

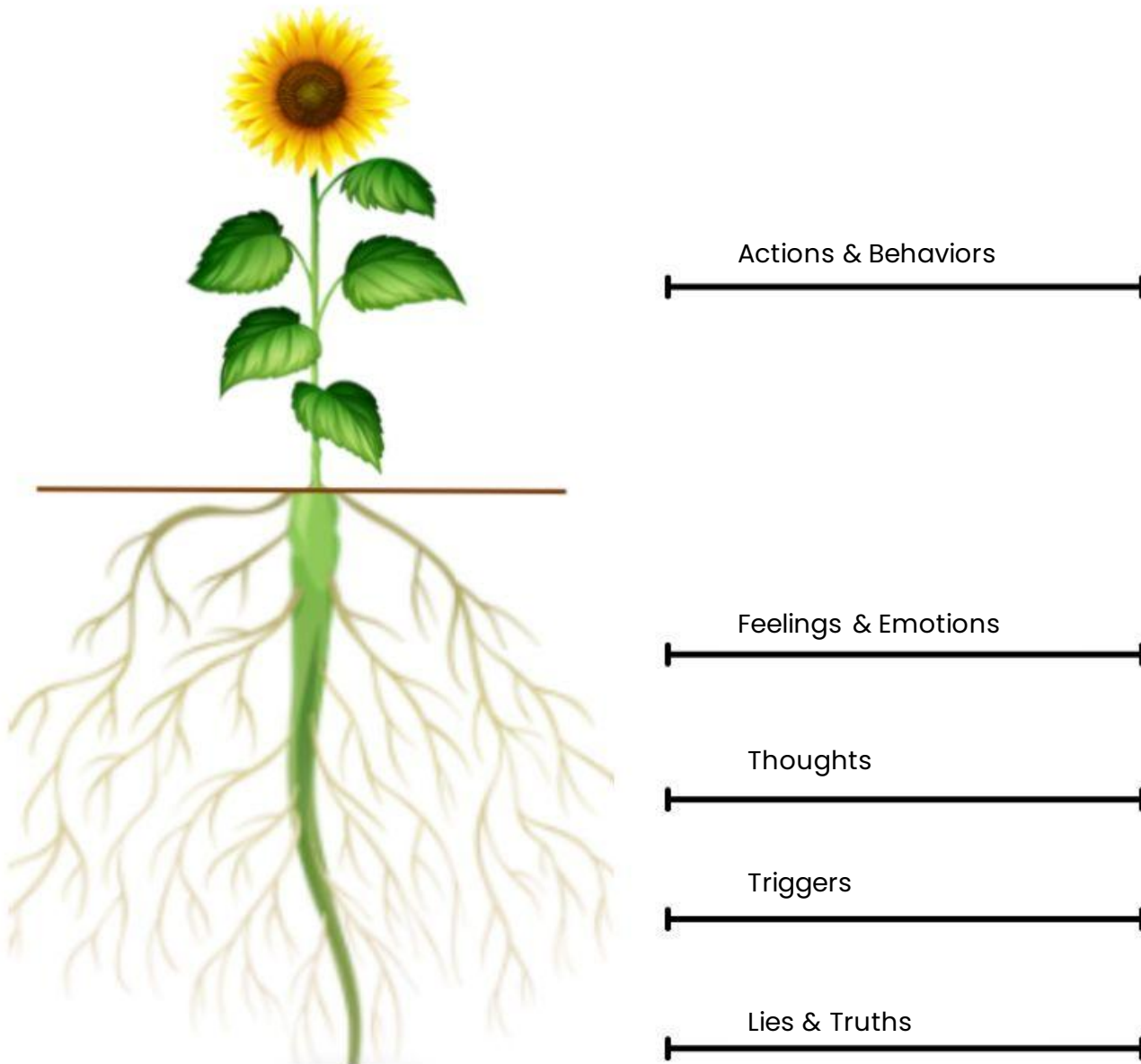


THRIVE  
2025

Filled In Version



# FLOWER MODEL



Psalm 46:1 "God is our refuge and strength, always ready to help in times of trouble"

John 15:25 "I will send you the comforter from the Father"

Romans 12:2 "Let God change the way you think"

# Fitness: 3 Tips to maximize your workouts

1. Know Your Why

2. Give your 100%

3. Have a plan

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**Additional Notes:**

# Nutrition: 4 Keys to Healthy Eating

1. Eat whole foods and avoid processed foods
2. Portion control and mindful eating
3. Stay hydrated
4. Have a plan

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**Additional Notes:**

**Website and Bible App (YouVersion): Break Free from Overeating, Freedom from Emotional Eating, Diets Don't Work-This Does, Victory over Sugar Cravings**

# Setting Yourself Up for Success

1. Know your true identity
  2. Understand the pain of change and pain of not changing
  3. Habits - habit stacking, creating friction, make habits easier
  4. Accountability/Scheduling - have a plan!
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**Additional Notes:**

**"A person will only be as healthy as they feel worthy of"**  
**- Dr. Gabrielle Lyon**