the Spirit, and my soul is fed by God's Word. I will no longer feed what God is trying to heal."

Daily Action Step:

Write down 1 lie you've believed and replace it with 1 scripture truth.

Post it somewhere visible. Speak it out loud every morning this week.

Day 3 : Speak Life to Your Body

📖 Scripture: “The tongue has the power of life and death, and those who love it will eat its fruit.” — Proverbs 18:21

Devotional Thought:

What have you been saying about your body?

“I hate how I look.”

“My body is disgusting.”

“I’ll never be healthy.”

Words are seeds. If you keep speaking death over yourself, you’ll start living out those declarations. But if you start speaking life, even before you see change, your body, soul, and spirit will begin to align with the truth.

Your body hears everything your mind believes.

And your mind is trained by what your mouth says. So stop waiting until the weight is gone to speak love over your reflection. Speak God’s truth now:

- “I am fearfully and wonderfully made.” (Psalm 139:14)
- “God’s Spirit lives in me.” (1 Corinthians 3:16)
- “I am being renewed day by day.” (2 Corinthians 4:16)

You are not your stretch marks, your scale number, or your past failures. You are God’s creation, His daughter, His warrior, His vessel of glory.

When you speak life, you agree with heaven.

And heaven’s words never return void.

Reflection Questions:

Take time to write or reflect on these in your journal.

1. What negative words have you spoken over your body that you need to renounce?
 2. What would it sound like to bless your body with truth instead of cursing it with shame?
 3. What is one scripture you can speak aloud every morning?
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Faith Declaration:

"I bless my body today. I will no longer speak death over myself. I speak life, health, and wholeness in Jesus' Name. My words will build, not break. My mouth will align with God's truth."

Daily Action Step:

Stand in front of a mirror today. Look yourself in the eyes and speak three affirmations out loud, such as:


"I am loved."

"My body is healing."

"I am getting stronger, inside and out."

Write them on a sticky note and place it where you'll see it daily on your mirror, refrigerator, or desk.

Day 4 : Grace Over Guilt – Let Go of the Shame

 Scripture: “Therefore, there is now no condemnation for those who are in Christ Jesus.” — Romans 8:1

Devotional Thought:

How many times have you started strong and then slipped up, binged late at night, skipped a workout, or gave in to old habits?

The enemy whispers, “See? You’ll never change.” But God says, “Get up, My daughter. There’s grace for that.”

Guilt keeps you stuck. Grace gets you moving again.

Shame makes you hide. Grace draws you near. You weren’t called to be perfect, you were called to persevere.

This journey is not about flawless performance. It’s about faithful progress. One step. One choice. One day at a time.

Let go of the “all-or-nothing” mindset. You don’t need to punish yourself for yesterday’s mistake, you need to partner with God’s mercy and start again today.

Reflection Questions:

Take time to write or reflect on these in your journal.

- 1.What moment from your health journey still brings you guilt or shame?
 - 2.How would it feel to invite God's grace into that moment?
 - 3.What truth can you choose to believe when you feel like giving up?
-


Faith Declaration:

"I am not condemned. I am covered by grace. I release guilt and receive God's mercy. Each day is a new opportunity to grow, and I will not give up."

Daily Action Step:

Write a letter to yourself from God's perspective. Start with "My Daughter..." and write out what you believe He would say to you after a setback. Keep it with you for when guilt tries to return.

Day 5 : Discipline Is Deliverance – Not a Punishment, But a Path to Freedom

 Scripture: No discipline seems pleasant at the time, but painful. Later on, however, it produces a harvest of righteousness and peace for those who have been trained by it." — Hebrews 12:11

Devotional Thought:

Discipline is not a dirty word.

It's not about punishment, it's about purpose. It's not God trying to deprive you, it's God teaching you how to walk in freedom.

Maybe you've associated discipline with restriction:

- "I can't have that."
- "I have to do this."
- "It's too hard."

But what if discipline is the very tool God is using to deliver you from cycles that have kept you bound?

- From emotional eating.
- From laziness rooted in fear.
- From giving up when things get uncomfortable.

Discipline is a spiritual weapon.

It helps you crucify the flesh, renew your mind, and grow into the woman God destined you to be.

The truth is, discipline hurts... at first. But then it heals.

The pain you feel today is not punishment, it's the birthing of a new you.

Reflection Questions:

Take time to write or reflect on these in your journal.

- 1.What area of your health journey is requiring more discipline right now?
- 2.How have you viewed discipline, negatively or positively?
- 3.What “freedom” are you asking God to birth in you through this process?

Faith Declaration:

“I embrace discipline as a gift from God. I choose consistency over comfort. I am not being punished, I am being prepared for freedom, wholeness, and purpose.”

Daily Action Step:

Identify one small discipline to commit to today. It could be skipping a sugary snack, doing a 15-minute walk, or saying a Scripture aloud instead of negative self-talk.

Write it down and do it with joy!

Day 6: It Starts in the Mind – Take Every Thought Captive

 Scripture: “We take captive every thought to make it obedient to Christ.” — 2 Corinthians 10:5b

Devotional Thought:

Every journey, physical or spiritual, starts in the mind.

