

Our youngest grandson, Lake was saved & baptized on Aug. 24. I'm not sure there's any greater joy this side of heaven for parents and grandparents.

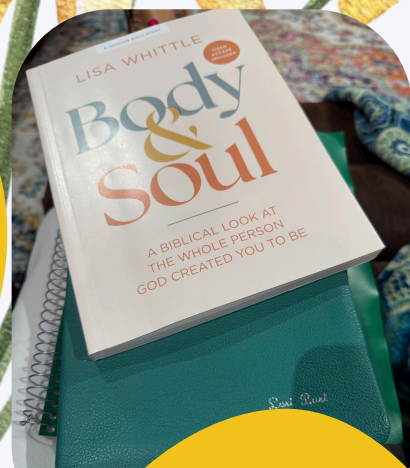
front row: Lake (7), Jett (11)  
back row L to R: Lara (our daughter) Tim, me, Kiel (our SIL)



My dear friends, Sabrina and Jessica, treated me to a Rod Stewart concert. It was an amazing event.



Several friends and I started an online Bible study entitled "Body & Soul" by Lisa Whittle. It has been truly been life changing!



I added a new Little. Meet Bo! He is 4 months old. Isn't he adorable?



A huge NSV for me was hitting a 1,000 day tracking streak. A first for me!

1000🔥

Go you! You hit 1000 days of tracking!

Great job! You are doing so great!

Keep it up!

# HOLISTIC WELLNESS JOURNEY

September can feel like a “second new year” of sorts. Kids are back in school and routines shift, or in my case reappear after a summer of no routine. It’s a great time to focus on fresh energy and to reset before the holiday season hits and the year closes.

## *Body~Strength for the Season*

This month, take some time for a gentle reset as seasons change.

- Prioritize simple daily movement practices (walks, stretching, or strength training).
- Make sure to hydrate → aim for more water, less caffeine.
- Focus on yummy fall foods → lean into seasonal produce (apples, squash, leafy greens).

## *Challenge*

Choose one physical habit you’ll reset this month. Write it down, and commit to it for 21 days.

## *Bible verse*

“So whether you eat or drink or whatever you do, do it all for the glory of God.” (1 Cor. 10:31)

## *Mind: Renewed Thinking*

Focus on shifting our mindset as we move into a busy season.

- Challenge yourself to declutter: clear one small area each week to free mental space.
- Practice a thought check: pause and ask, “Is this thought true, helpful, from God?”
- Journaling → set intentions for the last quarter of the year.

## *Challenge*

Create a “September Thought Reset” list—3 lies you often believe, and 3 truths from Scripture to replace them.

## *Bible Verse*

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

## *Soul: Rest & Renewal in God*

Draw closer to God through intentional rest and spiritual reset.

- Set aside 15 minutes a day as “Chair time” with God. Each day commit to a few minutes in a quiet spot for just you and God. No phone, no tv, just quiet. Ask God what He has for you, what He’s trying to tell you.
- Start or renew a daily gratitude list (write 3 things each morning).
- Pray Psalm 23 over your life at the beginning of the month.

## *Challenge*

Write a prayer of renewal: “Lord, I give you my September. Renew my heart, my spirit, and my purpose.”

## *Bible Verse*

“He restores my soul. He leads me in paths of righteousness for his name’s sake.”  
Psalm 23:3



# the wellness collective



Recipe of the Month



click on the picture to  
go to the recipe

## Queso Chicken Street Tacos



### Book Recommendation:

*Tame Your Thoughts* by Max Lucado  
I just finished this book and I cannot recommend it enough.

Max reminds us that our lives move in the direction of our strongest thoughts and God's Word gives us the tools to redirect them toward truth, peace, and hope. This little book is simple, biblical, and practical. It's a great companion for September as we practice renewing our minds.

### Podcast Recommendation:

The Candace Cameron Bure podcast with Lisa Whittle  
This season Lisa Whittle joins Candace on her podcasts where they have powerful conversations about living with courage and strength in today's world. It's an encouraging listen that blends real-life wisdom with practical faith. Perfect for your walks, commutes, or quiet moments this fall.

