

I honestly cannot believe it is April! This year is flying by!

I have made some sweet memories so far this year and March was no exception. The Littles and I celebrated some birthdays. Our sweet Grant turned 2 and my twins, Maddy and Emmy turned 4! I have kept the girls since they were only 5 months old. Now they will soon be going off to "big school."



I had a great Spring Break week! The boys and I had a day together and they got to go fishing with Pops. I had some much needed "me" time. I got a lot of cleaning done, shopped a little, and began to prepare for the next "Made for More" event which will be April 3.



I want to take a minute to brag on my hubby. He has been working hard to lose some weight and is down 35 pounds. I'm so incredibly proud of him.



Baseball season started and I couldn't be happier! I LOVE watching my grand boys play ball!



A friend and I attended a ladies "night of service" event at a local church. I'm so thankful for friends that God has brought into my life through Weight Watchers. (forgot to take a pic)

# HOLISTIC WELLNESS JOURNEY



"April is here, and just like nature is blooming, this is the perfect time for us to refresh our wellness journey! Whether you're feeling stuck or just need a fresh start, this season invites us to declutter, reset, and step into new growth—mind, body, and soul. Let's embrace this season of renewal together!"


## Body: Spring Clean Your Health




Let me encourage you to refresh your health habits with simple, actionable tips:

- ✓ Add fresh, seasonal fruits & veggies to your meals 
- ✓ Try a new movement practice—walks, stretching, or dancing! 
- ✓ Drink more water to cleanse and hydrate 
- ✓ Declutter your pantry & swap out processed foods for whole, nourishing options



Self Love

 Mind: Letting Go of Mental Clutter  
Practice releasing stress and creating mental space for new growth:

-  Write down three things you need to let go of this season
-  Replace negative thoughts with faith-based affirmations
-  Create a simple, refreshing morning or evening routine



## Soul: Spiritual Renewal & Reflection

Bring about spiritual growth with a short reflection or Bible verse:

"Forget the former things; do not dwell on the past. See, I am doing a new thing! Now it springs up; do you not perceive it?" — Isaiah 43:18-19

- ♥ Take time to pray, journal, and reflect on what God is renewing in your life.



# the wellness collective



Recipe of the Month



## Podcast

### Book Recommendation:

*The Ruthless Elimination of Hurry*

by John Mark Comer

This book is a powerful read for slowing down, reducing stress, and embracing a more mindful, intentional life.

### Recommendation:

The Best Today® Podcast with Shunta Grant  
Shunta offers encouraging, practical advice on living with intention, prioritizing wellness, and creating healthy habits—all with a positive, faith-centered approach.

## Journal Prompt

"What is one belief about yourself that God is asking you to release? What truth does He want you to embrace instead?"

★ Reflect on any limiting beliefs, self-doubt, or fears that may be holding you back and replace them with God's truth about your identity and purpose.

## Monthly Challenge

### "Speak Life Over Yourself"

Challenge: Every day this month, speak one positive affirmation or Bible-based truth over yourself. Write it down, say it out loud, and believe it!

### Example Affirmations:

- ♥ "I am strong, and my body is a temple of the Holy Spirit." (1 Cor. 6:19)
- ♥ "God is guiding my health journey, and I trust His plan for me."
- ♥ "I choose to nourish my body, mind, and soul with love and grace."

Why?

Our words shape our reality. By shifting negative self-talk to life-giving words, we align our mindset with God's truth and step into lasting transformation.





## "Renewed from the Inside Out"

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

Spring always reminds me of fresh starts. As the flowers bloom and the world feels new again, I think about how God is constantly renewing us—mind, body, and soul.

I remember seasons in my own wellness journey when I tried to force change—pushing myself to eat perfectly, exercise harder, and do all the "right" things. But no matter how much I worked on the outside, I still felt stuck on the inside. It wasn't until I invited God into my wellness journey that real transformation began.

Maybe you've felt that way too—stuck in old patterns, frustrated with slow progress, or unsure where to start. But the truth is, wellness isn't just about what we do; it's about who we are becoming. When we allow God to renew our thoughts, everything shifts. We go from self-doubt to confidence, from stress to peace, from striving to surrendering to His grace.

This month, I encourage you to ask yourself: What areas of my life need renewal? Whether it's your mindset, daily habits, or spiritual walk, invite God into the process. Growth takes time, but every small step leads to lasting transformation.



