

Hi friend,

Happy 2026! I am excited about this new year and I am thankful that you are a part of it! I am so blessed by this community.

In December, I was a part of the Cougar Holiday Market. My friend, Angie and my daughter, Lara helped me and I could not have done it without them. I had friends stop by and give me love and support and I met some new women. I loved being able to share part of my story with new friends.

The photos taken at the Weight Watchers shoot in November began to hit social media and wow! It still seems like a dream. I've got to say it's so crazy seeing yourself pop up in ads or on commercials.

To celebrate the Christmas season, I had dinner with a few of my WW ladies. They are some of the most amazing and supportive women I know. I cannot imagine doing life without them.

Tim and I celebrated Christmas with our daughter, son-in-law, and grand boys and with our church family. I got to enjoy some days off with Jett and Lake. We colored, played "Guess Who" and built with contraptions and dominoes.

Since this is the first edition of the newsletter for 2026 I thought I would make a few tiny changes. I love creating this and sending it to you and it is my prayer that it will encourage you, provide you with some resources, and strengthen you on your holistic wellness journey. This month's theme is "Fresh Starts & Gentle Rhythms." I hope you enjoy it!

Becoming whole with you,

Lori



# Wellness for Real Life

Simple ways to reset your body, renew your mind, and refresh your soul

January always whispers “new beginnings,” but that doesn’t mean we need a whole new life, just a few small shifts to help us feel grounded again. Think of this month as a gentle reset: less pressure, more peace.

Here are a few real-life rhythms to help you step into 2026 feeling balanced and whole.

## Move Gently, Nourish Deeply



Instead of intense routines or strict goals, start small.

- Take a 10-minute walk most days, no earbuds, just breathe.
- Add color to your plate this week something fresh and vibrant.
- Drink a full glass of water before your morning coffee (you'll feel the difference).

Progress, not pressure.

Your body craves consistency, not perfection.

## Reset Your Thoughts

New year, same beautiful you, but with a clearer headspace.

- Swap “I have to” for “I get to.” It changes everything.
- Limit the scroll: try one phone-free hour each day.
- Speak truth aloud when stress creeps in: “God, help me think peace-filled thoughts.”

A calm mind is a clear path for creativity and joy.



## Find Your Gentle Pace

Start your mornings slowly. Light a candle, breathe, whisper a prayer.

- Read one verse and linger there. Don’t rush.
- End your day by listing one thing you’re thankful for.
- Let worship music replace the noise when you feel hurried.

You don’t have to do more to feel closer to God. Sometimes slowing down is the sacred act.



“Pick one small rhythm from above and do it every day this week.

No guilt if you miss, just grace when you begin again.

Little choices become lasting change.

# soulful reflections



## Finding Peace in Gentle Rhythms

The first week of January always feels like a clean page, doesn't it? I love the energy of a new year, planners open, goals scribbled down, the quiet hope that maybe this is the year everything finally clicks. But if I'm being honest, I've also felt that creeping pressure to do more~move faster, get ahead, fix every little thing all at once.

This year, I felt the Lord whisper something different:

"You don't need a harder start, just a gentler one."

So instead of rushing into resolutions, I've been practicing small, quiet resets ~ sipping water before coffee, turning off screens earlier, breathing deeply before checking my phone, and simply asking, "Lord, what would You have for me today?"

And it's changing everything.

There's a peace that comes when we stop trying to prove and start choosing to pace. We realize that growth doesn't always look like a grand breakthrough. Sometimes it's a slow, steady unfolding. Just like creation itself, God works in rhythms: day and night, seed and bloom, rest and renewal.

If you're feeling behind already this year, take a deep breath. You're not. You're right where you're meant to be. Maybe this January isn't about reinventing yourself. Maybe it's about remembering yourself. The one God already loves, leads, and is gently restoring.

