

Life Lately



APRIL 2026

real life reflections from this season

Dear Friend,

April always feels like a fresh start in many ways.

I love that the days are getting longer, everything around us is blooming, and there's just this sense that something new is happening. I love how God shows us all of that through this season.

I'm also reminded that real "new life" isn't just about a season. It's about what God is doing inside of you and me.

So many of us carry old habits, old mindsets, and old cycles that keep us stuck. We want change. We want growth. But sometimes we don't know how to step into it.

The good news is we were never meant to stay stuck.

Because of Jesus, we have access to true renewal. Not just behavior change, but heart change. Not just starting over, but being made new.

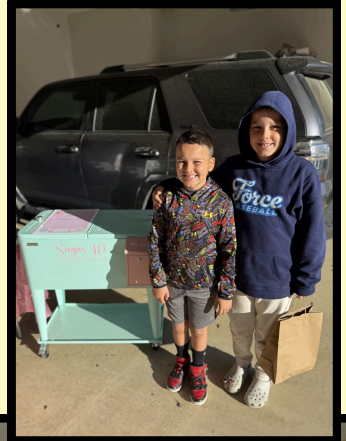
In this month's newsletter, we're focusing on what it looks like to walk in that new life, to break old cycles, embrace new beginnings, and live from a place of freedom instead of frustration.

We don't have to stay where you've been.

New life is available for us!

Love,

Lori



In March, the spring baseball season started



We enjoyed some time off with "spring break" week.

We had an out-of-state WW lifetimer visit our workshop. Love this community!



Grant, one of my Littles, turned 3!



Wellness for Real Life

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

April's theme of "New Life" reminds us that real change doesn't come from trying harder. It comes from renewing what's been stuck. So often we find ourselves caught in the same cycles, doing the same things, and wondering why nothing changes. But new life is found in small, intentional shifts. Not perfection. Not pressure.

Just simple steps that help us break old patterns and walk in something new.

Break the Physical Cycle

This month let's focus on interrupting patterns and then choose the next best step. Our bodies often fall into cycles like skipping movement, mindless eating, or all-or-nothing thinking. Instead of trying to overhaul everything, focus on one small shift that moves you forward.

Simple Ways to Reset:

- Add a short walk into your day (even 5-10 minutes)
- Pause before eating and ask, "Am I hungry or just in a habit?"
- Focus on your next choice, not your last one
- New life in your body starts with one different decision.



Renew the Thought Pattern

This month let's focus on replacing what's been playing on repeat. Many of the cycles we struggle with begin in our thoughts. The same lies, doubts, and negative patterns can keep us stuck without us even realizing it.

Simple Ways to Renew:

- Notice one negative thought pattern you repeat
- Pause and ask, "Is this true?"
- Replace it with a truth and say it out loud
- You don't have to believe everything you think.



Walk in New Life

This month let's stay connected. Spiritual growth isn't about doing everything "right." It's about staying connected to God, even when it feels simple or imperfect.

Simple Ways to Refresh:

- Read one verse a day and sit with it
- Write a short, honest prayer
- Create a quiet moment to just be still
- New life in your soul comes from daily connection, not occasional perfection.



Out with the Old, In with the New

Each week this month focus on one small shift each day to begin breaking old cycles and stepping into something new.



The Well by Krista



Meet Krista! She's a wife, mom, and is on a holistic wellness journey. Each month she will share a personal reflection or story about how God reveals Himself in daily life. If you would like to connect with Krista, you can find her on Instagram @krista.livinglife

You know those periods of life when you feel that you've lost your way, when it feels like no matter what you do, you just cannot gain any traction and forward momentum?

That's how I have been feeling the past several months.

It feels like God handed me a map, and on the map....a circle!

Okay, so He is guiding me to walk in circles? He wants me to struggle with the same obstacles? He doesn't want me to make progress?

Well, I certainly feel like I've been walking this particular circle for some time...

My quiet time feels less intentional and rushed, I've been losing and gaining the same five pounds, I haven't implemented new habits that I have been meaning to, I still have a sharp tongue and am quick to react some days...I know what I need to do, but just have not had the discipline to do it. Or have I?

Then it hit me! One night during bible study (I'm working through The Bible Recap this year), I was reading through my daily chapters in the book of Joshua. Now if you're familiar, parts of that book are very repetitive and even dare I say...boring. But if we pay close enough attention, He will reveal Himself to us even in those boring and repetitive passages.

Think about it...FORTY years spent in the desert to complete a journey that theoretically would have only taken a couple of weeks? God had a plan though, and nothing influenced Him to change that plan. Once He determined that they were finally "ready" to enter the Promised Land, He had a plan for that too, a very weird and specific one.

"March around the city once with all the armed men. Do this for six days. Have seven priests carry trumpets of rams' horns in front of the ark. On the seventh day, march around the city seven times, with the priests blowing the trumpets." (Joshua 6:3-4 NIV)

He specifically instructed the Israelites to walk in circles...and they did, without question or hesitation.

That stopped me in my tracks! He has handed me a map with a circle on it, and my only job is to be obedient. Not to worry about the length of the journey or the destination. Maybe His purpose is not to have me face the same challenges and obstacles, but rather to experience the same beauty that is all around me, my relationships, and to grow in my faith.

