

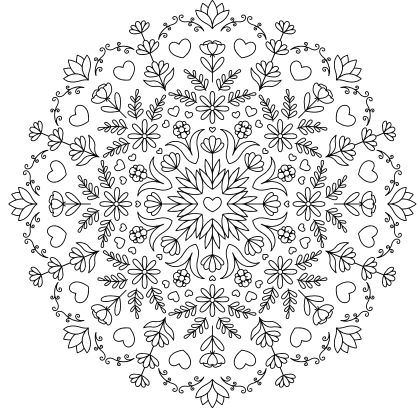


rooted

*a 30-day faith-based wellness
devotional*



By Susan
Founder, Plants and Seeds



Hi, it's Susan

You've spent years caring for everyone else.
Raising families. Supporting others. Holding it all together.
And somewhere along the way, maybe your own health
slipped to the bottom of the list.

ROOTED is a gentle, faith-filled 30-day devotional created for
women in midlife who are ready to come back to themselves
without shame, extremes, or starting over yet again.

Each day includes:

- A Scripture-based devotional
- Space for your personal application and prayer
- Practical wellness encouragement
- Tending the Roots, an honest reflection from me, written
woman to woman, from lived experience

This is not about perfection.

It's about nourishment.

It's about strength.

It's about tending the roots
so the next season of your life can flourish.

Welcome home

DAY 1



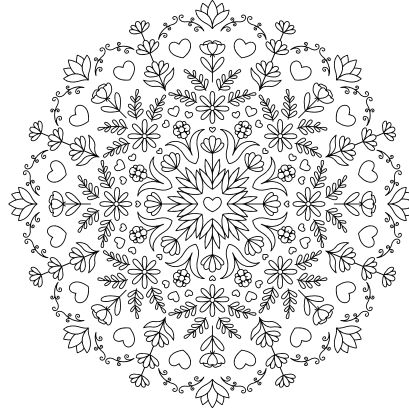
Your body belongs to GOD

Do you not know that your bodies are temples of the Holy Spirit... Therefore honor God with your bodies.”

1 Corinthians 6:19–20

Wellness begins with perspective. Your body is not an enemy to conquer but a gift to steward. Weight loss and nutrition are not about vanity; they are about honoring God with what He has entrusted to you.

Application & Prayer



TENDING THE ROOTS

By our mid-50s, many of us feel disconnected from our bodies. We've pushed them, ignored them, been disappointed by them. We set them aside for later.

Maybe we're carrying extra weight we don't recognize. Maybe we're tired of starting over.

I want you to hear this clearly: your body is not a lost cause. It is God's dwelling place, right now, not someday when it looks different.

When I finally stopped seeing my body as something to "fix" and started seeing it as something to steward, my mindset shifted. Caring for myself stopped feeling selfish and started feeling obedient.

Wellness Tip:

Today, do one small act of stewardship. Drink water before coffee, take a 10-minute walk, or go to bed 15 minutes earlier.

Skip to the end of this book and print the daily wellness tracker.

Start where you are.

DAY 2

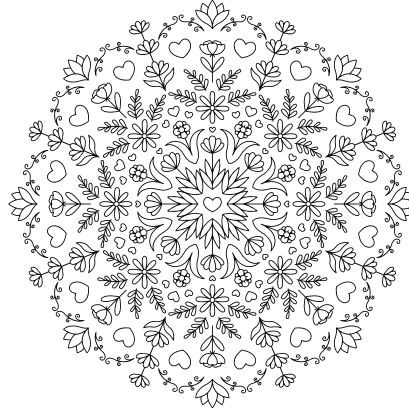


God cares about your whole self

“Beloved, I pray that you may prosper in all things and be in health, just as your soul prospers.” 3 John 1:2

God’s desire includes your physical health. Spiritual growth and physical wellness are connected. When your body is nourished, your spirit feels stronger too.

Application & Prayer



TENDING THE ROOTS

Many women I work with feel guilty for caring about their health, as if focusing on their bodies means they're being shallow or selfish.

But God never separated your physical health
from your spiritual life.

Your mental health is closely tied to your physical health.
Your microbiome, blood sugar regulation and hormones are
all tied to mental health.

If you're tired, inflamed, struggling with weight, or flirting
with avoidable chronic disease, that matters to God.

You're not weak for noticing it. You're wise.

Wellness Tip:

Check in with your body today.

Ask: What do I need more of for my health?

Rest, movement, nourishment, restraint, healing, or peace?

Listen without judgment.

Day 3

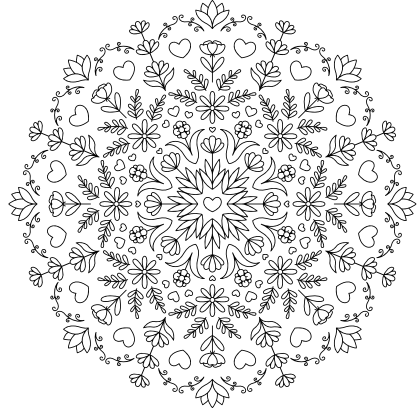
Discipline Is an Act of Love



“No discipline seems pleasant at the time, but painful. Later on, however, it produces a harvest of righteousness.” Hebrews 12:11

Choosing healthy foods and movement may feel difficult at first, but discipline is not punishment—it’s love in action, producing lasting fruit.

Application & Prayer



TENDING THE ROOTS

Let's be honest — discipline feels harder now.
Energy isn't what it used to be.
Motivation doesn't magically appear.

That doesn't mean you've lost discipline.
It means discipline needs to look different.

The good news? It's possible to restore energy and the
habit of discipline at any age.

Discipline is a muscle.
The more you use it, the stronger it gets.

