



Aligned & Anchored™ Personal Coaching Workbook

Use this workbook each week to reflect, journal, track your progress, and stay anchored in your goals.



thrivewithevelyn.com

Designed for: Renee Miller



A SPECIAL NOTE:

Renee, I'm so excited to walk with you through these 12 weeks of transformation. This journey is about more than how you look – it's about how you feel, how you show up, and who you're becoming in Christ. By the end, you'll not only see change in the mirror, but you'll believe it in your spirit.

Program Overview

Weeks 1–4: Body Reset

Build your meal & movement rhythm, reset your gut and energy, and begin sustainable fat loss without overwhelm.

Weeks 5–8: Mind Renewal

Release limiting beliefs, master your morning rhythms, and strengthen your consistency + commitment muscle.

Weeks 9–12: Home & Lifestyle Alignment

Create sanctuary spaces, manage your time with purpose, & build daily systems that fully support who you're becoming.



Hello!

I AM YOUR COACH, EVELYN

Twelve years ago, I stepped into social selling with nothing but passion and a desire to encourage others. I advanced quickly, but God showed me it was never just about products – it was about how He was working in me and through me.

My journey hasn't been perfect. I know what it feels like to hide behind walls, fear rejection, and run on empty while serving everyone else. For years, I played it safe and kept things surface-level – until I surrendered those fears to God.

That's when He transformed not just my business, but my whole being: body, mind, and home.

Now, I coach women like you because I know true freedom doesn't come from another diet, planner, or self-help book. It comes from aligning your life with Jesus at the center and building rhythms you can sustain.

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CUSTOMIZED MEAL PLAN +
TRACK ENERGY SHIFTS.
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→ 3-5 SHORT STRENGTH
SESSIONS, DAILY WALKING.
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CONTROL, FUEL NOT
RESTRICTION.
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PROGRESS, CELEBRATE SMALL
WINS.



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A S M A L L N O T E

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E V E L Y N
T R I B B L E

W e e k 7

One
GUT
RESET

FUEL YOUR BODY, RESET YOUR
ENERGY

WEEK 01/

This week, we're laying the foundation for everything ahead by resetting your gut. Your gut health impacts your energy, mood, confidence, and even your ability to show up consistently. By following the **5-day Lean Reset Meal Plan**, paired with bioactive peptides LEAN + Hydrate, you'll begin to feel the shifts in your body and mind.

Remember: this is not about restriction. This is about rhythm – fueling your body with foods that love you back.

Your Rhythm This Week

5-Day Lean Reset Meal Plan → Follow the structured plan for your first 5 days.

25 Days Healthy Eating + Peptides → Continue with nutrient-rich meals, plus daily LEAN + Hydrate for gut + energy support.

Weigh-Ins → First thing in the morning, on Monday, Tuesday, Thursday, Saturday (Days 1, 2, 4, 6).

- Use a digital scale for accuracy (no guessing!).
- Don't stress daily fluctuations – look at trends over time.

