



Finding Your Way to Wellness Workbook

A JOURNEY OF FAITH AND FLOURISHING

FAITH AND WELLNESS HAVEN



Welcome Beautiful!

Are you ready to embrace the wellness God lovingly designed for you?

I'm so glad you are here, taking this step with me. This workbook, "Finding Your Way to Wellness: A Journey of Faith and Flourish," isn't about fitting into a certain size or just focusing on weight loss, it's about discovering what it means for you to thrive in mind, body, and spirit.

As Christian women, we often give so much of ourselves to our families, churches, and work that we sometimes neglect our own well-being. This workbook is your chance to pause, breathe, and reconnect with yourself and God's vision for your wellness.

Inside, you'll find questions to help you define what wellness means for you. Together we will identify what's holding you back and how, with grace and faith, you can move forward.

Take your time. Be kind to yourself. Trust that God is guiding you toward the amazing person He created you to be.

I'm so excited to be on this journey with you!

Xoxo,
Coach Crystal



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What does it mean for me to feel well?

Example Answer:

Feeling well means having the physical and mental energy to truly connect with God, my family, and myself. It's about waking up feeling refreshed and ready to embrace the day, not dragging myself through it. It's about feeling spiritually connected, like I'm in tune with God's voice and purpose. Isaiah 40:31: but those who hope in the LORD will renew their strength. They will soar on wings like eagles; they will run and not grow weary, they will walk and not be faint.

1. What does it mean for me to feel well?





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When have I felt my best in the past? What was I doing? Who was I with?

Example Answer:

I felt amazing when I prioritized getting enough sleep and eating nourishing foods. I had more energy, my mood was better, and I felt more confident. Taking care of my physical body, as a temple of the Holy Spirit, really impacted my overall well-being. 1 Corinthians 6:19-20: Do you not know that your bodies are temples of the Holy Spirit, who is in you, whom you have received from God? You are not your own; you were bought at a price. Therefore honor God with your bodies.

2. When have I felt my best in the past? What was I doing? Who was I with?



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What would make me feel my absolute best now?

Example Answer:

Right now, I think prioritizing self-care, without guilt, would make a huge difference. I need to schedule time for prayer, reading, and activities that bring me joy, like spending time in nature. I also need to set healthier boundaries to protect my time and energy.

3. What would make me feel my absolute best now?





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What things drain my energy and make me feel less than my best?

Example Answer:

Scrolling mindlessly through social media makes me feel anxious and inadequate. I compare myself to others, and it steals my joy. I need to set limits on my screen time and focus on gratitude for what I have.

4. What things drain my energy and make me feel less than my best?





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What's holding me back from feeling my best?

Example Answer:

Fear of failure. I'm afraid of trying new things and not succeeding, so I often don't even try. I need to learn to embrace imperfection and trust that God will equip me for what He calls me to do."

5. What's holding me back from feeling my best?





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What are my core values?

Example Answer:

My core values are faith, family, love, compassion, integrity, and service. When I'm living in alignment with these values, I feel balanced and fulfilled.

6. What are my core values?





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What does God say about health and wellness?

Example Answer:

The Bible talks about our bodies being temples of the Holy Spirit (1 Corinthians 6:19-20), so I know that taking care of my physical health is important. It also emphasizes the importance of rest (Exodus 23:12) and finding joy in all circumstances (Philippians 4:4). I need to spend more time studying scripture and praying for guidance in this area.

7. What does God say about health and wellness?





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What makes me feel confident, content, and at peace?

Example Answer:

Spending time in prayer and meditating on God's Word makes me feel centered and connected to God. Serving others and giving back to my community gives me a sense of purpose. Spending quality time with my family fills my heart with joy.

8. What makes me feel confident, content, and at peace?





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What am I missing when I have bad days?

Example Answer:

On bad days, I often neglect my spiritual practices. I don't spend time in prayer or reading my Bible, and I disconnect from God. I also tend to isolate myself, which makes things worse.

9. What am I missing when I have bad days?





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What am I doing when I have good days?

Example Answer:

On good days, I prioritize my relationship with God. I start my day with prayer and Bible study. I also make time for exercise, healthy eating, and spending time with my loved ones. I'm more intentional about practicing gratitude.

10. What am I doing when I have good days?





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What am I craving more of?

Example Answer:

I'm craving more peace and less anxiety. I want to feel more confident in my identity in Christ and trust that He has a plan for my life. I also crave deeper connections with other Christian women.

11. What am I craving more of?





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How do I need to start living to regularly feel my best?

Example Answer:

I need to prioritize my relationship with God above all else. I need to create healthier habits around sleep, nutrition, and exercise. I need to set boundaries to protect my time and my energy. I need to cultivate a spirit of gratitude and focus on the blessings in my life. Ultimately, I need to surrender my will to God and trust that He will lead me on the path to true wellness.

12. How do I need to start living to regularly feel my best?





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Thank You!

Congratulations on completing "Finding Your Way to Wellness: A Journey of Faith and Flourishing"! I hope this workbook has been a source of inspiration and clarity for you as you embark on your journey to a more vibrant and fulfilling life.

Remember, the journey to wellness is an ongoing process, not a destination. Keep nurturing the seeds you've planted, continue to connect with God's Word, and celebrate every step forward, no matter how small.

I encourage you to revisit this workbook from time to time, as your definition of wellness may evolve as you grow and learn. And most importantly, remember that you are loved, you are cherished, and you are worthy of living a life filled with joy, peace, and abundant wellness.

xoxo,
Coach Crystal



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