Energy doesn't create momentum.
Momentum creates energy.
Get moving in the right direction, momentum will follow.

Discipline is gentle but consistent. It's not all-or-nothing. It's
doing the next right thing even when you don't feel like it.

Wellness Tip:
Prioritize which habits to practice consistently this week.
Consistency builds confidence.

Day 4

Daily Bread, Not Excess

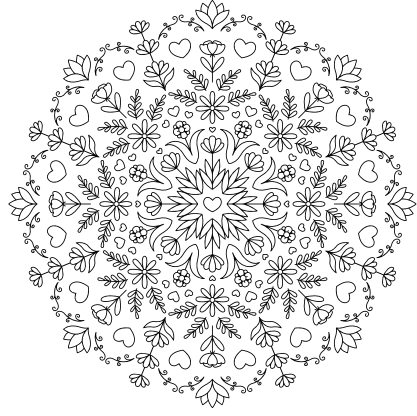


“Give us today our daily bread.”

Matthew 6:11

God teaches us moderation and trust. Nutrition is about fueling today’s needs, not indulging tomorrow’s worries or yesterday’s habits.

Application & Prayer



TENDING THE ROOTS

Many midlife women eat from stress, anxiety fear, or habit
rather than hunger.

We're rushing, multitasking, or numbing. Then we feel
disappointed in ourselves afterward.

God's invitation to "daily bread" reminds us to slow down.

To eat enough. To take our portion. To trust today.

What a blessing the Lord has given us in supplying
us with real, nourishing food.

Choose well, savor it & practice gratitude.

Wellness Tip:

Try eating one meal today without distractions.

Sit down. Breathe.

Notice when you feel satisfied.

Then step away.

Day 5

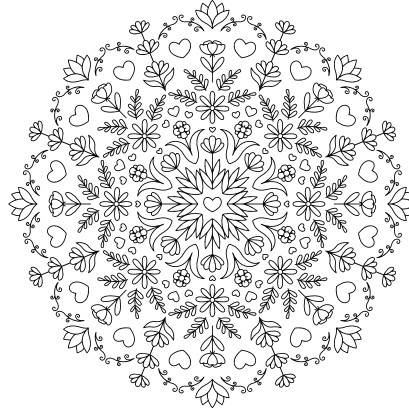
Strength Comes From the Lord



“The Lord is my strength and my shield.” Psalm 28:7

When motivation fades, lean on God’s strength. Invite Him into your workouts, walks, and moments of weakness.

Application & Prayer



TENDING THE ROOTS

Some days you feel strong.
Other days you feel like you've lost your grit.

That doesn't mean strength is gone. It means you're human.

God never expected you to power through this season alone.
Strength at this age often looks like asking for help and
continuing anyway.

Turn to the Lord first, always.

Then turn to your wellness community.

Turn to your coach - me!
I've been there and I'm here to support you.

Wellness Tip:

When motivation is low, seek support from people who will
uplift and challenge you.

If you need to, lower the bar, but not the commitment.

A shorter walk still counts.

Day 6

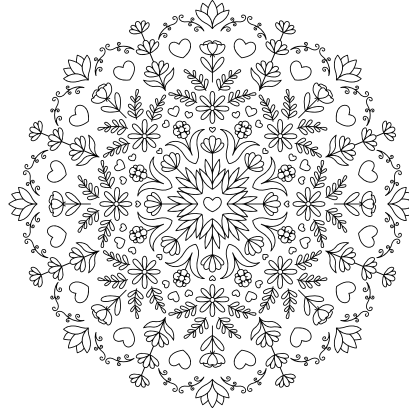


Food Is Fuel, - Not Comfort

“Taste and see that the Lord is good.” Psalm 34:8

True comfort comes from God, not food. As you nourish your body, allow God to satisfy the deeper hunger of your heart.

Application & Prayer



TENDING THE ROOTS

Many women in their 50s eat not because they're hungry, but because they're stressed, lonely, exhausted, overwhelmed, or disappointed in how the day - or even life itself - has turned out.

I know that place well.

For years, I had a high-paced job. I often returned to my home late into the evening stressed, overworked and exhausted.

I turned to unhealthy food and wine.
And I paid the price in more ways than one.

Food and wine may offer temporary relief
but God offers restoration.

Now that I know better, I do better.

Wellness Tip:

When a craving hits or a destructive habit beckons,
pause for 60 seconds. Would a walk serve you better?

A cup of tea? Prayer time? Stretching?

Ask yourself: Am I hungry, or am I needing comfort or rest?

Day 7 -

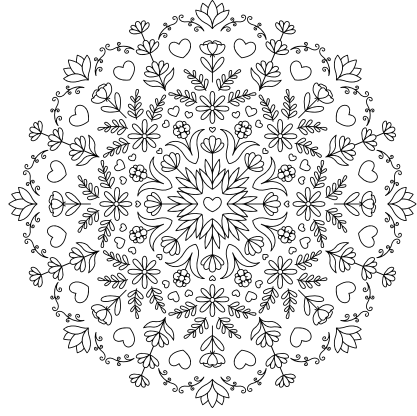
Rest Is Holy



“He makes me lie down in green pastures.” Psalm 23:2

Rest supports weight loss and wellness. God designed rest as renewal, not laziness. Honor Him by slowing down.

Application & Prayer



TENDING THE ROOTS

Poor sleep affects hormones, weight, mood, and motivation. And yet adequate rest is often the first thing we sacrifice.

Your body heals when you sleep.
It's when your liver does its best work.

You are not lazy for needing rest. You are wise for honoring it.

Wellness Tip:

Create a simple bedtime ritual tonight — dim lights, no screens 30 minutes before bed, herbal tea, yoga poses, a warm bath, a short prayer or breathwork. Maybe a soft padded eye pillow. An herbal spray for your sheets? Magnesium. Try a weighted blanket or an organic mouth tape for restorative sleep.

