HEATHER BROWN



THE SUNDAY RESET

THE ULTIMATE GUIDE TO RECLAIM YOUR WEEK, RESTORE YOUR HEALTH, AND MAKE TIME FOR WHAT MATTERS MOST

Back when I was racing between school drop-off and pickup—always trying to beat the clock—a book like this might have kept me from crying during the 8 p.m. kitchen cleanup, wondering if life would always feel this hard. Heather wrote *The Sunday Reset* for the woman who's ready to seek a vision for whole-person health with God and pursue it with consistency, not perfection. If you not only read this book but actually practice it, I think you'll find the light and easy yoke Jesus promised—and end your day with a soft smile at the kitchen sink instead of chasing the clock into tomorrow.

ALISA KEETON, founder of Revelation Wellness® and author of *The Body Revelation*, *The Wellness Revelation*, and *Heir to the Crown*

In a world that celebrates busyness and rewards burnout, *The Sunday Reset* offers something refreshingly different: an invitation to return to the life God designed for us all along. Heather Brown beautifully weaves together biblical truth and practical wisdom, helping readers cultivate rhythms that nourish their minds, bodies, and spirits. This isn't a book about doing more—it's about focusing on and prioritizing what matters most. If you're longing to move from surviving your weeks to stewarding them with purpose, this book will be a trusted companion on the journey.

REBECCA GEORGE, author of *You're Not Too Late* and *Radical Radiance* podcast host

The Sunday Reset is more than a productivity system; it's a rhythm of returning to God's design for our bodies, minds, and relationships. It's practical, spiritually grounded, and incredibly freeing. This is a guide I would recommend to any woman ready to rebuild her rhythms with intention, peace, and purpose. All for his glory!

KATE HORNEY, BeyondFit mom, author, certified fitness trainer, and women's health specialist

As someone who cares deeply about whole-person health, I love how *The Sunday Reset* brings together faith, family rhythms, nourishment, movement, stress, and connection in a way that feels both deeply biblical and incredibly practical. Our family has been blessed *so* deeply by practicing the Sabbath, and the Sunday Reset feels like the natural next step: a way to let rest, surrender, and intention shape the week ahead. It's the bridge between sacred rest and an intentional week. Heather's practical reset helps families get on the same page, make room for what matters most, and move from merely hoping to live by their values to actually arranging their lives around them.

CAROLINE FAUSEL, NTP, RWP, NBC-HWC, author of *A Simply Healthy Life*

I've been waiting for someone to write a book exactly like this. So many wellness books hand women another to-do list, and so many faith books skip the physical body entirely. Heather refuses to choose one or the other. In this beautiful resource, she connects cortisol and the Sabbath and protein and prayer in a way that makes sense of why "doing all the right things" can still leave us depleted. This is a whole-health guide I'll be proud to share with my clients.

JILL McLAUGHLIN GRUNEWALD, functional medicine certified health coach, Healthful Elements Inc.

God designed our bodies to flourish when we live according to his principles, and *The Sunday Reset* beautifully demonstrates how simple, intentional weekly rhythms can transform not only our health, but also our homes and our legacy. Heather Brown combines biblical truth with practical wisdom to help readers reclaim their time, strengthen their faith, and cultivate vibrant health from the inside out. This is a timely and encouraging guide for anyone who desires to honor God by stewarding the gifts of time, health, and life.

JORDAN RUBIN, founder of Garden of Life, Beyond Organic, Ancient Nutrition, and Healing of The Nations; *New York Times* bestselling author of *The Maker's Diet* and *The Biblio Diet*

For insights on the "perfect" healthy life, look elsewhere. If you want to learn more about who you are, Whose you are, and how to strengthen yourself mentally, physically, and spiritually in Jesus' name, crack open this book. *The Sunday Reset* is raw, real, and inspired.

HILDA LABRADA GORE, aka Holistic Hilda

Heather Brown isn't just offering a better way to plan our week—she's inviting us into a cultural shift we can't afford to put off any longer. In a world that glorifies busyness and constant striving, *The Sunday Reset* offers a refreshing invitation to slow down, prepare with purpose, and rediscover the peace we've been missing. But at its heart, *The Sunday Reset* is about so much more than productivity. It gently leads us back to God's beautiful design for our lives—to honor the Sabbath, draw near to him, and embrace the rhythm he established from the very beginning. From that place of abiding, our homes, our work, and our relationships overflow with the joy and peace we've been longing for. This is the book every mom needs right now. It's a timely invitation to exchange exhaustion for intention, striving for abiding, and chaos for lasting peace.

CHAPPLE CHANDLER, lifestyle creator and host of *Love Letter Faith* podcast

As a registered dietitian who spends every day helping people heal their gut and reclaim their health, I love how *The Sunday Reset* weaves faith and practical wellness together. Heather Brown offers a refreshingly whole-person approach that honors the connection between mind, body, and spirit, instead of treating them separately. Her weekly rhythm gives readers permission to rest, real tools for planning nourishing meals, and Scripture-rooted encouragement to reconnect with God and community. This book is a refreshing invitation back to the way we were designed to live.