### Journal Prompt

Ask yourself, "Where did I see God's presence in unexpected places last month?" Write about them, whether big or small.

Let this prompt help you focus on your body, mind, and soul as it draws you into reflection. Let it slow you down mentally and nourish your soul with gratitude and awareness.

# MONTHLY Challenge

## "The Daily Reset Challenge"

Each day in September, pause for 5 intentional minutes to reset your body, mind, and soul:

- Body: Stretch, breathe deeply, or drink a glass of water.
- Mind: Replace one negative thought with a truth from Scripture.
- Soul: Whisper a short prayer of gratitude.

By the end of the month, you'll have practiced 150 minutes of renewal that will help anchor you in peace and strength.

*"He restores my soul. He leads me in paths of righteousness for His name's sake."*  
Psalm 23:3

# soulful reflections

## Renewal & Reset

*"Do not conform to the pattern of this world, but be transformed by the renewing of your mind."*

*-Romans 12:2*

September feels like a fresh page in many ways. A new rhythm after the busyness of summer. It's the perfect time to pause and ask: What needs to be renewed in my life?

The world pulls us in a hundred directions, often leaving our thoughts anxious, our bodies weary, and our souls restless. But God invites us to something different: renewal. True renewal begins with the mind. When we shift our thoughts from worry to worship, from lies to truth, we open the door for transformation in every area of life.

This month, don't just push harder. Instead, choose to pause. Allow God's Word to reset your perspective. Let prayer refresh your soul. And take small, intentional steps to restore your body. Renewal isn't about striving. It's about surrendering and letting God do His work in you.

### Reflection Questions

- What area of my life feels most in need of renewal right now?
- Which daily thought patterns do I need to replace with God's truth?
- What simple step can I take this month to reset my body, mind, or soul?

### Prayer:

Lord, thank You for the gift of a fresh start. I confess the thoughts and habits that have weighed me down, and I release them into Your hands. Renew my mind with

Your truth, refresh my soul with Your presence, and restore my body with Your strength. This September, help me to walk in Your peace and purpose each day. In Jesus' name, Amen.



Where to start? I guess you could say I grew up immersed in diet culture. I felt like there was someone in my adult circle who was always trying to lose weight. It was just kind of who we were some how. As I developed my own feelings and emotions growing up in a loving, but dysfunctional family, I could feel and see all the stresses. There were childhood traumas that didn't surface until later in life and I knew that food was going to be an issue for me. It was a comforter. It was a secret to be kept and it was used for protection. I wanted to be loved, but felt unlovable and if I was heavy it protected me and gave me a reason to not be chosen. Binging in secret and hiding evidence began after my parents' divorce. I can remember the shame and the guilt of it all. Not to mention the physical and emotional discomfort of purposely eating large amounts of food that made me feel simply miserable.

When I became an adult and moved out on my own I joined Weight Watchers. I can remember going to weigh in and then heading to McDonalds drive thru. I would order 2 large meals, a Big Mac meal and a Filet O Fish meal. A healthy mindset was not engaged at all. (News flash-being diet smart and going to workshops does not make it happen.) The mindset pillar is the game changer and if you hang in there long enough and truly find your why the mindset will find its way in there!

Fast forward to age 29 when I married and had a ready-made family. I let go of the idea of losing weight because after all I found my man and weight didn't seem to matter as much. As I spent my time trying to keep up with life and living on a very tight budget, I gained more and more weight.

Soon I wanted to have a baby of my own. So, once again, I started trying to lose weight and get healthy. Then, my biggest dream came true when I found out we were pregnant. I asked God to help me protect and grow a healthy baby. That meant there would be things I would need to sacrifice. I lost 38 pounds during pregnancy and felt the best I had ever felt in my life. I was full of energy when she was born in 1998. But, as happens many times, I got stuck in the "new mom" trap of snacking and finishing her food, which led to the weight coming back on. Soon I was at my highest of 386 pounds and I wasn't sure how I had gotten there. Back to WW I went. With my baby in tow I found the most amazing coach and community, but the shame of not losing weight would keep holding me back. It was an ugly cycle.