Afterall, I really can't get "lost" if I am walking in circles.

my top picks

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

nightstand

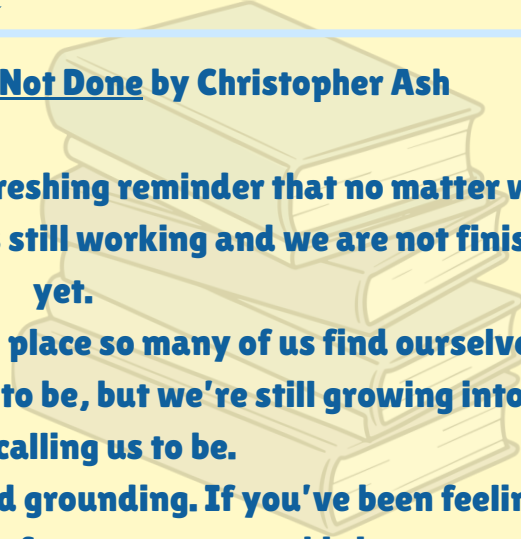
on my

Not Old, Not Young, Not Done by Christopher Ash

This book has been such a refreshing reminder that no matter what season of life we're in, God is still working and we are not finished yet.

It speaks to that in-between place so many of us find ourselves—where we're not who we used to be, but we're still growing into who God is calling us to be.

It's encouraging, honest, and grounding. If you've been feeling a little "in between" or unsure of your next step, this is a great read.



press

Passion City Church Podcast with Louie Giglio

I love having something I can turn on that immediately points me back to truth, and this podcast does just that.

The messages are easy to listen to, encouraging, and always seem to meet me right where I am. It's something you can play in the car, on a walk, or while you're getting things done around the house.

Such a simple way to stay rooted throughout the week.

play

habit

The "Pause Before" Habit

This is something I've been practicing more intentionally, and it's so simple but so powerful.

Before I eat, react, or make a quick decision, I pause and ask:

"What do I need right now?"

Sometimes it's food, but sometimes it's rest, water, a walk, or just a moment to breathe.

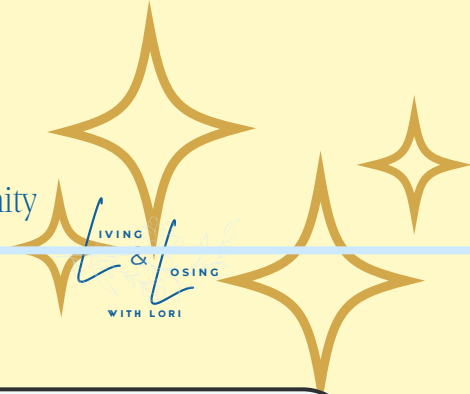
This small pause helps me break old cycles and make more intentional choices throughout my day.



healthy

a few of our favorite things

Well-loved finds from the Living & Losing community



kitchen

from Gigi's



Broccoli Salad

click recipe for link to download & print

Ingredients:

- 5-6 cups of broccoli, about 2 large heads of broccoli
- 1/2 cup red onion
- 1/4 cup dried cranberries
- 1/4 cup fresh flat-leaf parsley or cilantro
- 3 tablespoons roasted and salted sunflower seeds

For The Dressing

- 1 cup 0-fat Greek yogurt
- 1 tablespoon champagne vinegar
- 1 tablespoon maple syrup
- 1 teaspoon toasted sesame oil
- 1 teaspoon garlic powder
- 1/2 teaspoon salt
- 1/4 teaspoon pepper

Directions:

Wash and dry the broccoli. Then, chop the broccoli florets into small, bite-sized pieces. Next, dice the red onion, finely chop the dried cranberries, and chop the parsley. Add the broccoli, red onion, dried cranberries, parsley, and sunflower seeds to a large bowl. In a separate bowl, thoroughly mix the 0-fat Greek yogurt, champagne vinegar, maple syrup, toasted sesame oil, garlic powder, salt, and pepper. Pour the dressing into the bowl with the salad. Then, thoroughly mix and enjoy!



Vicki



pick

Paula's



Skinny Mixes Marshmallow Sauce

0 points
great in coffee, on popcorn, or as a dessert topping

Paula

To connect with Paula follow her on TikTok @misplacetedxan71



Lara Edited



Lara

To connect with Lara follow her on Instagram @lara_edited

Baby Foot Original Exfoliation Foot Peel- for rough cracked, dry feet, dead skin removal

Get those tootsies summer ready!



click picture for link to order

product recommendation

What's New



& What's Next

Big things are happening in the Living & Losing community!



Made for More GATHERINGS (In-Home Events)

There's just something special about women gathering together—real conversation, encouragement, and time to be poured into.

I'm so excited to begin offering in-home gatherings!

A simple "girls night in" with purpose. These evenings are focused on caring for your body, mind, and soul, with encouragement, practical tools, and meaningful conversation.

If you've ever thought, "I wish I had something like this for me and my friends..." this is it.

If you're interested in hosting a gathering in your home, I'd love to chat with you. Just reach out and we'll dream it up together!

BOOKS & DEVOTIONALS

I've created these resources from my own journey, things I've learned, struggled through, and continue to walk out daily.

Each one is designed to encourage you, challenge your thinking, and help you grow in your faith and wellness journey without overwhelm.

Whether you need a fresh start, a reset, or just a little encouragement along the way... these are for you.

You can find all of my books on my website or Amazon.



Our "Made for More" shirts are more than just something to wear—they're a reminder.

A reminder that you are not stuck.

A reminder that your past doesn't define you.

A reminder that God has more for your life.

Simple, comfortable, and meaningful—these are perfect for everyday wear while carrying a message that matters.

Available now on my website!



click on any picture to visit my website