HEATHER FINLEY, founder of gutTogether

As a women's health physical therapist, I've learned that true wellness extends far beyond physical health. Heather Brown's *The Sunday Reset* beautifully captures that truth by helping moms care for their minds, bodies, and spirits, while creating practical rhythms rooted in faith. In a world that constantly pulls women in every direction, Heather offers a grace-filled guide to help moms simplify their schedules, prioritize what matters most, and cultivate healthy habits that bring greater peace and purpose to each week. This is more than a book about organization—it's an invitation to live with intention, care well for yourself and your family, and draw closer to God in the process. I wholeheartedly recommend it to any mom seeking a more balanced, faith-filled life.

STEPHANIE PEREZ, pelvic floor physical therapist and founder of Empowered Wellness

In an overwhelming world, *The Sunday Reset* offers a tactical guide not only on achieving health success, but also on supporting spiritual well-being, which is often an overlooked piece of our health puzzle. Every woman needs a step-by-step sustainable approach, especially those who desire to honor God with their bodies and health. This is a book I will use and come back to when I need to reset.

CARA CLARK, author of *The Feel-Good Way*

The Sunday Reset





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Think Well. Live Well. Be Well.

HEATHER BROWN



THE SUNDAY RESET

THE ULTIMATE GUIDE TO RECLAIM YOUR WEEK, RESTORE YOUR HEALTH, AND MAKE TIME FOR WHAT MATTERS MOST

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The Sunday Reset: The Ultimate Guide to Reclaim Your Week, Restore Your Health, and Make Time for What Matters Most

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The author has made every attempt to provide information that is accurate and complete, but this book is not intended as a substitute for professional medical advice. This book is not meant to be used, nor should it be used, to diagnose or treat any medical or psychological condition. Readers are advised to consult their own medical advisors whose responsibility it is to determine the condition of, and best treatment for, the reader.

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AN INVITATION TO RETURN TO GOD'S DESIGN

Love the Lord your God with all your heart and with all your soul
and with all your mind and with all your strength.

MARK 12:30

Like you, I started as a mom asking questions.

If I'm doing "all the right things," why do I feel exhausted and overwhelmed?
Why does motherhood seem to come with an unspoken sentence of burnout, weight gain, anxiety, and survival-mode living?
Why do doctors recommend quick fixes instead of looking for the root causes of whatever is going on inside my body?
Why are more kids today getting sick, struggling with obesity, and taking daily medications than they did when I was growing up?

Questions like these sparked curiosity, and curiosity refused to leave me alone because the questions weren't coming out of nowhere. They arose from the contradictions I saw firsthand in more than a decade of training women in exercise and over sixteen years of professional meal planning. I watched bodies get stronger and confidence build through simple, consistent habits, yet the advice I heard in cultural

and healthcare circles often didn't line up with what I saw was working in real life. After asking my naturopath endless questions, doing my own research, and praying for guidance, I finally began to get some answers, which led to clarity I couldn't keep to myself.

That clarity led me to launch the *Healthy by Heather Brown* podcast (as an extension of my blog and social media), which now reaches tens of millions of women online. Over the years, I've interviewed dozens of healthcare practitioners, counselors, and pastors to learn directly from experts about God's design for health. Along the way, I became a certified Christian health coach to steward what I was learning and to continue helping women return to God's design in mind, body, and spirit.

My mission is to help women wake up to God's design for their lives so they can steward their health with wisdom, build rhythms that support their families, live with purpose, and pass on a legacy of faith, strength, and resilience in their homes. The challenge is that it's difficult to do any of these things when we live a lukewarm life, feeling broken and disconnected from who we truly are.

WAKE UP TO THE LIFE YOU WERE MADE FOR

What we need is a reset—a way of living that goes beyond behavior change so we can be renewed from the inside out.

God created the human body with a remarkable capability of responding to nourishment, movement, rest, sunlight, and rhythms that reflect his wisdom. When we live in alignment with God's design, honoring him with our habits and rhythms, our lives begin to reflect his order instead of the world's chaos. God resets us when we reset in him; when we receive his love first, we gain the strength to live differently. This isn't about adding one more "Christian thing" to our to-do list; it's about returning to the only source that can truly sustain us. Jesus put it this way, "I am the vine; you are the branches. If you remain in me and I in you, you will bear much fruit; apart from me you can do nothing" (John 15:5).