Experiment with a nighttime routine until you find one that works for you.

Day 8



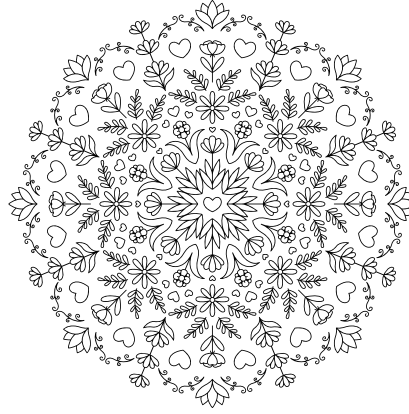
Progress, Not Perfection

“He who began a good work in you will carry it on to completion.”

Philippians 1:6

You don't need to be perfect to be faithful. Each healthy choice is a step forward, and God rejoices in progress.

Application & Prayer



TENDING THE ROOTS

Perfectionism keeps women stuck.

One “bad” day turns into quitting altogether. That’s not failure. That’s unrealistic expectations.

Perfectionism is the enemy of progress.

God works in progress.

When you “slip up...” immediately stop the bleeding, correct course - keep your wellness train moving forward.

Honor the small commitments you’ve made to yourself.
Confidence grows with every small promise kept.

Fall in love with the process, not the results.

The results will come.

Wellness Tip:

Track your wins, not your weight today.
Track energy, better choices, movement, positive self-talk.

Day 9 -

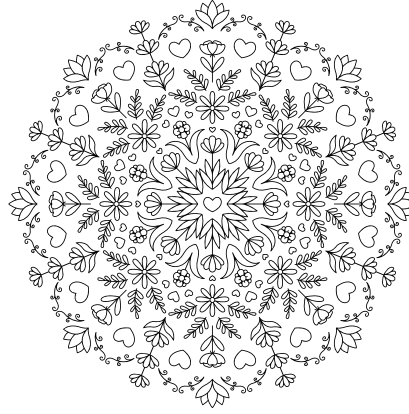


Self-Control Is a Fruit of the Spirit

“The fruit of the Spirit is... self-control.” Galatians 5:22–23

Self-control isn't willpower alone. It's spiritual fruit. Ask the Holy Spirit to guide your choices around food and habits.

Application & Prayer



TENDING THE ROOTS

Willpower fades, especially when hormones are shifting and stress is high.

But spiritual self-control grows when you slow down and invite God in.

You have the power of the Lord inside of you.

You are a warrior woman.

You have complete agency over your choices.

You choose. You decide.

You have the power to say no to things that no longer serve your best self.

It's okay to say no to yourself. It's okay to go without.

Wellness Tip:
Pause before eating. Breathe.

Pray one sentence: "Lord, help me choose well."

Day 10

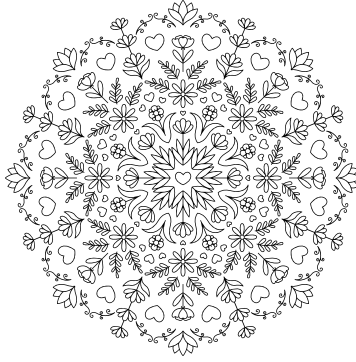
Renew Your Mind



“Be transformed by the renewing of your mind.” Romans 12:2

Lasting weight loss begins with transformed thinking. Replace negative self-talk with God’s truth about your worth.

Application & Prayer



TENDING THE ROOTS

Many women are discouraged not because they've failed
but because they speak harshly to themselves.

“It's too late for me. The damage is already done. I don't have the
discipline I used to have & I never will again.”

“I don't recognize myself anymore, why even try. I've tried so many
times & failed. Why would this time be different?”

“Other women can do this, but something is wrong with me.”

“I will never break my food/sugar/alcohol addiction. I don't like
very many healthy foods. I can't give up my vices.”

Your body responds to your thoughts.

Let's renew our minds.

“It is not too late for me. My body is responsive, adaptable & capable
of healing at every stage of life if I will feed it the things it
needs. I'm a grown, strong woman. I am in control of my choices.
I can do this. I will take it step by step.”

Wellness Tip:

Replace one negative thought today with truth.

Say it out loud.

Day 11

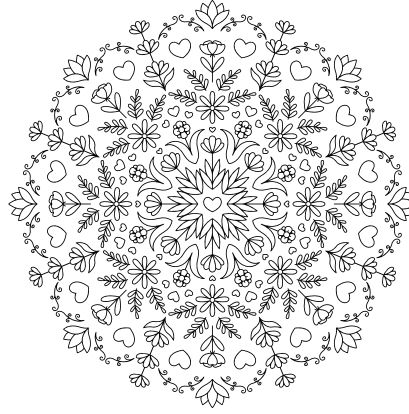


God Provides What You Need

“My God will meet all your needs according to the riches of his glory.” Philippians 4:19

Trust God to provide nourishment, physically and spiritually. Healthy eating can be an act of faith, not fear.

Application & Prayer



TENDING THE ROOTS

You may worry about your health future...
disease, mobility, independence.

Worry is unproductive and will not add one day to your life.

Instead, take action.
This is where your power lies.

“Therefore I tell you, do not worry about your life, what you will eat or drink; or about your body.... what you will wear. Is not life more than food, and the body more than clothes?

“Look at the birds of the air; they do not sow or reap or store away in barns, and yet your heavenly Father feeds them. Are you not much more valuable than they? Can any one of you by worrying add a single hour to your life?”

Matthew 6:25-27

God meets you today, not all at once.

Wellness Tip:
Focus on today's choices, not lifetime results.