LEAN FOR LIFE <i>the first 5 days</i>					
Day 1 <i>fasting day</i>					
MEAL 1 6-8AM	MEAL 2 9-11AM	MEAL 3 12-2PM	MEAL 4 3-5PM	MEAL 5 6-8PM	BEDTIME 8-? PM
No intense workout on day 1					
<input type="checkbox"/> DRINK 1 Hydrated TAKE 2 LEAN PILLS	<input type="checkbox"/> TAKE 1 Energized or Fit (optional)	<input type="checkbox"/> TAKE 1 Hydrated	<input type="checkbox"/> TAKE 1 Hydrated Can add carbonated water to it to the Hydrated to feel full (optional)	<input type="checkbox"/> EAT Fatty Protein, Veggies, sea salt example: Ribeye steak or salmon w green beans	<input type="checkbox"/> DRINK 1 Cup Decaf Green Tea w/ fresh lemon TAKE (optional) CALM (melt on tongue) 30-60 min before bed
Day 2,3,4 <i>balanced macro portion day</i>					
MEAL 1 6-8AM	MEAL 2 9-11AM	MEAL 3 12-2PM	MEAL 4 3-5PM	MEAL 5 6-8PM	BEDTIME 8-? PM
<input type="checkbox"/> DRINK 1 Hydrated TAKE 2 LEAN on empty stomach EAT Protein, Starch & Veggies example: egg whites w veggies + Sweet potato OR Protein shake + oatmeal	<input type="checkbox"/> EAT 1 Fruit example: grapefruit or berries TAKE 1 ENERGIZED (optional) 1 FOCUSED (optional)	<input type="checkbox"/> EAT Protein + Fat example: 2 or 3 hard boiled eggs, 2 under 150lbs / 3 over 150lbs	<input type="checkbox"/> EAT Protein DRINK 1 Hydrated example: NF greek yogurt or chicken breast strips w mustard or 0-25 calorie dip	<input type="checkbox"/> EAT Protein, Veggies, sea salt example: Salad w protein or chicken thigh with green beans	<input type="checkbox"/> DRINK 1 Cup Decaf Green Tea w/ fresh lemon TAKE (optional) CALM (melt on tongue) 30-60 min before bed
Take FIT (optional) anytime before 3pm					
Day 5 <i>high protein, lower carb day</i>					
MEAL 1 6-8AM	MEAL 2 9-11AM	MEAL 3 12-2PM	MEAL 4 3-5PM	MEAL 5 6-8PM	BEDTIME 8-? PM
<input type="checkbox"/> DRINK 1 Hydrated TAKE 2 LEAN on empty stomach EAT Protein & Fat example: egg whites w avocado OR scrambled eggs	<input type="checkbox"/> EAT Fat + Veggie example: Bell pepper & raw nuts OR fresh Pico w avocado TAKE 1 ENERGIZED (optional) 1 FOCUSED (optional)	<input type="checkbox"/> EAT Protein + Veggie example: Stir fry OR protein & veggie bowl	<input type="checkbox"/> EAT Fat + Veggie DRINK 1 Hydrated example: Bell pepper & raw nuts OR fresh Pico w avocado	<input type="checkbox"/> EAT Protein, Veggies, sea salt example: No-bean turkey chili OR lettuce wrapped burger	<input type="checkbox"/> DRINK 1 Cup Decaf Green Tea w/ fresh lemon TAKE (optional) CALM (melt on tongue) 30-60 min before bed
Take FIT (optional)					

Meal Plan Framework Prompt

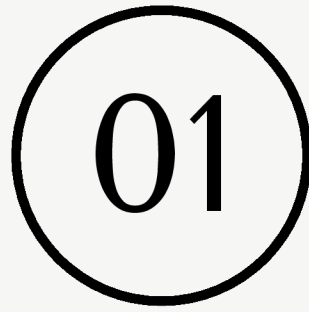
Use this ChatGPT prompt to customize your plan (copy + paste into ChatGPT):

"Attached is a 5-Day Lean Reset plan and a list of proteins, veggies, starches, fruits, and fats.

Use the Day 1, Day 2-4, and Day 5 schedule to create a specific meal plan for me that matches the daily requirements. Please exclude fish and no dairy. Foods I already have on hand are eggs, veggies, apples, and blueberries. Include these and add any other foods needed to the grocery list. Can you also provide me with a grocery list for this plan?"

Framework for Food Flexibility

- Exclude/Limit: please do not include [_____].
- Use More Of: use primarily [_____].
- Foods On Hand: foods I have are [_____].
- Flexibility: but feel free to suggest foods outside this list.



JOURNAL PROMPT FOR WEEK 1

What shifts do I notice in my energy, mood, and clarity when I fuel my body with real food instead of convenience or comfort food?

How do I want to feel 30 days from now if I stay consistent?

W e e k 2

Two

MOVEMENT RHYTHM

STRENGTH IN BODY, STRENGTH IN
SPIRIT

WEEK 02/

This week we're creating a simple rhythm of movement that works with your life, not against it. You don't need hours in the gym – just 3–5 short strength sessions and daily walking to reset your energy, metabolism, and confidence.

But here's the truth: movement is about so much more than looking toned.