That is where this book begins. With a simple return to rhythm. A return to intentional living through small choices that, over time, create lasting change and a legacy. The Sunday Reset is the practical pathway that helped me step out of survival

mode and into a lifestyle that supports a healthy mind, a strong body, and a rooted spirit—and I believe with my whole heart that it can do the same for you. It's a weekly rhythm created to bring your mind, body, and spirit back into alignment with God's design through six intentional steps:

Step 1: Plan Your Meals with Purpose
Step 2: Schedule Movement
Step 3: Assess Stress
Step 4: Let Go of Stress
Step 5: Reconnect with God
Step 6: Reconnect with Others

As you begin to reset one step at a time, you'll be able to assess where you are, let go of what no longer works, and rebuild rhythms that reflect God's design.

HOW TO USE THIS BOOK

You may want to grab a journal before you begin because this book also functions as a workbook that invites you to slow down and reflect on what God may be revealing about your rhythms, your habits, and your heart. When you write it all down, it gives you space to process emotions and prayers and to reflect on practical rhythms that support your week. It also gives you a record you can look back on, one that reveals God's work in your life over time.

You may also want to text a friend and invite her to walk through this book with you. As you'll learn in the pages ahead, change is far more likely to stick when you pursue it alongside someone else. Healing, growth, and lasting rhythms were never intended to happen in isolation. They are meant to unfold in community, through encouragement, honesty, and shared commitment.

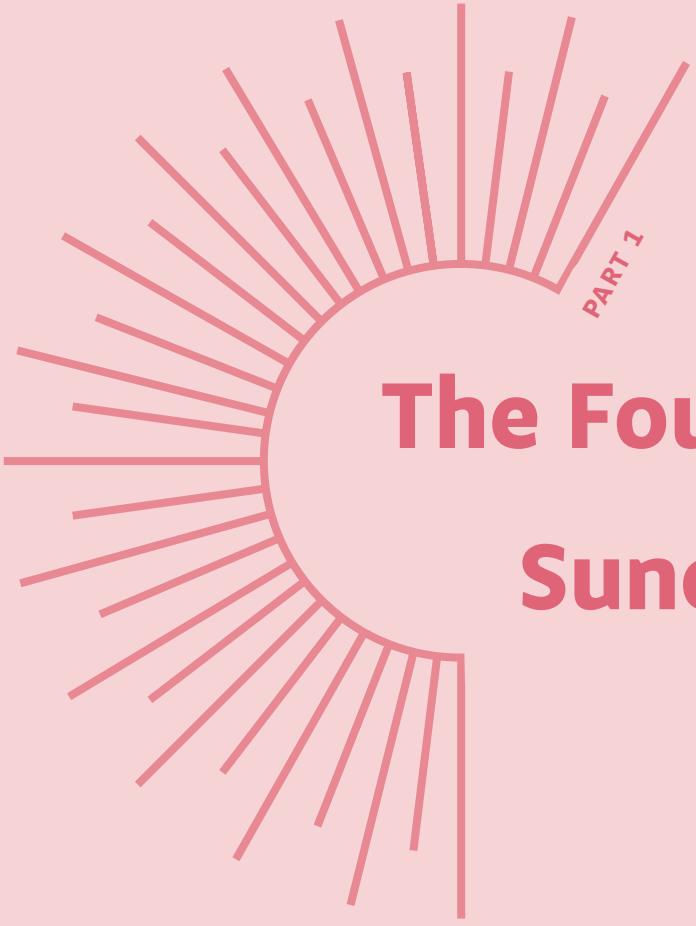
Scripture states that before you were ever born, God knew you and had a purpose for your life (Jeremiah 1:5). Taking care of your whole health is about honoring what God designed with intention. If you need professional medical and/or mental health, or pastoral care, this book is not a replacement for that support. But it is meant to come alongside you, meeting you right where you are.

As you read and work through the steps, my prayer is that *The Sunday Reset* helps you remember who made you, why he made you, and why you're here. When those truths are clear, everything else begins to line up—because whole health is grounded in the person of Jesus Christ.

My friends and podcast listeners will tell you I'm bold and unafraid to call it how I see it, but if I ever step on your toes a bit, I hope you also hear my heart behind these pages. Through my years as a trainer and coach, my goal has never been to call people out but to call them *up*. My mom has always called me her "little cheerleader," and I hope you experience me that way too—that you will feel challenged, encouraged, and reassured of who you are in Christ and why your health matters.

Whether you've never thought about how God's design affects your health, feel stuck in patterns that feel safe but aren't serving you, or feel flat-out exhausted and unsure where to start, this book was written for you. Take what serves you, release what doesn't, and apply what you read with discernment, grace, and wisdom. I am not writing from a place of perfection. I did not arrive here because I mastered all the right habits. I need God's grace in every area of my life and am still learning! This book is not an invitation to follow *my* system, *my* steps, *my* rhythms, or *my* definition of health, but to return to God's design for complete health. Because he is the one who made you, loves you, and ultimately knows what is best for your health and for your family's health.