Day 12

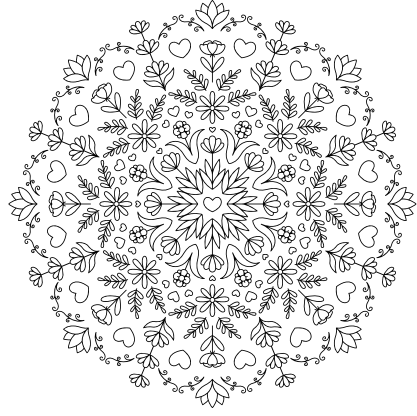
Small Steps Matter



“Whoever can be trusted with very little can also be trusted with much.” Luke 16:10

One healthy meal, one walk, one prayer at a time. God honors consistency more than intensity.

Application & Prayer



TENDING THE ROOTS

One day in my 50s, I woke up 60 pounds overweight, tired, discouraged, struggling with chronic disease and anxiety.

I remember that day like it was yesterday. I was ashamed.

How had I come to this? It happened so fast.

I was done feeling that way.
I wanted big changes fast.

So what did I do first?
I took a walk. I laced up my shoes.
I walked and walked and walked.

That small, simple step got my wellness journey rolling!

What actually has changed my life are small, faithful choices repeated and stacked over time.

Don't underestimate what God can do with consistency.

Wellness Tip:

Stack habits — pair a walk with prayer or stretching with music.

Day 13



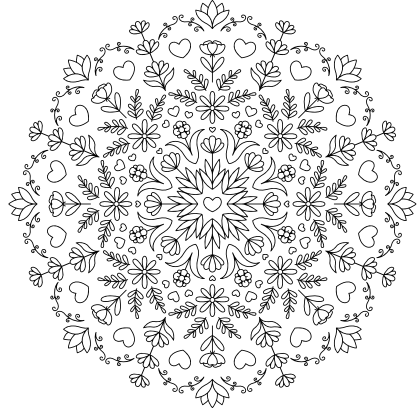
Let Go of Guilt

There is now no condemnation for those who are in Christ Jesus.”

Romans 8:1

Devotional: Shame has no place in your wellness journey. God calls you forward with grace, not backward with guilt.

Application & Prayer



TENDING THE ROOTS

Guilt kept me stuck longer than any habit ever did.

Grace is what finally moved me forward.

Have grace for yourself and your body.

You are not just a body - you are a soul that lives in a body.

Your body is the home to your soul.

It's carried you through a lot in this life.

Give it grace, give it love. Treat it well.

Remove all guilt, shame and condemnation

God doesn't motivate with condemnation.

He invites with love.

Guilt drains energy. Grace restores it.

Wellness Tip:

After a setback, say: "I'm still showing up."

Day 14



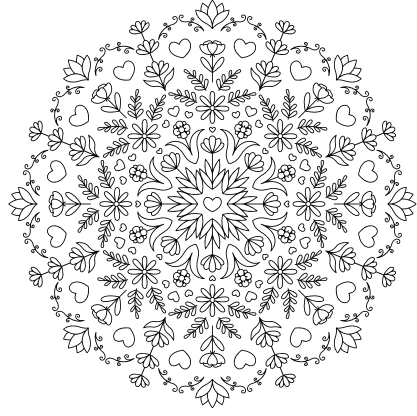
Celebrate the Body You Have

“I praise you because I am fearfully
and wonderfully made.”

Psalm 139:14

Love your body enough to care for
it today, not someday. Gratitude
fuels sustainable health.

Application & Prayer



TENDING THE ROOTS

Loving your body now is what motivates care.

Thank you Lord for legs and arms that work!

Thank you Lord for eyes that see!

Thank you Lord that I'm able to walk and move!

I love my body, it takes me all the places that I need to go!

It allows me to work and provide for my family.

It allows me to cook meals.

Thank you for pumping my blood
and detoxing my liver. Thank you for my brain!

Our bodies are living, breathing miracles!

When we love our body and treasure it, then we will
naturally want to treat it well and take care of it.

Wellness Tip:

Thank your body for one thing it did today.

Day 15



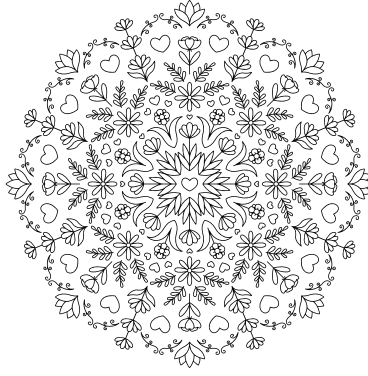
God Gives Endurance

“Let us run with perseverance
the race marked out for us.”

Hebrews 12:1

Wellness is a marathon, not a
sprint. Keep going. God walks
every mile with you.

Application & Prayer



TENDING THE ROOTS

You might be thinking, “Why is this still hard?”
or “I should be further along by now.”

Let me reassure you — nothing has gone wrong.
Endurance isn’t about pushing harder.
It’s about staying when quitting feels easier.

It’s choosing nourishment even when you’re tired. It’s moving
your body consistently instead of perfectly. It’s making the
next good choice even when disappointment is loud.

Hebrews reminds us to lay aside the weight. Sometimes that
weight is unrealistic expectations. Sometimes it’s guilt from
past attempts. Sometimes it’s the belief that if change hasn’t
happened yet, it never will.

Wisdom knows how to pace itself.
Endurance is built through faithfulness, not force.
God meets you right here, in the middle of the journey. He
supplies strength when yours runs low. You don’t need to do
more. You just need to keep going.

Wellness Tip:
Make the next best choice.