It's about strength, vitality, longevity – and being able to keep serving, leading, and living the life God's called you to.

FIT: More Than a Workout Drink

You may have thought: "I don't work out, so I don't need FIT..." but that couldn't be further from the truth.

FIT supports your body at a cellular level – whether you're lifting weights, chasing kids, folding laundry, or simply navigating the aging process.

Benefits of FIT include:

- Boosts energy production at the cellular level
- Helps prevent muscle loss & supports longevity
- Enhances bone mineral density
- Reduces muscle fatigue by up to 47%
- Increases NAD+ for cellular repair & energy
- Lowers inflammation (linked to chronic disease)
- Improves circulation + nitric oxide levels
- Helps build & maintain muscle
- Reduces post-workout soreness

WEEK 02/

It's not about fitness... it's about function, longevity, and strength from the inside out.

Let's Talk Inflammation

Not all inflammation is bad.

- Acute inflammation = short-term, healing response (like after an injury).
- Chronic inflammation = long-term, harmful "alarm system" that never shuts off.

Chronic inflammation is linked to:

- Heart disease
- Diabetes
- Autoimmune disorders
- Gut imbalances
- Depression + anxiety

But here's the good news: your lifestyle choices can change this.

Anti-Inflammatory Lifestyle Keys:

Nourish → Avoid fried, sugary, and processed foods.

Balance → Maintain a healthy weight (fat signals inflammation).

Move → Exercise is a natural anti-inflammatory.

Stress → Reduce stress through prayer, breath, and stillness.

Rest → Prioritize 7–9 hours of sleep for repair + healing.

Inflammation is real, but so is your God-given power to heal.

Movement Rhythm This Week

Strength Sessions → 3–5 short workouts (20–30 minutes)

Daily Walking → 20–30 minutes (can be broken up into smaller walks)

Stretch & Breathe → 5 minutes daily to reset mind + body



JOURNAL PROMPT FOR WEEK 2

When I think of movement as a way to protect my body, build longevity, and serve others with strength, how does it shift my motivation compared to exercising just to change how I look?

W e e k 3

Three

SUSTAINABLE FAT LOSS

LEARN PORTION CONTROL & FUEL,
NOT RESTRICTION

WEEK 03/

YOU MADE IT TO WEEK 3!!

By now you've begun creating rhythms for your body and movement. This week is about shifting from "diet rules" to a lifestyle of fueling your body.

No more beating ourselves up over what we eat.

Instead, let's start noticing how and why we eat – because our bodies are always listening.

Tip of the Day: The 4 Ways We Eat

It's not just what we eat, but how we eat that shapes our energy, mood, and long-term health.

Here in this coaching program, we're learning (or re-learning) how to build a lifestyle that makes our bodies healthier, our minds clearer, and our energy stronger – so we can fully enjoy the things we love most in life.

When you look at eating through the four quadrants – Fuel, Fun, Storm, and Fog – you gain awareness, balance, and freedom instead of guilt or restriction.

The Four Quadrants of Eating

1. Fuel Eating

- Definition: Eating foods that truly nourish your body and give steady energy.
- Examples: Lean proteins, vegetables, fruits, whole grains, healthy fats.
- Key Trait: You feel satisfied and energized afterward.
- Mindset: Eating with intention – like putting quality fuel in a car.

2. Fun Eating

- Definition: Eating purely for enjoyment – without guilt.
- Examples: Pizza, ice cream, birthday cake, comfort favorites.
- Key Trait: It brings joy but is done with awareness and balance.
- Mindset: Food as part of celebration, connection, and fun.

3. Storm Eating

- Definition: Eating driven by emotions (stress, anger, sadness, boredom).
- Examples: Grabbing chips after a fight, stress-snacking, emotional binges.
- Key Trait: It feels reactive or out of control, not about hunger.
- Mindset: Food is used as a coping mechanism instead of processing the real emotion.

WEEK 03/

4. Fog Eating

- Definition: Eating without awareness – on autopilot.
- Examples: Finishing a bag of popcorn while distracted, grazing while cleaning up.
- Key Trait: You barely notice you ate, and it brings little satisfaction.
- Mindset: Mindless eating – not tuned in to hunger or fullness cues.