Trust that the same God who created your body, mind, and spirit will guide you as you learn how to steward them, one reset at a time.



The Foundations of the Sunday Reset

1

ENVISION YOUR PERFECT DAY

Shoot! It's Monday morning and my first alarm didn't go off. The second one, which notifies me it's time to leave, is now blaring. I skip brushing my teeth, throw on my circa 2010 Uggs without changing out of my pj's, and holler up the stairs, "Boys! We're *late!* Let's go—*now!*" They panic and fight, and all three of us are stressed.

My husband, Eric, who has already left for work, texts: "What's the plan for dinner?" Because we were out of town all weekend, I skipped my Sunday Reset, which means I skipped meal planning—among other things—and now the whole family is feeling it. Eric reminds me that the first soccer practice of the season is tonight, so the kids will need something quick for dinner.

I think about the empty fridge and add "groceries" to my mental checklist. Just then, Finn, our seven-year-old, starts yelling about bringing an apple to school for "A-Day," while Leyton, our ten-year-old, insists he needs a permission form signed. In a frazzled haze, I shout, "Get in the car and we'll figure it out later!"

After dropping the kids off late, I make the walk of shame through the school lobby back to my car. My hair is frizzy and I have no makeup on. I swing by Starbucks

on the way home because I haven't eaten. I know caffeine on an empty stomach won't help my stress or balance my blood sugar, but it's my only option at this point.

I quickly glance at the calendar on my phone while waiting in the drive-through and discover I'm scheduled to interview a guest for my podcast in thirty minutes—and I'm totally unprepared. I rush home, scramble out some questions, swap my pj's for leggings and a sweatshirt, fix my hair, slap on lipstick, and try to look put together.

Then it's back-to-back emails, deadlines, and team meetings. Before I know it, it's 2:50 p.m., ten minutes until school pickup. I grab a fork, stab some leftover meat from the fridge, and eat it like a caveman in the car. I glance in the rearview mirror and both laugh and wince at my reflection—wild hair, smudged mascara, hangry, and just trying to make it through.

By the time Eric texts again about soccer practice, I remember Leyton's cleats from last season are two sizes too small. I panic and rush to the sporting goods store. After practice, we grab Chick-fil-A for dinner, which the boys wolf down in the car because they're so hungry. It's been a long day, and the boys take late showers before an even later bedtime. Exhausted, I pick up my pj's from the bedroom floor, change, wash my face, set my two morning alarms, and collapse into bed.

I'm guessing you might have had a few—or many—days like this as well. You do your best to keep everyone fed, rested, and happy, but struggle to do the same for yourself. You love your family, so you don't mind making some sacrifices, but lately you've started to wonder if the best you can do for yourself or for your family is survival mode. If so, I understand. Believe me, I do. But I also know that things can be different—that you don't have to settle for survival mode, even in a demanding season. So let me help you imagine for a moment what that might look like—how incorporating a Sunday Reset has the potential to change a chaos day into a perfect day.

You wake up feeling energized and refreshed a few minutes before your alarm. You gently slide out of bed and open the blinds. *Hello, sunshine! Good morning, God!* You immediately think of three things you're grateful for: waking up before your alarm, your family, and the sounds of birds chirping outside your window.

You walk to your closet, where your workout clothes are already laid out, and

put them on. As you brush your teeth, your favorite Bible verse, which is taped to the bathroom mirror, roots you in your identity: "I praise you because I am fearfully and wonderfully made" (Psalm 139:14). Thinking about what a big and good God you serve fills you with awe.

You head to your kids' rooms to wake them for school. Their laughter and playful chaos remind you how much you love being their mom. You even feel—dare you say it—*content*, realizing that one day you'll miss this loud, joyful mess.

You grab your preplanned breakfast (a banana and a beef stick) to eat in the car and take your supplements while your kids fill their water bottles. You're thankful you don't have to stress over snacks and lunches this morning, since part of your kids' daily after-school routine is packing tomorrow's lunch themselves.

You hop in the car and turn on worship music, a short devotional, or a Christian podcast, knowing this sets the tone for your whole day. As you pull into the school carpool line, the kids say their daily affirmations and recite their weekly Bible verse. You're so grateful for this anchor of daily discipleship because you know these small practices will accumulate over time and become a generational legacy of spiritual health.

After school drop-off, you head straight to the gym. It's blocked on your calendar, so no other appointments get booked here. This is a non-negotiable time to move your body. However, if something does come up, you can flex because you have margin and know how to get back on track. You meet a couple of friends in the gym parking lot so you can circle the block together and get steps in before your workout class. Loud laughter ensues! You complete your strength training class, drink your protein shake to refuel, and head home feeling strong and clear-minded. You know investing in your health is one of the least selfish things you can do because it helps you to be the best version of yourself for those you love. When you show up healthy and energized, your whole family feels the ripple effect.