Day 16



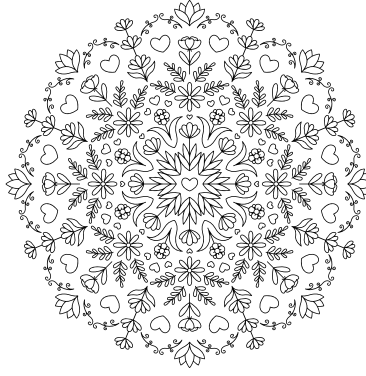
Hunger Isn't the Enemy

“Blessed are those who hunger and
thirst for righteousness.”

Matthew 5:6

Physical hunger reminds us of
spiritual hunger. Learn to listen to
your body while seeking God first.

Application & Prayer



TENDING THE ROOTS

For many women in their 50s, hunger feels dangerous.

We were taught to ignore it, fight it, delay it, or feel ashamed of it. Somewhere along the way, hunger became something to control instead of something to understand.

I lived that way for years — skipping meals, eating “just enough,” or waiting until I was starving and then feeling out of control. What I didn’t realize was that my body wasn’t failing me. It was asking to be listened to.

Hunger is not a lack of discipline. Hunger is information. When we consistently ignore physical hunger, our bodies respond by craving fast energy, sugar, or large portions later. That cycle isn’t a character flaw. It’s biology.

In midlife, hormonal changes make this even more important. Blood sugar swings feel stronger. Energy drops faster. When we wait too long to eat, we eat more than intended.

Relearning hunger cues rebuilds trust - trust between you and your body. And that trust is foundational for sustainable wellness.

Wellness Tip:

Eat before you’re ravenous. Start the day with 30g protein

Day 17



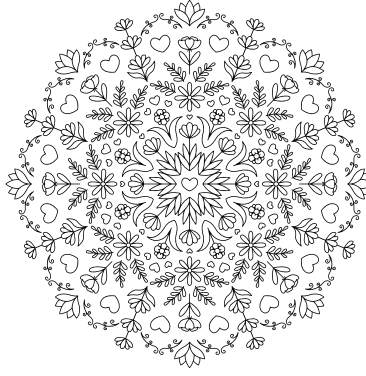
Your Worth Is Not a Number

“...The Lord does not look at the things people look at. People look at the outward appearance, but the Lord looks at the heart.”

1 Samuel 16:7

You are not defined by your appearance, or the number on a scale.

Application & Prayer



TENDING THE ROOTS

By the time we reach our 50s, many of us have spent decades letting numbers define how we feel about ourselves.

The scale. The clothing size. Lab results. Even birthdays. Numbers start to feel like verdicts instead of information.

Numbers can inform us, but they were never meant to define us.

Your worth has never fluctuated with your weight. It has never gone up or down with a size tag or a lab report.

In this season of life, health matters...
but self-worth must come first.

When worth is rooted in who you are, not what you weigh, healthy choices flow from care instead of punishment.

You pursue wellness without tying your value to the outcome.
You gather information without self-judgment.
You treat yourself with dignity at every stage.

Wellness Tip:

Use numbers as data, not decisions.
The scale can't measure muscle or inches.
Aim for strong, not skinny.

Day 18 -



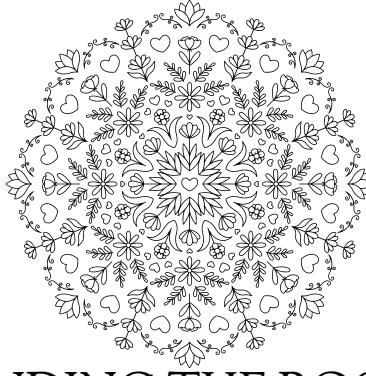
Invite God Into Your Choices

“In all your ways submit to him.”

Proverbs 3:6

Ask God to guide your food choices, portions, and movement. Wellness becomes worship when God leads.

Application & Prayer



TENDING THE ROOTS

For many years, I invited God into the big areas of my life: my faith, my family, my worries. But I handled my daily habits on my own.

Food choices, movement, rest... those felt too small or too practical to involve God in. I thought God had bigger fish to fry.

What I've learned is this: God cares about the ordinary.

The everyday decisions we make quietly, often without thinking, are where real change is formed.

When we invite God into our choices, those moments become less about pressure and more about guidance.

Wellness decision fatigue is real. Social media is full of opinions, potions and gadgets. But God is not the author of confusion.

He offers direction. One choice at a time. One meal, one walk, one pause. Inviting God into your choices doesn't make them harder. It makes them lighter. You don't have to carry the weight alone.

Wellness Tip

Before one meal or movement ask,

“Lord, what would honor You and care for me right now?”

Day 19



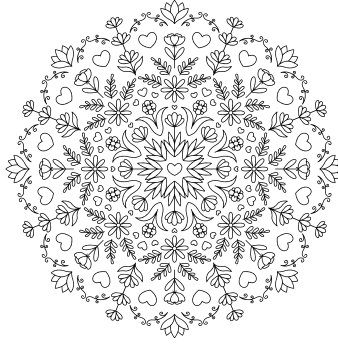
Strengthen Your Body for Service

“Love the Lord your God... and love your neighbor as yourself.”

Mark 12:30–31

A healthy body equips you to serve others with energy, joy, and compassion.

Application & Prayer



TENDING THE ROOTS

As a working mom, there was a time when I thought taking care of my body was optional, something I'd get to after everything else was done.

After everyone else's needs were met.

Before I knew it, years went by...and I got heavier and weaker.

My time never came. Until it did.

One day I woke up tired, weak and discouraged.

I determined to become strong and healthy.

I realized then that when I feel stronger and more energized,

I had more to give, not less.

I am....

A better mom

A better wife

A better businesswoman

A better ME!