The goal isn't to live in just one quadrant. It's to notice your patterns and gently shift toward more Fuel and Fun while reducing Storm and Fog.

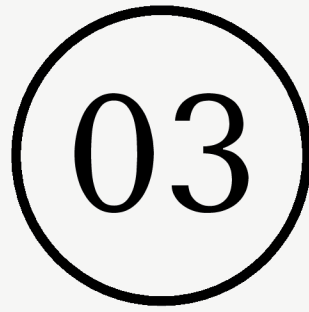
Your Core Four for Fat Loss & Energy

If your goal is lasting results – fat loss, lean muscle, and sustainable energy – consistency with these four daily tools will anchor your results:

- LEAN → empty stomach (morning or split AM + PM)
- FIT + HYDRATED → sip before 3PM (curbs appetite, supports muscle, hydration & energy)
- CALM → afternoon/evening (lowers cortisol, helps with nighttime cravings)

Nutrition & Lifestyle

- Stick to whole, real foods.
- Use your 5-Day Lean Food List as your foundation.
- Transition to the Continuation Plan (Lean for Life – ask your affiliate).
- Add in FIT + CALM for next-level support.
- Repeat the 5-Day Lean Reset every 3–4 weeks to keep momentum strong.



JOURNAL PROMPT FOR WEEK 3

Which quadrant (Fuel, Fun, Storm, Fog) do I find myself in most often — and how can I shift one choice today closer to Fuel or Fun?

W e e k 4

Four
REFLECTION

TRACK PROGRESS & CELEBRATE
SMALL WINS

WEEK 04/

You've completed your first full 3 weeks – and you're doing amazing!

Today, track your weight for the first time and also check in with yourself:

- On a scale of 1–10, how closely did I follow the plan?
 - 8+ → you can expect to see weight loss!
 - But even if the scale doesn't budge, remember...

The scale can't measure your strength, discipline, or healing – but you can feel it.

What matters most?

- Better sleep
- Improved mood
- Clearer skin
- Less bloating
- More energy

These non-scale victories are powerful signs your body is resetting and thriving.

Keep stacking those small wins – because they add up to lasting transformation!



JOURNAL PROMPT FOR WEEK 4

What's one small win you've noticed this month? Drop it in this workbook to celebrate together!

W e e k 5

Five

IDENTIFY LIMITING
BELIEFS

REWIRE YOUR MIND AND LIVE IN
FREEDOM

WEEK 05/

This week, we focus on intentionally renewing your thought life—not with pressure, but with purpose. As you step into freedom from limiting beliefs, you’re honoring God’s design for your mind and embracing the transformation He has for you. This section is taken from the Book “Switch On Your Brain” by Dr. Caroline Leaf - I highly recommend you read this book~

The Science + Scripture Behind Thought Transformation

Dr. Caroline Leaf teaches that our brains are neuroplastic—meaning they can be rewired through intentional thinking. As Romans 12:2 reminds us, “be transformed by the renewing of your mind.” You’re not stuck in yesterday’s narrative—you’re being invited into new neural pathways that reflect God’s truth about who He made you to be.

Your 21-Day Brain Detox: 5 Daily Steps for Mind Renewal - Use your pink journal for this section

Step	Name	Practice
1	Gather Awareness	Quiet your mind (1–2 min). Notice toxic thoughts rising—become aware of what you’re truly thinking.
2	Focused Reflection	Reflect deeply on the origin of the toxic thought. Ask: “What belief do I want to replace it with?”
3	Write	Journal truth-based responses, Scripture, affirmations—nurture the new thought.
4	Revisit	Re-read your entries. Ask the Holy Spirit: “How should I speak truth over this situation?”
5	Active Reach	Throughout the day, act on your replacement thought (e.g. speak a truth, pause before reacting). Repeat at least 7 times.