You spend the rest of the day working in your calling, the assignment God has placed on your life in this season. Whether it's at home or in an office, a ministry role or a corporate role, creative pursuits or volunteer contributions, you approach your tasks with focus and joy.

You close out your day feeling fulfilled—you've enjoyed a healthy lunch, connected

with a few besties, been productive with your tasks, and picked up the kids on time—and are looking forward to date night, which you planned during your reset. (*Yes*, date night is on the meal plan! That means the kids get their simple, go-to dinner of sandwiches, smoothies, or pizza with the babysitter.)

After date night, you unwind with journaling and a short devotional, check tomorrow's schedule, and do a mini mental reset to make sure nothing gets forgotten. You climb into bed and drift off peacefully with a full heart.

Wow! Quite the contrast from my chaos day, right? But maybe you're thinking, "Heather, that sounds nice and all, but it could never happen in my house. I will never have the perfect day." Again, I understand, but could we consider for a moment what a "perfect day" really means? When I talk about a perfect day, I don't mean Instagram perfect. I don't mean perfect as in you never lose your temper and you don't cry or feel unmotivated. I don't even mean a day in which nothing goes wrong, because that's just not reality. In fact, your perfect day isn't about your circumstances because let's face it, you have limited control over what happens in a day. However, you can make choices in advance that increase the odds you'll stay aligned with what matters most to you when the unexpected does happen. Which means your perfect day is simply one that reflects how God designed you to live in relationship with him—walking out who he created you to be. But that's hard to do when every day is a chaos day and you're exhausted in mind, body, and spirit.

So the real question becomes *Who do I want to be?* When you get clear on that—mentally, physically, and spiritually—you can begin arranging your days around the rhythms that support that life. This is how you move from living by default to living by design.



REFLECT TO RESET

To get the most out of *The Sunday Reset*, it's essential to make connections between the principles and practices you'll read about and your everyday life. In these first four chapters, which provide a foundation for what is to come, I've included brief sections with a

few questions so you don't have to wait until the end of the chapter to pause and reflect on what you've just read. Use the space provided to jot down your responses or write out your thoughts in a journal. This practice will help you process what you are learning and be able to look back on your responses, often providing new insights.

Take a few moments now to reflect on what comes to mind when you imagine yourself on a perfect day.

What three to five words would you use to describe your *mind* on a perfect day? For example, *calm*, *optimistic*, *flexible*, *open*, *present.*

What three to five words would you use to describe your *body* on a perfect day? For example, *energized, rested, strong, active, pain-free, confident posture*.

What three to five words would you use to describe your *spirit* on a perfect day? For example, *connected*, *joyful*, *patient*, *loving*, *grateful*, *authentic*.

What else, if anything, would you want to be true about you on your perfect day?

LIVING BY DEFAULT VS. LIVING BY DESIGN

When I ask my social media audience, whom I call the Girl Gang, what holds them back from a healthy life, their answers are rarely just about food, weight, time, or hormones. Instead, they usually name struggles with confidence and identity. And that makes perfect sense because motherhood often comes with an identity crisis.

When we spend our days serving littles, wiping booties and boogies, and driving the carpool shuttle, it's easy to forget who we are. And when that happens, chances are it won't be long until we're living by default rather than by design.

While living by default is the foundation for a chaos day, living by design is what enables you to live according to who God made you to be. As we go through this book, seek clarity from the Lord about how he designed you—yes, you, mama—to live healthfully in mind, body, and spirit. Because that's what holistic health is—the kind that enables mind, body, and spirit to work together in harmony.

You are worthy of wholeness and health. You are worthy of feeling strong, focused, energized, and free. You are worthy of discovering, or reclaiming, your identity—of living according to who God made *you* to be. And it *is* possible. God is calling you to make your health a priority now so he can strengthen you for your purpose.



REFLECT TO RESET

Living by default means living without intention. In what ways might you be living by default—mentally, physically, or spiritually?

What patterns of thought or behavior are holding you back from living by God's design? Be specific. Maybe it's overcommitting because you hate saying no. Maybe it's skipping rest because it feels "lazy." Perhaps it's putting yourself last because everyone else's needs seem to shout louder. Whatever it is, write it out.

SIX FOUNDATIONAL TRUTHS OF THE SUNDAY RESET

Through my own health journey, my work as a Christian health coach, and learning from trusted physicians, therapists, naturopaths, pastors, and spiritual mentors, I developed a set of guiding principles that form the foundation of the Sunday Reset. These six foundational truths shape the rhythms, habits, and priorities that will help you build a life that reflects how God designed you to live.

Truth 1: God Designed Life to Run on Rhythm, Not Chaos

Rhythm is the intentional, God-designed pattern of activity and rest, effort and restoration, pouring out and being filled back up that God designed into creation so life can function in order instead of chaos.