What is one mindset shift you can make to align your wellness journey with God's truth?

### My Prayer for You

Lord, thank You for the gift of renewal. Help us release old ways of thinking and embrace Your truth. May our minds, bodies, and souls be transformed through Your love and grace.

In Jesus' Name,  
Amen.

# Wellness Warrior

This is a new feature I am adding to my monthly newsletter and I'm so excited about it. Each month I am going to highlight a person who has inspired me and I know will inspire you too!



My journey started, albeit very slowly, in 2020 after gallbladder surgery. During my surgery, the surgeon noticed my liver was in very bad shape and he referred me to a liver specialist. I put off going because 2020 Jessica was the heaviest she had ever been and taking care of herself was a foreign and, frankly, overwhelming concept. The liver specialist kept calling me every six months to try to schedule an appointment and I finally went in February of 2022. I was told I would be very lucky to see fifty years of age and that my liver was already showing the early signs of cirrhosis (liver scarring). I knew that non alcoholic fatty liver disease ran in my family, but I had no idea how serious it was and is. I was told I would need to lose 100 lbs that year if I wanted to have any hope of reversing the damage I had already done to my liver. It is one of the organs in the body that can heal itself if given the right care, which consists of eating nutritious whole foods and exercise- also two concepts that were foreign and entirely overwhelming. I was referred to Merit Health Bariatrics and in October of 2022 I underwent gastric bypass surgery in an attempt to give myself the best chance for success in reducing my weight rapidly.

I cannot remember a time in my life when I wasn't conscious of my size, either actively dieting or actively falling off a diet. One of the requirements of the program through Merit Health was to find a support group and I chose Weight Watchers. I had attempted WW many times before, so I was familiar with the program and, more importantly, there was a local meeting that worked with my schedule. So began my Tuesday ritual of sitting quietly behind an oversized purse, listening but not participating as women, all smaller than me, spoke of their struggles with food and self-love. And meeting by meeting....I began to feel a little less alone, a little more seen-despite the purse I hid behind, and with every milestone charm earned I began to speak up a little more, hide a little less, and I came to realize that women from 110lbs to 410lbs all struggle with the same body image issues.

Making my goal weight and becoming a lifetime member of Weight Watchers was surreal. I have learned so much about weight management and myself on this two and a half year journey. I have learned there are no short cuts and nothing about having surgery can be considered 'easy'. Having surgery did not make losing weight easy for me.....it just made it possible for a woman that has been on a diet since the third grade. If I could speak to the version of me just starting out 2 and ½ years ago, I would tell her to DRINK HER WATER. I would tell her to focus on protein. I would tell her birthdays are for cake and that eating a piece of cake at a birthday party is NOT what made her fat. I would tell her how much I loved her then and that she has no idea what she's capable of if she just doesn't quit.

Left: 100 pounds down

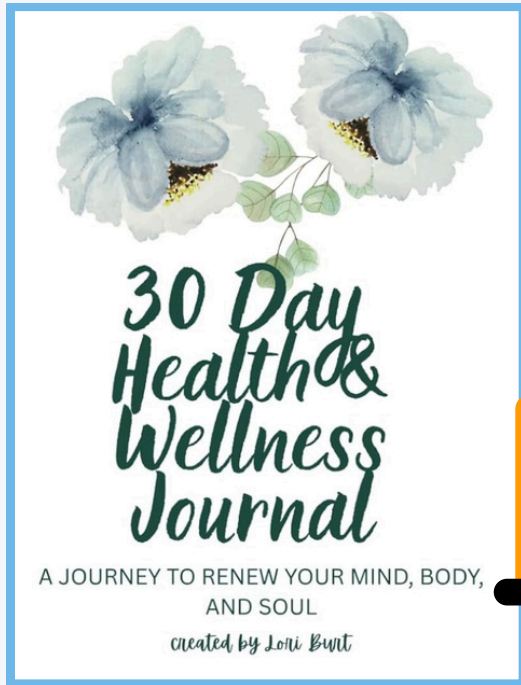


Right: over 200 pounds down and made Lifetime with Weight Watchers

# Living & Losing

with Lori

## Coaching News!



I am ecstatic to announce I have written and published a health & wellness journal! Eeeekkkkk!

I'm in shock really!

Click on the book cover and use the link to order your copy!



I am offering a special that is only available to you, my newsletter subscribers. I am offering you a 20% discount on my coaching packages (excludes single sessions).

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