WEEK 05/

Why This Matters

- **Awareness Beats Autopilot:** Most of us unknowingly run on default thinking. Awareness pulls us out of that pattern.
- **Intentional Rewiring:** By doing these steps daily for 21 days (and ideally 3 cycles), your new thought becomes a habit, wired into your subconscious. [storage.snappages.siteSoBrief](https://storage.snappages.site/SoBrief)
- **Spiritual Alignment:** You're not just changing your brain—you're aligning your mind with God's truth and identity for your life.



JOURNAL PROMPT FOR WEEK 5

Your Pink Journal should have 5 daily entries following the 5-step switch. Continue for 21 days total.

What toxic thought am I ready to evict this week? What biblical truth or identity in Christ will replace it in my mind and heart?

Simple Plan for Week 5

- Choose one limiting belief you want to replace (e.g., "I'm not enough").
- Each morning, spend 7–10 minutes walking through the 5 steps.
- Activate your new thought at least 7 times during your day.
- Repeat for 21 days to anchor the change.

You're not defined by old stories or limiting beliefs. When you intentionally renew your mind—with truth, discipline, and the Holy Spirit—it transforms more than your thoughts: it transforms your life.

W e e k 6

Six

MIRACLE MORNING
RHYTHM

ALIGNING SCRIPTURE, MOVEMENT,
AND MINDSET WITH GOD'S DESIGN

WEEK 06/

Mornings aren't just the start of a new day—they are the foundation that sets the tone for everything that follows. Science shows that morning routines reduce decision fatigue, boost productivity, and regulate your body's circadian rhythm. Spiritually, beginning the day with God invites His presence into everything you do.

When you combine Scripture, movement, and mindset reset, you create a Miracle Morning Rhythm that strengthens your spirit, soul, and body.

The Science Behind Morning Rhythms

- Habits are powerful. Every habit has a cue → routine → reward loop. Designing your morning with intentional habits (like prayer, journaling, or movement) allows you to train your brain to expect life-giving rewards such as peace, focus, and energy.
- Circadian rhythms matter. Exposure to light, consistent wake-up times, and morning movement regulate your energy and hormones, making it easier to stay focused throughout the day.
- The ripple effect. The first 60 minutes of your day influence the next 16 hours. Starting with stillness, gratitude, and alignment ensures you walk in strength and clarity.

The Miracle Morning Rhythm (Faith + Science + Spirit)

1. Scripture Reset (Spirit)

- Start with God's Word to anchor your identity and renew your mind.
- Examples: Read a Psalm, meditate on a proverb, or speak affirmations rooted in Scripture.
- Cue: Opening your Bible or devotional.
- Reward: Peace, clarity, and God-centered focus.

2. Movement Reset (Body)

- Activate your body through stretching, walking, or exercise.
- Movement releases endorphins, improves focus, and energizes your morning.
- Cue: Rolling out your mat or putting on workout clothes.
- Reward: Increased energy, vitality, and motivation.

3. Mindset Reset (Soul)

- Practice gratitude, visualization, or journaling.
- This clears mental clutter and sets a positive tone for the day.
- Cue: Sitting with your journal or planner.
- Reward: Clarity, confidence, and reduced stress.

WEEK 06/

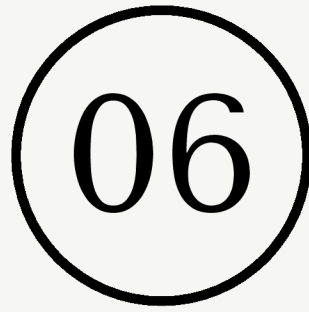
Sample Miracle Morning Flow

Wake-up Cue: Drink a glass of water + step into natural light.

Scripture Reset: Read Psalm 143:8 – “Let the morning bring me word of your unfailing love, for I have put my trust in you.”

Movement Reset: 10 minutes of stretching or a brisk walk.

Mindset Reset: Journal 3 gratitudes, declare 1 affirmation, and visualize your top priority for the day.



JOURNAL PROMPT FOR WEEK 6

What does my ideal morning rhythm look like?

Which morning habits currently drain me, and which ones energize me?

How can I invite God into my first hour of the day?