We see such rhythms clearly in Scripture, where God established a pattern of work and rest from the very beginning—creating the world in six days and resting on the seventh (Genesis 2:2-3). Throughout the Bible, we also see rhythms of abiding and going, gathering and scattering, fasting and feasting—all invitations to live in step with him. We see them in nature with the passing of the seasons—winter, spring, summer, and fall. And we see them in our bodies as we wake with the sunrise, experience hormones rising and falling throughout the day, and then wind down again at night.

God designed us to live within rhythms like these. Yet we live in a culture that glorifies busyness—a pace that pulls us out of order and into chaos. Busyness is driven by constant striving, overcommitment, and reacting to whatever feels most urgent, often at the expense of our mental, physical, and spiritual health. When we step outside of God's rhythms and live in that kind of chaos, the result is often the same: exhaustion, burnout, and overwhelm.

The Sunday Reset offers a practical way to return to God's rhythms. It's a weekly pause that creates margin, helping you move from reacting to everything around you to intentionally choosing what matters most—what Lysa TerKeurst describes as your "best yes."[1] Your perfect day begins when you learn to recognize and honor the rhythms God has already wired into you—rhythms that support your mind (effort and recovery), body (movement and stillness), and spirit (pouring out and filling up).



REFLECT TO RESET

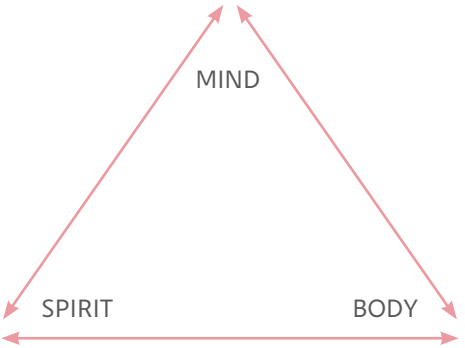
In what ways, if any, do you routinely feel caught up in the chaos of busyness or hustle culture? For example, saying yes when you really want to say no, or feeling like you "should" do something even when you know it will deplete you or detract from what matters most to you.

What daily or weekly rhythms do you already have that help you feel calm, rested, or fulfilled? For example, a daily journaling practice, a daily workout class, a weekly date night, or weekly church attendance.

On a scale of 0 to 10 (with 0 being "none" and 10 being "plenty"), how would you characterize the amount of margin you currently have in your weekly calendar? Briefly describe the reason for your response.

Truth 2: The Triple Threat Triangle Guards Whole Health

The triple threat triangle for your health is when mind, body, and spirit all work together so you live in balance instead of burnout.



Mind. Mental health begins with noticing your thoughts, emotions, and stress signals and renewing your mind as Scripture calls you to do (Romans 12:2). As you fill your mind with truth, you gain clarity to make wise decisions, to respond to stress in healthier ways, to understand how your body carries stress, and to stay attentive to God's voice in your daily life.

Body. Your physical health reflects how you steward the body God gave you—how you move, nourish, and rest. When you support your body through the rhythms God designed, your mind is more likely to feel clear, and your habits become an act of stewardship helping you care for your body so you can faithfully walk out the calling God has for you (1 Corinthians 6:19-20).

Spirit. Your spiritual health is the foundation of the triple threat triangle. It grows through your relationship with God and the work of the Holy Spirit within you. As you spend time in God's Word and in prayer, worship, and community—living out his command to "love one another" (John 15:12, ESV)—your spirit is strengthened, which brings peace to your mind, anchors you in meaning and direction, and guides the daily choices that shape how you care for your mind and body.

I call this the triple threat triangle because when we're healthy in all three areas, we become a threat to any chaos life might throw our way. It means we are living

holistically from our God-given design and we experience the benefits of that mentally, physically, and spiritually. The biblical principle for the triangle comes from Jesus' reminder that we are to love God with all our heart, soul, strength, and mind (Luke 10:27). These aspects of who we are—mind, body, and spirit—were never meant to operate separately but to support one another and work together, just as the three sides of a triangle do.

Most women I know tend to do just one part of the triangle well. Some are killing it at the gym but running on empty spiritually, while others are pouring into church and community but neglecting the body God gave them. One corner of the triangle cannot thrive without the support of the other two. Whole health requires all three working together in beautiful harmony!

God designed us for integration instead of compartmentalization. For example, in biblical times, community, movement, and worship naturally overlapped as people walked together to the Temple, worked outdoors with their bodies, lived closely with family and neighbors, and regularly gathered to hear and discuss Scripture. In contrast, many of us today spend our days indoors, sitting at desks, scrolling our phones, feeling isolated from God, and lacking family support while raising kids.

As we go deeper into the triple threat triangle throughout the book, we'll explore accessible ways to get back to God's design for integration, such as prayer walks, journaling during worship, stretching while listening to a sermon, or meeting a friend to discuss what God is teaching you. As believers, whole health (mind, body, and spirit) is what sets us apart from the world's definition of health.