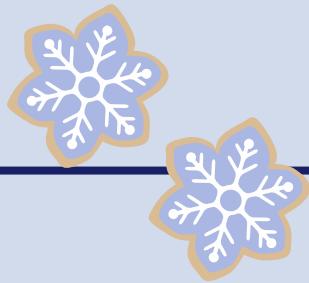
"Come to Me, all who are weary and burdened, and I will give you rest."

Matthew 11:28

Let's make this our kind of reset: not a sprint toward change, but a walk with Jesus at a gentler pace.

### Reflection Questions

Where in your life do you feel the invitation to slow down and breathe again?  
What small rhythm could help you start your days or weeks with more peace?  
What might change if you measured progress this month by presence, not performance?



# my top picks

A space to gather resources, encouragement, and practices that help you live whole.

## nightstand



on my

### "A Confident Heart" by Renee Swope

This devotional beautifully pairs with our January theme of Resetting Rhythms. Renee's gentle voice reminds us that confidence doesn't come from striving or perfection. It comes from resting in who God says we are.

#### Favorite Thought:

"God doesn't want us to be filled with self-confidence, but with His confidence. The kind that comes from knowing and walking with Him daily."

#### Why it fits this month:

As we reset our rhythms, this devotional helps us exchange self-doubt for Spirit-led confidence, teaching us to slow down and trust God's timing rather than rushing our own.

Suggestion: Read one devotion each morning this month as part of your quiet time rhythm.



## press

### "Get Out of Your Head" by Jennie Allen

Episode: "How to Renew Your Mind When You're Overwhelmed" (from her "Made for This" podcast series)

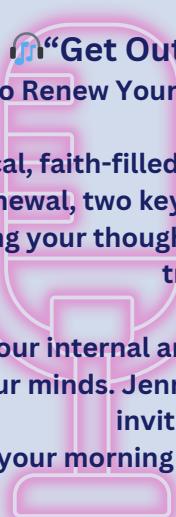
Jennie's practical, faith-filled wisdom speaks right into the heart of mental wellness and mindset renewal, two key pieces of our holistic health. In this episode, she talks about recognizing your thought patterns, catching lies early, and replacing them with truth before they take root.

#### Why it fits this month:

As we reset our internal and external rhythms, we must learn to notice what's happening in our minds. Jennie gives biblical, relatable steps for doing that and for inviting God into your thought life.

Listen during your morning walk or drive & let truth shape your pace for the day.

play



## habit



### The 9:00 p.m. Wind-Down Rule

Shut off screens, dim the lights, and do something that calms your nervous system such as a quick journal entry, light stretching, or reading before bed. It's a small shift that helps your body (and mind) reset naturally.

healthy

# What's New

## & What's Next



Big things are happening in the Living & Losing community!

It's hard to believe it's been a full year since I launched Living & Losing and stepped into this beautiful coaching journey! What a ride it's been~full of new beginnings, challenges that stretched me, moments I almost gave up, and countless reminders of God's faithfulness along the way. I've met incredible women, watched transformations unfold, and learned so much about the power of consistency and grace. And now... I'm just getting started!

As I plan for 2026, I'm dreaming big about how to serve God & you even better by creating spaces where faith and wellness collide in real, practical ways.

### 🎤 Speaking + Coaching Opportunities:

I'm currently booking small groups, clubs, and women's events for 2026. If you'd love to bring encouragement, holistic wellness, and a touch of humor to your next gathering, I'd be honored to join you! Just send me an email to connect.

### 🎥 New Coaching Videos~Coming January 5th!

I'm thrilled to share that my brand-new coaching video series will be available soon! These are packed with simple, powerful tools to help you grow in body, mind, and soul at your own pace and in your own space.

### 🌐 Website Refresh:

Be sure to visit my site in the coming weeks! I'm adding new features to make it your go-to hub for all things wellness from resources and recipes to upcoming events and encouragement for your journey. Thank you for being part of this first incredible year. I can't wait to see what God does in 2026 and I'm so grateful to walk this path with you.