W e e k 7

Seven

BUILDING YOUR
CONSISTENCY MUSCLE

STACK HABITS, SCORE YOUR
PROGRESS, LIVE ALIGNED DAILY

WEEK 07/

This week, we're collectively moving past "effort once" to creating consistency that sticks. As Brendon Burchard highlights in *High Performance Habits*, consistency—not bursts of effort—builds long-term excellence [Facebook](#). That's why we'll be stacking habits strategically (thanks to Atomic Habits) and aligning our daily rhythm with unshakeable principles of character (as Stephen Covey teaches)

Why Consistency Wins

- Clarity & Focus (Burchard's habit of "Seek Clarity") keeps you anchored to what matters most [Brendon Burchard](#).
- Habits Stack & Systems Matter (Atomic Habits)—tie new actions to reliable behaviors, freeing mental energy for other growth [James Clear](#).
- Sharpen the Saw & Personal Mastery (Covey's Habit 7)—consistency in small spiritual, physical, and emotional rhythms renews your strength over time.

This Week's Playbook

1. Daily Check-In + Habit Scoring

Create a short checklist each evening:

- Did I move my body?
- Did I fuel well?
- Did I spend time with the Lord?

Score yourself (1–10). Habit tracking keeps you honest, kind, and moving forward [Brendon Burchard](#).

2. Habit Stacking Strategy

Use the formula:

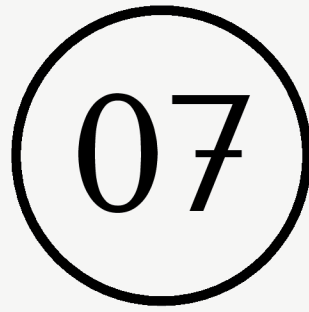
After I [Existing Habit], I will [New Habit].

For instance:

- After I drink my morning coffee, I'll write down one "win of the day."
- After I pray, I'll review my top priority for the day.
- This makes healthy shifts fit naturally into your rhythms [James Clear Real Simple](#).

3. Character-Based Growth (Covey's principles)

- **Be Proactive:** You get to choose your habits, not just react to your schedule.
- **Begin with the End in Mind:** Frame your daily check-in goals—what kind of woman do you want to become?
- **Sharpen the Saw:** Your daily habits renew your soul, mind, and body across time



JOURNAL PROMPT FOR WEEK 7

What one tiny habit can I stack onto something I already do daily that will honor who I'm becoming in Christ?

W e e k 8

Eight

REFLECTION:
CELEBRATE RESILIENCE
& RENEWED THINKING

LEAD YOURSELF FIRST, THEN LEAD
OTHERS

WEEK 08/

Lead Yourself First, Then Lead Others

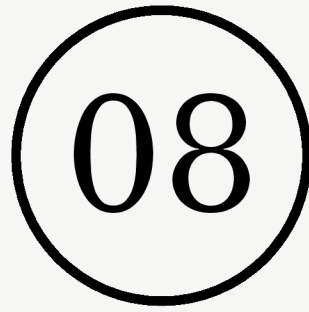
This week is about pausing to see how far you've come—not just in pounds lost or habits gained, but in the new thought patterns and resilience you've built.

Jon Gordon reminds us in **The Shark and the Goldfish** that we always have a choice: **to swim with faith and abundance—or stay stuck in fear and scarcity**. You've proven over these weeks that you can rewire your thoughts and lead your own mindset toward growth.

In **The Energy Bus**, Gordon also shares that **your energy is contagious**. The more you fuel yourself with positive habits, gratitude, and faith, the more others around you catch it. But **it begins with leading yourself first**.

John Maxwell calls this the **Law of the Lid—your leadership ability sets the ceiling for your influence**. When you grow yourself, you expand your capacity to lead your family, friends, coworkers, and community. And the **Law of Process** reminds us that **leadership (like health) is built daily, not in a day**.

So as you reflect, celebrate both the inner and outer wins. Because resilience isn't just bouncing back—it's bouncing forward.



JOURNAL PROMPT FOR WEEK 8

Where have I seen the biggest shift in my mindset these past weeks, and how can I continue leading myself with faith, positivity, and discipline—so I can better lead and inspire others?