Why It's Essential to Steward Whole Health

When I first started asking better questions about what I was allowing into my body, my children's bodies, and our home, I realized how much trust I had handed over to systems and voices outside my home without slowing down to ask, "Lord, is this right for my family?" That realization became a turning point that led me back to intentional stewardship of my health and my family's health—and ultimately back to God's original design for the human body and soul. Once I saw the bigger picture, I couldn't ignore it anymore.

These are some of the staggering realities we face today:

- Fewer than 7 percent of Americans are metabolically healthy.[2]
- Approximately 72 percent of US adults are overweight or obese—a major driver of chronic inflammation and metabolic disease—and that number continues to rise.[3]
- Children today face rising rates of chronic disease that have led some researchers to warn that today's youth may "live less healthy and possibly even shorter lives than their parents."[4]
- About one in seven women (13.4 percent) in the United States experience infertility or difficulty getting pregnant.[5]
- Rates of persistent sadness and hopelessness among adolescent girls have risen sharply over the past decade, increasing from about 36 percent in 2011 to 57 percent in 2021.[6]
- The average woman uses about twelve personal care products daily, exposing her to approximately 168 unique chemical ingredients.[7] Some of these ingredients have been associated with hormone disruption, allergies, or other health concerns.
- The United States spends more on healthcare than any other high-income nation, yet Americans experience worse health outcomes and shorter life expectancy than their peers.[8]
- Nearly 60 percent of US adults take at least one prescription medication, and rates of chronic disease continue to rise.[9]

These numbers are not just headlines—they are showing up in real bodies and families. They show up in the mom who wakes up exhausted, the child who struggles to focus or regulate emotions, the couple navigating infertility, and women doing everything "right" but still not feeling well. These struggles are predictable outcomes of ways of living that no longer align with how God designed us to live.

One moment that crystallized this reality for me came when a friend shared the experience of her annual physical. After my friend gained nearly twenty pounds in a year without changing her diet or exercise, her doctor, without asking many follow-up questions, said her labs were "normal," advised her to exercise more, and suggested starting a GLP-1, a hormone-like medication formulated to regulate blood sugar and appetite. She left discouraged and sensing there had to be something more going on inside her body. Eventually, she found a practitioner who asked deeper questions, ran more comprehensive labs, and looked at her body as an interconnected system. Over the next year, she lost nearly thirty pounds by addressing the root cause of her symptoms.

Experiences like this are not uncommon. But friend, I don't believe we were designed to live constantly overwhelmed, distracted, depleted, and disconnected from the rhythms God created to sustain us. That's why it's so important to guard our whole health—mind, body, and spirit.



REFLECT TO RESET

Which aspect of your health feels strongest right now—mind, body, or spirit? Which feels most neglected? Why?

What would change in your life if you began thinking about health as caring for your mind, body, and spirit (rather than just your body through workouts and meals)?

Truth 3: Habit Stacking Sets a Sustainable Pace

When my husband and I first tried the Whole30 challenge, I went from drinking a daily sweet tea and having dessert after every dinner to zero sugar, grains, and dairy overnight. Spoiler alert—that did *not* go well.

My stomach revolted, my husband got what we called the "Whole30 flu," and our bodies had no idea what just hit them. I made it about three days before I "messed up" and told myself I had to start over. By the fourth restart, I was exhausted, frustrated, and ready to quit.

Looking back, the problem wasn't my plan; it was my pace. I tried to fix everything all at once instead of focusing on one small habit at a time. That's when I learned the beauty of what is called *habit stacking*. Instead of sprinting into burnout, I began building with one healthy habit at a time. Once I mastered that small habit, I added another. And each new habit, like a brick stacked onto the one before it, began to build a firm foundation for change.

Real talk, mama: You don't need a full-blown, overnight life overhaul. You just need the courage to start slow with one small habit you can build on over time.



REFLECT TO RESET

Let's take an affirmation inventory! This is where you give yourself credit for the things you are already doing to build your healthy habit foundation. (To prompt your thinking, see the "Healthy Habits Inventory" in the appendix (page 229).

List the healthy habits you've already mastered for your emotional and mental health, such as a gratitude practice, breathing exercises to manage stress, or spending time outside each day.

List the healthy habits you already use to support your physical health, such as drinking water, moving your body, eating whole foods, or getting enough sleep.

List the healthy habits you already practice to support your spiritual health, such as a daily time with God, regular church attendance, or participating in a small group.

Truth 4: The 1 Percent Better Mindset Makes Progress Possible

If you've ever said, "I'll start Monday," you already know how that story ends—with falling off the wagon by Wednesday. Aiming for daily *perfection* leads to exhaustion and frustration. But aiming for daily *progress* builds not only momentum but also the underlying confidence to show up for yourself and who God has called you to be. One thing I often say to my community, both online and in everyday life, is that choosing progress over perfection is better.