Then came a time when my husband decided to look into a form of gastric bypass and soon we were both having surgery. This too felt like a form of failure because I couldn't lose the weight on my own. After surgery I did lose a large amount of weight. However, since the habits and mindset hadn't changed I soon gained the weight back.

So back to WW I went and this time was different. I found an accountability partner. We committed to sending each other our food logs and Bible verses everyday. I could not lie to my best friend, so binging was not happening. I also moved from the back corner of the workshop and coming in late, to coming in early and mingling plus sitting on the front row.

Relying on God and making him the center of my journey was a game changer. I asked Him to give me a testimony through my weight loss journey. It took a long, LONG time, but I finally made my doctor approved lifetime weight of 160 pounds! I'm not sure I have ever sobbed so hard and oh what a party of testimony we had at that workshop!

Soon I applied for a job with WW as a guide. Before long I was a coach and full time WW employee! God showed up big! He provided for our family financially and gave me a testimony.

Sadly, studio closures happened and I lost my job. I then started a private FB group with my members called "Mindi's Two Are Better Than One." We stayed in touch, encouraged one another and once a month we would meet for breakfast. I loved this time to support them with prayer and encouragement. I am back working with WW now and while I only have 1 workshop, God has shown me that He has me right where I'm supposed to be.

After losing my job, sickness and then the passing of my mom, I have gained some weight back. I'm working hard to get back to my goal weight by not "dieting." I am relying on God, His promises and strength, while leaning into a wonderful community in real life, as well as on social media. I have found camaraderie and connection with so many sweet sisters in Christ.

If I could give a few tips to my former self they would be to never give up, rely on God, find your safe community, let go of shame and guilt, and remember that you were made for more.

Mindi shares her day to day journey with health  
and wellness on Instagram  
@ww.mindi.myblessedlife

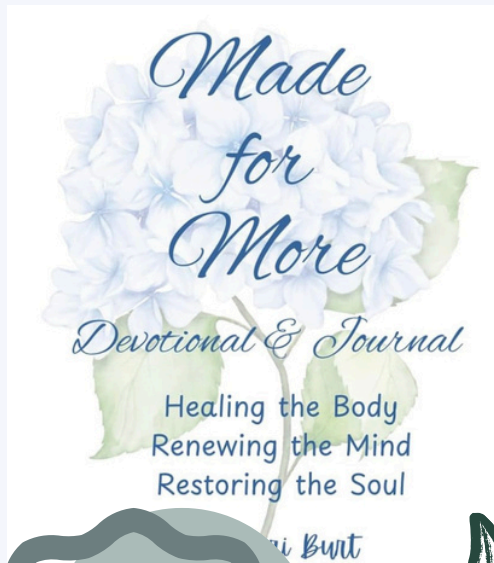




# Living & Losing

with Lori

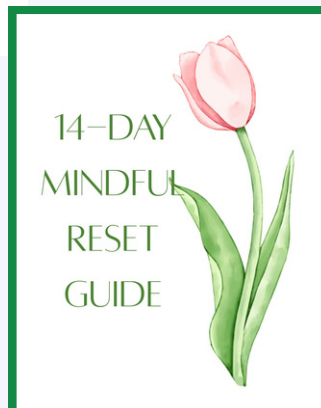
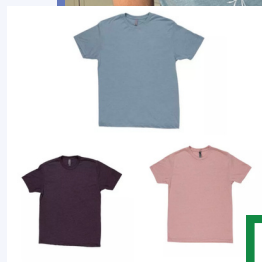
Coaching News!



I am so excited to share with you my latest publication. This 30 day devotional and journal will support your health and wellness journey,~ body, mind, and soul. Each day offers a short, heartfelt devotion, a reflection verse, and a space to reflect on what God is saying to you. Whether you're on a health journey, seeking spiritual renewal, or craving a deeper connection with God, this devotional will encourage, inspire, and remind you, you were made for more.

To order your copy of the journal or devotion, visit my website.

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