W e e k 9

Nine

CLEAR SPACE,
CLEAR MIND

SIMPLIFY YOUR HOME TO AMPLIFY
YOUR ENERGY, FOCUS, AND PEACE.

WEEK 09/

One of the simplest, most powerful ways to regain peace and productivity is through decluttering. **A cluttered space equals a cluttered mind.** That's why we're starting small: **one room, one space, one drawer at a time.**

When your environment reflects order, your mind can focus, your energy can rise, and your habits can flourish.

This is the same principle I teach my boys: if they want to perform at a high capacity – in school, in sports, in life – **their rooms must be decluttered, beds made, sheets fresh, and bathrooms clean. Discipline in your environment builds discipline in your mindset.**

Practical Step: The Safe Haven 5

To make decluttering and cleaning simple, sustainable, and safe, focus on these five powerful Norwex tools:

1. EnviroCloth – wipes away dirt, dust, and bacteria with just water.
2. Window Cloth – streak-free shine without harmful chemicals.
3. Dusting Mitt – removes allergens and dust without sprays.
4. Cleaning Paste – scrub power for tough messes.
5. Laundry Detergent – clean clothes and sheets, free from toxins.

With these, you can maintain a clean, safe environment for your family—without overwhelm.

This week, take time to pull out your samples from your Welcome Box and educate yourself with these resources:

Decluttered Space, Decluttered Mind Playlist on YouTube:

[https://www.youtube.com/playlist?](https://www.youtube.com/playlist?list=PLficmBWOaA4BVAIQhn_SMDFuYJRx8NUuN)

[list=PLficmBWOaA4BVAIQhn_SMDFuYJRx8NUuN](https://www.youtube.com/playlist?list=PLficmBWOaA4BVAIQhn_SMDFuYJRx8NUuN)





JOURNAL PROMPT FOR WEEK 9

Where in my home do I feel the most mental clutter right now?

How does that space affect my energy, focus, or peace?

What's one small step I can take today (a drawer, a desk, a bathroom counter) to bring clarity back into that space?

W e e k 10

Ten

CLEAN SWAP, CLEAR CONSCIENCE

TRADE HARMFUL CHEMICALS FOR
SAFER, HEALTHIER CHOICES IN YOUR
HOME.

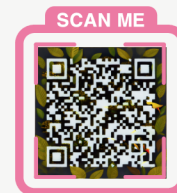
WEEK 10 /

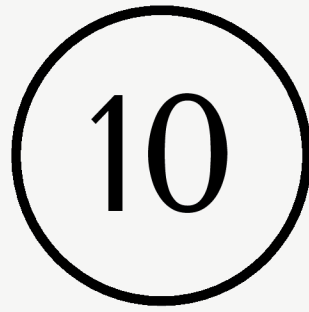
Your health journey isn't just about what you eat or how you move – it's also about **what you breathe in, put on your skin, and clean your home with**. Hidden toxins in everyday products can disrupt hormones, burden your immune system, and steal your energy.

This week, we're making swaps – one product at a time – for a cleaner, safer home.

Your Action Step:

1. Begin using the **Norwex samples from your Welcome Box (the little blue baggie)**.
2. Audit your household cleaners at [EWG.org](https://www.ewg.org) – see what's really hiding in your products.
3. Give Norwex a real try this week – you'll be amazed at the difference!
4. If you haven't yet, **join our Cleaner, Safer, Better Homes Workshop group** on Facebook (scan the QR code provided). This is where you'll get practical demos, community support, and more tips to detox your home.





JOURNAL PROMPT FOR WEEK 10

What products in my home do I already know I want to swap out?

How do I feel about bringing safer alternatives into my daily routines?

What does "a healthier home" mean to me and my family?

W e e k 11

Eleven

TIME STEWARDSHIP

MASTER YOUR MINUTES, MULTIPLY
YOUR IMPACT

WEEK 11 /

The difference between those who succeed and those who don't often comes down to what's on their calendar. We are all given the same 24 hours, but how we use them determines whether we're building the life we want – or just reacting to distractions.