Fatigue can make us resentful, stretched thin, and withdrawn. Strength changes that. We can show up with patience, joy & presence instead of exhaustion. A stronger body supports a fuller life, allowing us to love & serve from a place of abundance, not depletion.

Wellness Tip

Add a daily strength-building activity this week

Day 20 -

Consistency Over Motivation

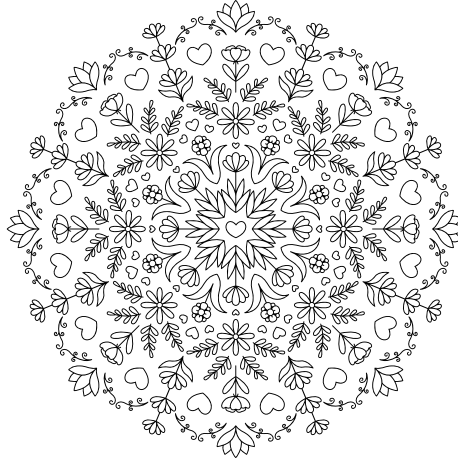


“Let us not grow weary in doing
good.”

Galatians 6:9

Motivation fades, but faithfulness
lasts. Keep showing up. Results
will follow in God’s timing.

Application & Prayer



TENDING THE ROOTS

Some days, motivation feels like a distant friend
fleeting and unreliable.

That's why consistency matters more than bursts of inspiration.

Small, steady actions create lasting change,
even when you don't feel like it.

Energy and willpower fluctuate. Hormones, responsibilities, and life's
demands can make motivation unpredictable.

But consistency doesn't depend on feelings.
It depends on showing up, gently and faithfully, one step at a time.

Trust that your small, repeated choices add up. They are building
strength, health, and confidence quietly but powerfully.

Soon you will have a reliable wellness routine
that you've built step by step

Wellness Tip

A tracker helps with consistency

Day 21



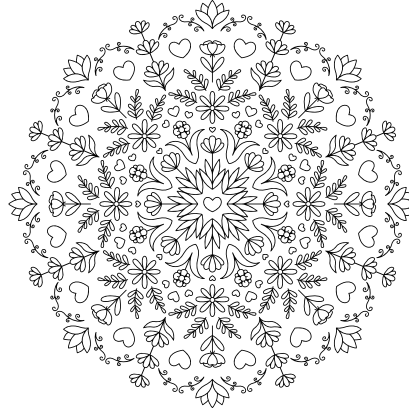
Food With Gratitude

“Everything God created is good,
and nothing is to be rejected if it is
received with thanksgiving.”

1 Timothy 4:4

Gratitude transforms how you eat.
Thank God for nourishment and
choose foods that bless your body.

Application & Prayer



TENDING THE ROOTS

Let me be honest:

For years, meals were my battlefield. I rushed, I stressed, I judged myself. And more often than not, I forgot to notice the miracle on my plate.

Midlife has a way of humbling us: hormones shift, metabolism slows, and what we once ignored now matters.

I realized that taking a pause to give thanks for food doesn't just honor God - it changes how we eat, how we feel, and even how our bodies respond.

Gratitude slows us down. It interrupts mindless eating. It reminds us that every bite is a gift, even when we feel tired, impatient, or disappointed with ourselves.

Wellness Tip:

Before each meal today, say one short sentence of gratitude, even for something as simple as the crunch of a fresh vegetable, the warmth of soup, or a hot cup of tea. Open your eyes and heart. See the beauty in things.

Notice how your mind and body respond differently.

Day 22

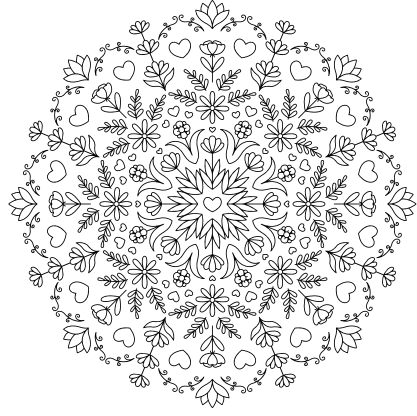
Movement Is a Gift



“It is God who gives you the ability.” Deuteronomy 8:18

Devotional: Celebrate what your body can do today. Every step, stretch, or workout is a gift from God.

Application & Prayer



TENDING THE ROOTS

There were seasons in my life when movement felt like a punishment, like I owed it to my younger self or to everyone else.

Now, in my 50s, I see movement differently. It's a gift. A celebration of what my body still can do.

I know many of you feel tired or achy. Maybe it's knees, shoulders, or just low energy. But even gentle movement - stretching, walking, yoga - reminds your body it's alive, capable, and worthy of care.

Movement also clears the mind, lifts the mood, and helps us reclaim confidence that we thought we'd lost. You are not too old. You are not too tired. You are exactly the age you need to be to honor your body.

Wellness Tip:

Move for joy, not punishment. Even 10 minutes of walking, dancing, or gentle stretches today count as nourishment for your body and your soul. Make movement fun!

Day 23

Trust the Process

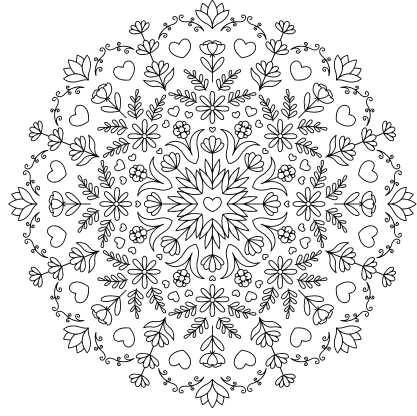


“Those who trust in the Lord will
renew their strength.”

Isaiah 40:31

Progress may feel slow, but God is
working beneath the surface. Trust
Him with the timeline.

