

The 90-Day Run

Growth • Renewal • Purpose

A Journey Toward Transformation

This 90-day plan is about more than self-improvement — it is about transformation.

It is an intentional journey created to help us break free from guilt, bondage, hopelessness, and unhealthy habits. It is about stepping out of the cycle of living stuck and walking into a life marked by clarity, discipline, faith, and purpose.

This run is not just about changing what we do.

It is about changing how we think, how we move, how we respond, and how we show up.

It is about choosing:

Freedom over bondage.

Purpose over confusion.

Growth over comfort.

Discipline over delay.

Foundation Scripture

Suggested Scripture:

Galatians 5:1, 8-10, 13-14, 16-24

This scripture reminds us that freedom is not just something we talk about — it is something we have to walk in. Growth requires us to recognize what has been holding us back and make the choice to no longer return to the same patterns that kept us bound.

Renewing the Mind

Before growth happens around us, it must first happen within us.

That means confronting old thought patterns, letting go of limiting beliefs, and making the daily decision to renew our minds. Real change does not begin with what people see on the outside. It begins with what we allow God to transform on the inside.

Our thoughts matter.

Our habits matter.

Our discipline matters.

Our attitude matters.

Our perspective matters.

If we want different results, we have to be willing to think differently, move differently, and live differently.

Suggested Scripture:

Romans 12:2-3, 6-8, 12-21

Choose Yourself

The first step is simple, but powerful:

Choose yourself.

As the saying goes:

“If the plane is going down, you have to put the oxygen mask on yourself first.”

You cannot truly show up for others if you never take the time to heal, grow, and become whole yourself.

Choosing yourself is not selfish — it is necessary.

When you become healthier, stronger, wiser, and more grounded, you are better equipped to love, lead, serve, and support the people who matter most.

Day One Starts With Intention

Day one does not begin when you feel fully prepared.

Day one does not begin when you finally come up with the “perfect” plan.

Day one begins the moment you decide to live intentionally — to stop drifting and start moving with purpose.

You do not have to have everything figured out to begin.

You just have to be willing to start.

The Process Matters

The people we admire most did not become great overnight.

They grew through persistence, discipline, setbacks, faithfulness, and the willingness to keep going even when it was uncomfortable.

What set them apart was not perfection.

It was their commitment to the process.

It was their courage to begin.

It was their discipline to continue.

It was their faith to believe that transformation was possible.

The Call

The future favors the bold.

So let's make this season worthwhile.

Let's commit to the work.

Let's embrace the process.

Let's renew our minds.

Let's break old cycles.

Let's choose discipline.

Let's walk in purpose.

Let's become better — one day at a time.

Video link below , by Dr. Eric Thomas helped me get on the other side of this mindset switch.

<https://www.youtube.com/live/nxDzc453Cuk?si=J7RyjiImDPpUfusu>

[https://podcasts.apple.com/us/podcast/apoc-ministry/id1448489948?
i=1000773611634](https://podcasts.apple.com/us/podcast/apoc-ministry/id1448489948?i=1000773611634)

Same video one is a podcast one is an YouTube video. Wait for prayer at the end

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