

THE ESSENTIALS OVERVIEW

We are excited that you have started your journey toward better health through *The Daniel Plan*. By incorporating the Daniel Plan Essentials: Faith, Food, Fitness, Focus and Friends, you will learn to make healthy choices that will transform your health.

The most important benefit of following *The Daniel Plan* is that you will develop the energy necessary to fulfill your God-given mission here on Earth. The Bible says God wants us to, “*Live full lives, full in the fullness of God*” (Ephesians 3:19). In fact, the Bible says God will help you, “*far more than you could ever, imagine or guess or request in your wildest dreams! He does it not by pushing us around but by working within us, his Spirit deeply and gently within us*” (Ephesians 3:20).

The Daniel Plan is a practical lifestyle program, designed to help you achieve health in every area of your life. It’s a gracious approach, encouraging you to take things one step at a time as you move steadily toward better health. You will quickly discover that small changes equal big results! As you follow the plan you will be focusing on *The Essentials*:



FAITH

“I can do all things through Christ who strengthens me.”

Philippians 4:13 (WEB)

God is the power and the energy behind all transformational change and that includes making the lifestyle choices necessary for you to become healthy. As you follow *The Daniel Plan*, you will discover that you have a part to play in getting healthier, but God will energize your efforts.



FOOD

“So whether you eat or drink, or whatever you do, do it all for the glory of God.”

1 Corinthians 10:31 (NIV)

The Daniel Plan is about abundance; not deprivation. You will be invited to eat delicious whole foods that bring vitality and energy to your body and mind. Each healthy choice you make fuels your progress and motivates you to stay the course.



FITNESS

“Do you not know that your bodies are temples of the Holy Spirit ...

Therefore honor God with your bodies.”

1 Corinthians 6:19a, 20b (NIV)

At *The Daniel Plan*, we believe the most effective form of exercise you can do to achieve abundant health is the one that you will actually do. We encourage you to discover movement that you will enjoy and repeat. Most importantly, have fun doing it!



FOCUS

“Do not conform to the pattern of this world,

but be transformed by the renewing of your mind.”

Romans 12:2 (NIV)

In a world where so many distractions compete for your attention, it is more important than ever to focus on God's plan and priorities for your life. Express your gratitude to God and make the choice to dwell in God's goodness; consistently reflecting on his truth and promises.



FRIENDS

“Two people are better off than one, for they can help each other succeed.”

Ecclesiastes 4:9 (NLT)

When it comes to getting healthy, two are always better than one. The Bible says God created the universe in such a way that we need each other. One of our foundational beliefs is that “every body needs a buddy”. We truly get better together.

The Daniel Plan offers practical solutions to improving your health physically, spiritually, relationally and emotionally. The powerful synergy of The Essentials combined with the support and encouragement of friends offers you exponential growth beyond just one essential alone. Integrating The Essentials can lead to a whole, healthy life that helps you love fully, serve joyfully, and ultimately equip you to live out your calling.

Encouraging you as we take this journey together,

Dee Eastman and The Daniel Plan Team