Application & Prayer



TENDING THE ROOTS

One of the hardest lessons in midlife is patience. After decades of rushing, doing, and “fixing,” we crave immediate results. We want to see weight loss, energy, and strength yesterday.

But transformation is quiet. It happens in the small, consistent choices, the extra glass of water, one more walk, the refusal to give up. Those tiny acts may feel insignificant now, but together they carry you toward freedom, confidence, and health that lasts.

Trust the process. Trust that God is working in ways you can't see yet. I promise you: the results are real. And the patience you cultivate now becomes the strength you lean on for the next season.

Wellness Tip:

Pick one habit to focus on for the next week. Watch how repeating it consistently quietly changes your body, your mind, and your heart.

Day 24



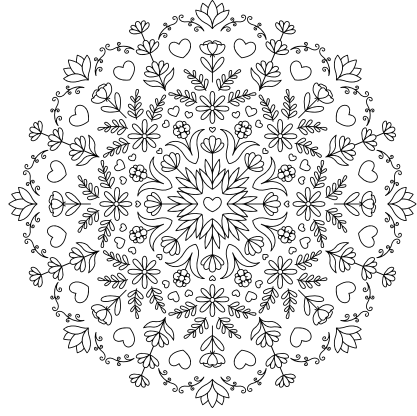
Break Free From Emotional Eating

“Cast all your anxiety on him
because he cares for you.”

1 Peter 5:7

Bring emotions to God before
food. Healing happens when we
let Him carry our burdens.

Application & Prayer



TENDING THE ROOTS

I've been there: opening the fridge because of stress, sadness, or boredom. Telling myself "just this once," only to feel guilt and frustration afterward. Emotional eating can make us feel trapped in a cycle we didn't sign up for.

Here's the truth: food can't carry the weight God intended for prayer, rest, and trust. You are allowed to feel your feelings without numbing them with food. And you can start again, even if this has been a lifelong struggle.

Start small. Notice the triggers. Replace one eating impulse with a pause, a prayer, or a walk.

Your heart and body will thank you.

Wellness Tip:

When you feel the urge to eat emotionally, pause for a minute. Ask yourself: What am I really feeling? Journal it, pray, or take a short movement break.

Day 25

Choose Life

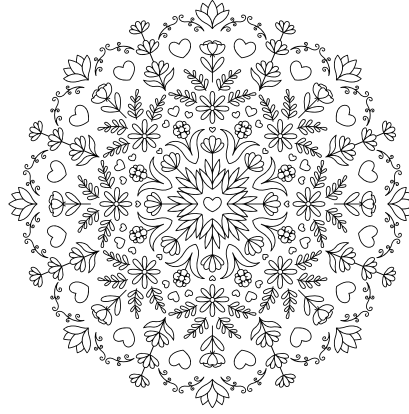


“I have set before you life and death... Now choose life.”

Deuteronomy 30:19

Every healthy choice is a step toward life. Choose what brings strength, clarity, and peace.

Application & Prayer



TENDING THE ROOTS

Life is made up of choices, big and small.

Midlife often brings a reckoning: we see where we've fallen short and where we've neglected ourselves.

But God gives us today to choose differently.

Choosing life doesn't mean perfection. It means intentionality.

Choosing water over soda. Movement over sitting.
Prayer over panic.

One bite, one step, one breath at a time.

Every choice matters.
And today, right now, you can choose life.

Wellness Tip:

Identify one choice today that feels life-giving - a walk, a nourishing meal, a restful night - and commit to it fully.

Day 26



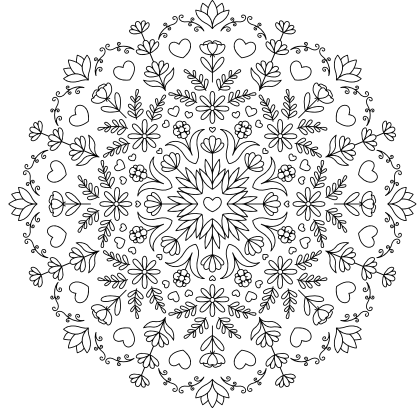
God Is Patient With You

“The Lord is compassionate and gracious, slow to anger.”

Psalm 103:8

Extend the same patience to yourself that God extends to you.
Growth takes time.

Application & Prayer



TENDING THE ROOTS

I've spent decades rushing myself, comparing myself to others,
feeling frustrated with every "setback."

Until one day, I just gave up

And yet God has never given up on me. Never rushed me.

He is patient. He is tender. He meets us right where we are.

This is especially good news for women in midlife who feel like
the clock is ticking.

Your healing, your health, and your transformation are not bound
by shame or past failures.

God's timing is perfect.

Wellness Tip:

When you feel impatient or frustrated with your progress, pause
and breathe.

Repeat: "God is patient with me, and I will be patient with myself.
I am taking action and moving forward."

Day 27

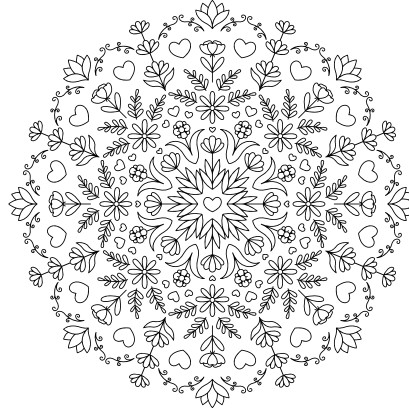


Nourish Your Soul Daily

“Man shall not live on bread alone.” Matthew 4:4

Physical health matters, but spiritual nourishment sustains you. Feed your soul with God’s Word.

Application & Prayer



TENDING THE ROOTS

I've noticed a pattern: when my soul is empty, my body craves comfort, usually in the wrong forms.