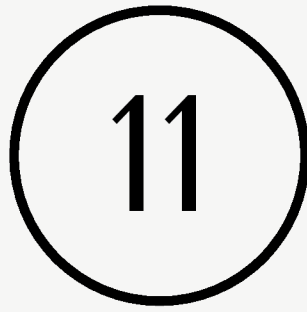
When you master your calendar, you can master your life. Weekly planning is not just about productivity; it's about time stewardship – aligning how you spend your time with what you truly value.

The 3 Principles to 10X Your Productivity

1. Prioritize What Matters Most → Focus on the few things that move the needle instead of scattering energy.
2. Protect Your Time → Treat your calendar like sacred space. If it's not scheduled, it's not real.
3. Plan with Vision → Don't just fill your week – design it around the life you're creating.

5 Ways to Cast a Strong Vision with Ultra Focus

1. Define Your Burning Desire → What do you really want in this season? Let passion guide your focus.
2. Set Goals in 5 Key Areas → Faith, Family, Finances, Fitness, and Fulfillment.
3. Break Goals into Actions → Small, specific steps that you can actually schedule.
4. Audit Your Calendar → Does your week reflect your priorities, or someone else's?
5. Review & Refocus Weekly → End each week by checking progress and re-aligning for the next.



JOURNAL PROMPT FOR WEEK 11

If someone looked at my calendar right now, would they know what I value most?

What is one area of my life (faith, family, finances, fitness, fulfillment) that needs more intentional focus this week?

What's one thing I can remove from my calendar to make space for what matters most?

W e e k 1 2

Twelve

REFLECTION

ROOTED IN CHRIST, RISING IN
STRENGTH

WEEK 12 /

Over the last 12 weeks, you've learned how to steward your health, mind, habits, time, and environment. But more than systems – you've built identity. **You are not who you were when you started.** You've practiced aligning daily actions with values, and those actions reveal the fingerprints of God in your life.

As **Abraham Lincoln** said:

"Whatever you are, be a good one."

In Christ, you are a new creation (2 Corinthians 5:17). That identity is the anchor for every system, habit, and choice moving forward.

Scripture Anchors for Each Theme

- **Health & Wellness:** "So whether you eat or drink or whatever you do, do it all for the glory of God." – 1 Corinthians 10:31
- **Mind Renewal:** "Do not conform to the pattern of this world, but be transformed by the renewing of your mind." – Romans 12:2
- **Movement & Strength:** "Your body is a temple of the Holy Spirit... You are not your own." – 1 Corinthians 6:19-20
- **Consistency & Habits:** "Whoever can be trusted with very little can also be trusted with much." – Luke 16:10
- **Leadership & Vision:** "Commit to the LORD whatever you do, and he will establish your plans." – Proverbs 16:3
- **Time Stewardship:** "Teach us to number our days, that we may gain a heart of wisdom." – Psalm 90:12
- **Identity & Purpose:** "For we are God's masterpiece. He has created us anew in Christ Jesus, so we can do the good things he planned for us long ago." – Ephesians 2:10



JOURNAL PROMPT FOR WEEK 12

Who am I now compared to 12 weeks ago?

What systems (habits, routines, boundaries) will I carry forward to protect and sustain this new identity?

Where do I see God's fingerprints most clearly in my transformation?

What scripture will be my anchor verse for the next season?



The Next 12 – Lifestyle Mastery & Leadership Foundations



Week 10–12: Multiplication & Impact

- Training women to disciple others.
- Overcoming limiting beliefs about “not being enough.”
- Launching their first women’s group or community study.



Week 1–3: Identity & Confidence in Christ

- Review your transformation story.
- Learn to articulate your testimony.
- Build confidence to speak/teach.



Week 4–6: Foundations of Leadership

- Pull from John Maxwell’s 21 Irrefutable Laws of Leadership (influence, growth, respect).
- Jon Gordon’s energy + mindset principles.
- Leading with integrity + humility.



Week 7–9: Bible Study Basics

- How to choose scripture + curriculum.
- How to structure a Bible study (flow, prayer, discussion).
- Creating a safe + welcoming group environment.

ENJOYED THIS PERSONALIZED COACHING?

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