Every day is an invitation to get just 1 percent better in your mental, physical, and spiritual health. That might mean adding protein to a meal instead of eating just carbs, allowing one grateful thought to replace a complaint, and making one choice to read the Bible or a Christian book instead of doomscrolling.

The apostle Paul encouraged the Christians at Thessalonica to "not grow weary in doing good" (2 Thessalonians 3:13, ESV). That verse is about steady faithfulness day in and day out. And do you know what happens with steady faithfulness? It adds up. This is why the 1 percent better mentality works—because the wins accumulate over time. Instead of feeling defeated when you don't lose five pounds in two days (or

whatever unrealistic expectation you're putting on yourself), your small wins build your confidence, strengthen your discipline, and accelerate your progress toward your goals.



REFLECT TO RESET

What are some reasons you feel like you have fallen off the wagon when it comes to health in mind, body, or spirit? For example, lack of time, money, willpower, or confidence.

In what ways does the idea of getting 1 percent better each day (progress over perfection) challenge you? In what ways does it encourage you?

Truth 5: Rocks Take Priority over Sand

Picture your limited time and energy as if it were a jar and you can only put two kinds of things into it—rocks and sand. If you fill it first with sand—things like scrolling, errands, and busywork—there'll be no room left for the rocks. Rocks such as your faith, family, health, and calling are what matter most. When you put your rocks into the jar first, the sand can fill in around them.

Your rocks are your Kingdom priorities.

Quiet time with the Lord? *Always a rock.*
Family dinner around the table? *Rock.*
Date night with your husband? *Rock.*
That workout that clears your head? *Rock.*

Everything else can shift around your rocks because getting your priorities wrong when it comes to health can have life-altering consequences—ones I've repeatedly witnessed firsthand. I've watched family and friends lose years of their lives, or their quality of life, to preventable health issues. Prioritize your health—mind, body, and spirit—now so you can continue to show up later for who and what matters most to you.



REFLECT TO RESET

Based on how you spend your time most weeks, what kinds of things would you say are currently going into your jar first?

What sand activities are you most likely to put in first? Why?

What rocks do you need to prioritize and put in place before you allow the sand to fill the gaps?

Truth 6: When You Skip Rest, Your Body Pays

Rest is not a reward, something waiting for us at the finish line when all our tasks are done and everything finally calms down. Rest is a requirement. Sadly, however, most of us treat rest like we have to earn it. We do this even though Jesus invites us to come to him for rest: "Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find *rest for your souls*" (Matthew 11:29, emphasis added). Note that he offers rest *while* we are weary, not after we have figured it all out on our own, as if rest were a prize for self-reliance. I emphasized "rest for your souls" because doesn't that sound soul-quenching compared to our hustle culture? I know I need a daily dose of rest for my soul.

The alternative to earning rest is learning to live from rest by putting it first rather than last. Because when we refuse God's rhythm of rest, our bodies eventually force the issue. Sometimes that shows up as illness, headaches, hormone disruption, or persistent exhaustion, which are some of the ways our bodies get us to pay attention to the clues we've been ignoring. Ask me how I know.

As an Enneagram 3, I love to achieve, check the boxes, and chase the next goal. And while there's nothing wrong with any of those things, allowing them to take priority over rest has consequences. Now that I'm in my forties, I can see how years of pushing through without rest took a toll on my body and hormones. When we don't live in rhythm with God's rest, our bodies eventually force us to slow down.



REFLECT TO RESET

Are you more likely to treat rest as a requirement and a starting point, or as a reward you must earn by working hard? Why?

What are you concerned might happen if you were to put rest first?

In what ways might God be inviting you to rest instead of rush?

CONCLUSION AND PRAYER

If you feel like you're consistently experiencing more chaos days than perfect days, you're far from alone. Many of us are trying to do our best while feeling overwhelmed and stretched thin. The good news is that making changes doesn't begin with doing more; it begins with a perspective shift. When you start viewing your life through

the lens of God's design for your mind, body, and spirit, small habits begin to create new rhythms. And over time, those rhythms can transform a calendar full of chaos days into days that align with who God made you to be.

Dear Lord,
Thank you for the natural rhythms you've shown us through creation—morning and evening, work and rest, effort and renewal. Help me to view my health through the lens of your perfect design. Teach me to seek rest in ways I haven't before, and to invite you into the nitty-gritty of everyday life.

Anchor my mind, body, and spirit in your truth so that my week reflects your peace. Give me wisdom as I learn to steward my time and my family's time with greater intention. Help us to honor you in all we do, week in and week out.

And when I stray from the way you've called me to live, teach me to return to you humbly, asking for your eyes to see what I'm missing and your guidance for my day-to-day life. May I release the striving for perfection I cannot achieve so I can fully lean on you, my Prince of Peace.

Amen.