Emotional hunger masquerades as physical hunger.

The solution isn't deprivation. It's nourishment.

Feed your soul first: prayer, Scripture, journaling, quiet reflection.

When your soul is full, your body begins to follow naturally.

Energy improves. Cravings decrease. Joy returns.

Wellness Tip:

Start your day with 5–10 minutes of spiritual nourishment before food. Even a short prayer or Scripture reading sets your heart and your body on the right path.

Meditate on the word. Hide it in your heart. Write it on sticky notes. Place them on your mirror, on your fridge, in your car.

Bonus: Print the daily wellness tracker at the end of this book

Day 28

Finish Strong

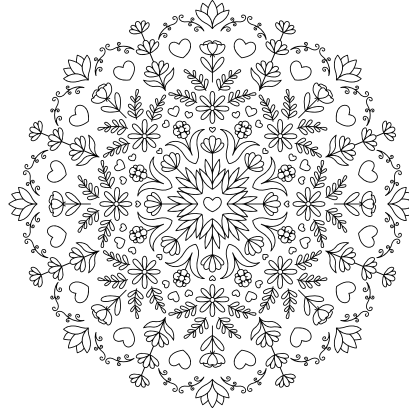


“I can do all things through
Christ who strengthens me.”

Philippians 4:13

Christ empowers you to
continue, even when it's hard.
You are stronger than you think.

Application & Prayer



TENDING THE ROOTS

By now, you've probably had moments of doubt, fatigue, or frustration.

That's normal.

Midlife is a season of real challenges, and it can feel like progress is slow.

But finish strong.

Remember why you started. Remember how far you've come.

Strength doesn't come from perfection. It comes from persistence, faith, and courage.

Strive to hear the words, Well done good and faithful servant.

Wellness Tip:

Reflect on your wins so far, no matter how small. Then choose one action today to honor your journey.

Day 29

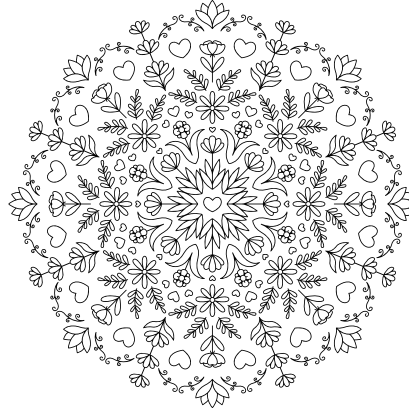


Walk in Freedom

“It is for freedom that Christ has set us free.” Galatians 5:1

Wellness isn't about restriction.
It's about freedom from
unhealthy patterns and
mindsets.

Application & Prayer



TENDING THE ROOTS

So many women I speak to carry invisible chains: guilt, shame, unrealistic rules, or past failures.

God offers freedom, freedom from judgment, from extremes, from comparing yourself to others.

The comparison cycle keeps you chained.
It is the thief of all joy.

Freedom feels lighter. It feels like peace.

It feels like reclaiming your body, your health, and your confidence in a way that lasts.

Reclaim your personal journey. The one that works for you.

Wellness Tip:

Release one rigid rule today. Give yourself permission to eat, move, or rest without judgment.

Experience freedom in that small act.

Day 30 -



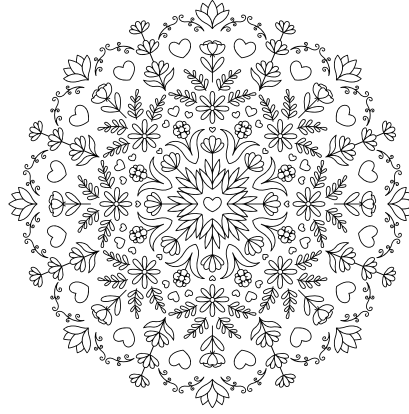
A Lifestyle of Faithful Wellness

“Whatever you do, do it all for the
glory of God.”

1 Corinthians 10:31

This is not the end, but the
beginning. Let wellness, nutrition,
and movement be lifelong acts of
worship.

Application & Prayer



TENDING THE ROOTS

This is the day of reflection. Not the end of effort, but the start of a lifestyle.

It is not too late to reclaim your body,
your health, and your joy.

Faithful wellness isn't about extremes.

It's about steady choices, grace-filled self-care, and inviting God into every meal, every movement, and every moment.

You've built a foundation. You've tended the roots.

Now, watch your life flourish in this next season.

Wellness Tip:

Commit to core habits that you will carry forward,
sustainable habits that nourishes your
body, mind, and spirit.

Consider printing a daily wellness tracker (next page)
Three hole punch them and make a 30-day wellness binder.

DAILY WELLNESS

Tracker

TODAY IS _____

DAILY PRAYER INTENTION	
-------------------------------	--


MEALS	
BREAKFAST	_____

LUNCH	_____

DINNER	_____

SNACKS	_____

WORKOUT

WATER

ONE DROP = 8 OZ

STEPS	
GOAL	ACTUAL

SLEEP

ONE  = ONE HOUR
SLEEP QUALITY:

SELF-CARE CHECKLIST
<input type="checkbox"/> MEDITATION/PRAYER
<input type="checkbox"/> MINDFULNESS
<input type="checkbox"/> BREATHWORK
<input type="checkbox"/> _____
<input type="checkbox"/> _____

I'M GRATEFUL FOR
1.
2.
3.

TO DO'S
<input type="checkbox"/> _____
<input type="checkbox"/> _____
<input type="checkbox"/> _____
<input type="checkbox"/> _____

NOTES

WEEKLY STATS			
WEIGHT	WAIST:	HIPS:	THIGHS:
	MEASUREMENTS		