Before you lift a weight, step on the treadmill, or choose a healthy meal... **a thought is formed.**

And that thought matters.

Because **your thoughts shape your actions**, and your actions shape your life.

Have you noticed the war in your mind?

- “I can’t do this.”
- “I always fail.”
- “I’ll never lose the weight.”

These are not your thoughts, they're lies from the enemy designed to keep you bound.

But you have the authority, through Christ, to take them captive and replace them with truth.

You are not weak.

You are not defeated.

You are not defined by your past or your pain.

You are a daughter of God, equipped with the mind of Christ.

When you renew your mind daily with the Word, your body will follow your belief.

Reflection Questions:

Take time to write or reflect on these in your journal.

1. What negative thought has been cycling in your mind this week?
 2. What Scripture truth can replace it?
 3. How can you take a stand mentally today before you take a step physically?
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Faith Declaration:

“My mind is being renewed daily by God’s Word. I take every thought captive and make it obedient to Christ. I am not my thoughts, I am a new creation in Christ, walking in purpose.”


Daily Action Step:

Write down one lie you’ve believed about your body, health, or identity.

Then, underneath it, write the truth of what God says.

Speak the truth aloud today every time the lie comes back.

Day 7: Your Body Is a Temple – Learning to Steward, Not Shame

 Scripture: “Do you not know that your bodies are temples of the Holy Spirit, who is in you, whom you have received from God? You are not your own; you were bought at a price. Therefore honor God with your bodies.” — 1 Corinthians 6:19-20

Devotional Thought:

Your body is not a burden.

It is not a mistake, a disappointment, or something to be punished into perfection.

It is a temple.

It carries the Spirit of the living God.

This truth changes everything.

No longer do we pursue health to fit into a mold.

We pursue it to honor the One who dwells within us.

God doesn't want you obsessing over your body.

He wants you stewarding it in love, feeding it with wisdom, moving it with joy, and speaking over it with grace.

When you stop shaming your body and start stewarding it, you invite God into your health journey.

And He doesn't just change your weight He transforms your worship.

Reflection Questions:

Take time to write or reflect on these in your journal.

- 1.What have you believed about your body that doesn't align with God's Word?
 - 2.How can you begin to see your body as a temple today?
 - 3.What does honoring God with your body look like this week?
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Faith Declaration:

"My body is a temple of the Holy Spirit. I will not shame it will steward it. I am not my own; I belong to God, and I choose to honor Him through how I care for this vessel."


Daily Action Step:

Stand in front of a mirror and speak life over your body.

Thank God for your legs, your heart, your breath.

Then, choose one small way to honor Him today whether it's a nourishing meal, a walk, or restful sleep

Day 8: Finish Strong – This Is Only the Beginning

 Scripture: “Let us run with perseverance the race marked out for us, fixing our eyes on Jesus, the pioneer and perfecter of faith.” — Hebrews 12:1-2

Devotional Thought:

You’ve come so far physically, mentally, and spiritually.

But this is not the finish line; it’s a new beginning.

Every step you’ve taken, every struggle you’ve faced, every truth you’ve embraced is building endurance not just for a 5K, a weight goal, or a number on a scale but for life.

The race of faith and health is ongoing.

It requires perseverance, patience, and power from Jesus, your strength and guide.

When you fix your eyes on Him, the distractions fade, the discouragement lessens, and the impossible becomes possible.

You are not running this race alone.

Your worth is not measured by your speed or size, it is secured by the One who made you, loves you, and will never quit on you.

Reflection Questions:

Write or reflect on:

1. What is one victory you celebrate from this 8-day journey?
 2. How will you continue this path of health and faith beyond today?
 3. What promise from God will keep you motivated when challenges arise?
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Faith Declaration:

"I run this race with endurance, fixing my eyes on Jesus. He is my strength, my hope, and my victory. I will not quit because I am worth it, and my best days are ahead."

Daily Action Step:

Write a commitment statement for yourself. Include how you will continue caring for your mind, body, and spirit. Keep this statement visible as a daily reminder of your worth and your journey.

Keep Going: Your Next Step

Thank you for joining this 8-Day journey with Don't Quit... You're Worth It.

If you're ready to dive deeper and commit to transforming your life from the inside out, I invite you to explore the 30-Day Faith, Fitness & Freedom Journal.

Partnered with Victorious Teleo, Kingdom author and entrepreneur, this journal will guide you daily with scripture, encouragement, and practical tools for lasting change.

Don't Stop Now Your Destiny Awaits!

This isn't just about transformation; it's a spiritual revolution that will redefine your life and ignite a legacy for generations to come. The breakthrough you've started is God-ordained and it's time to step fully into the power and purpose He's called you to.

Unlock the next level of your journey with Victorious Teleo's life-changing tools books, journals, courses all crafted to equip, empower, and align you with your God-given destiny.

Don't just survive thrive! Take action now. Visit Victorious Teleo's website and claim your divine inheritance today. www.victoriousteleo.com