

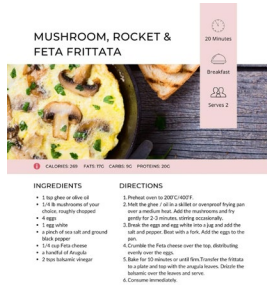
WELLNESS WEDNESDAYS

JANUARY



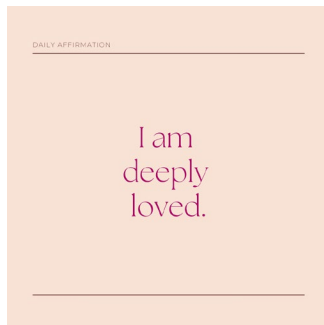
Happy 2026!

I hope that you're rolling into this new year feeling ready, excited, and centered. And hey, if you aren't there yet, remember life ebbs and flows, and any destination is just a point on a journey where change is the only constant. ❤️ Have a beautiful day.



Good morning!

Last night I talked to some friends about honoring our bodies and minds in the new year instead of piling on self-doubt and criticism, and I would love your take on this. Do you make New Year's resolutions? If so, what are yours for this year? Here is another favorite recipe of mine (rocket is arugula). I hope you enjoy it!



Have you ever tried doing affirmations? This may feel weird, but I would LOVE for you to look in the mirror and say the above affirmation out loud to yourself 10 times. How does it make you feel? If it feels good, try incorporating affirmations daily as a part of your morning routine. I hope you love this!!

Be well~



WELLNESS WEDNESDAYS

Hiya, {{firstName}}! It is time for our wellness Wednesday tip: We are now coming into "dry skin season," and I wanted to share some common skincare blunders many folks make without realizing the potential impact on their skin. This time of year, it is essential to hydrate. And that hot water tip is no joke - lukewarm water always for your face - even when you are tempted to use hot because of the weather

FEBRUARY

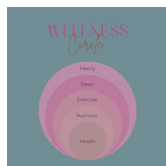


Happy Wednesday, {{firstName}}! It is February 🌸, so I want to talk about self-love today. Here are some suggestions for showing yourself some love this month. Do you have any I can add to my list?



Happy Wednesday! I wanted to share this delicious recipe with you today. I made this for my family recently, which was a big hit. For myself, I left out the sour cream pictured and replaced the cheese shreds with non-dairy Mexican cheese from Daiya. It was great!

Be well 💕



Happy Wellness Wednesday!

I hope your week has been filled with lots of joy so far 💕

Priorities are a funny thing..it can seem rigid and constricting to evaluate your yeses in order to serve them..life feels perhaps a little less spontaneous- however- when you do prioritize, you show up everywhere a little healthier, a little more centered and a lot clearer about who you are, what you want and how you can serve the world with your gifts! Agree?

When's the last time your priorities looked like this?

*start at the center 😊



Happy Wellness Wednesday!

Sometimes our efforts to "be healthy" can go overboard right? We feel like in order to stay in the healthy zone it's an all or nothing deal.

I have found that being healthy is a lifestyle where as I live my commitments to healthy foods, exercise, mindfulness and awareness.

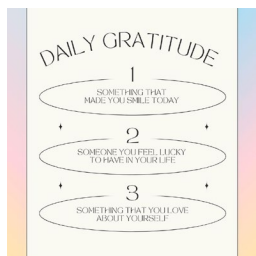
WELLNESS WEDNESDAYS

And, what works best for me is when I allow myself to ENJOY it too:)

Simple things like delicious, healthy snacks that feed my body and my heart help me feel good about the choices I'm making. Something I like to have on hand are protein balls that taste more like a cookie 😊

What's your favorite go-to healthy snack?

MARCH



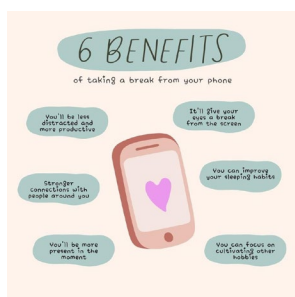
Happy Wellness Wednesday {{firstName}}!

It's another new month. I hope you have something extra special to look forward to and you're off to an energized and centered start of March.

Gratitude is a key ingredient for JOY! In times when I'm struggling I always try to keep gratitude in my toolkit for shifting a negative mindset or feeling..

There's a quote that says "A Million things went right for you today" - and if we dig down to the moment to moment in our lives, we can see the truth in that.

What or Who are you grateful for today?



Happy Wellness Wednesday!

I know, ironic that I am sending this to you ON your phone to recommend you get OFF your phone! But, give it a go. I never regret stepping away. In this attention-economy it provides stress relief and perspective. It gives back so much time, and it will always be there to return to when you're ready!



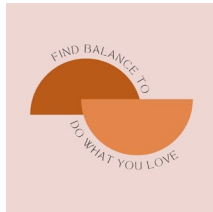
Happy Wellness Wednesday!!

I find that in the straddle months between seasons, when weather is a little like a roller coaster, my skin likes to act up. How about you?

WELLNESS WEDNESDAYS

Beyond the fact that we want our skin healthy b/c it makes us look good, it's also the largest organ of our body and a main detoxifying organ too. So it's important to care for it in consistent and gentle ways.

Need help? Reach out:)



Happy Wellness Wednesday {{firstName}}!

As I sit at my desk I can hear the amazing sounds of birds returning for Spring. It simultaneously makes me want to be productive and energized and, makes me want to go outside and play hooky!
Can you relate?

I am finding that when I can honor both of these desires I am most satisfied with my life. So I make it a point to 'play hooky' on the daily. Lately that means scheduling in time to leave my phone behind, get my dogs on leashes and take a walk midday. The feeling of being free, immersing in nature and not having that nagging 'buzz' to distract me is something I crave. It clears my head, gets my heart pumping and I step back into what I want to accomplish with more energy and clarity.
Oh, and I adore a refreshing Arbonne Fizz when I get back to my work too!

What does your daily 'hooky' look like?

APRIL



Happy Wellness Wednesday!

I've been thinking about staying in action on a goal or vision. As a creative human, (and I believe we are all always in the process of creating something...) I know that one of the biggest challenges to getting to the finish line with any goal is keeping myself engaged and motivated.

I find these tips helpful!

How about you? What goals are you working on? How's it going?

WELLNESS WEDNESDAYS



Happy Wednesday! I wanted to share this delicious recipe with you today. I made this for my family recently, which was a big hit. For myself, I left out the sour cream pictured and replaced the cheese shreds with non-dairy Mexican cheese from Daiya. It was great!

Just a reminder, if at any point you would rather not get Wednesday messages from me, you can reply with "no ww" with no quotes or emojis, and I'll remove you from my list. Be well 🍷



You really are doing an amazing job! I want to be sure that you take a moment and really let that soak in because it is true. Please take a moment to pat yourself on the back. Because whether you are moving mountains or simply placing one foot in front of the other today - you are HERE. Go find a mirror and look yourself in the eye while giving yourself a "high five." Trust me on this. It works! Credit to Mel Robbins "The High-Five Habit" 🙌



Hey! How are you doing? I am sure you are pretty careful about ingredients that you put on your skin, so I put together a little cheat sheet for what to look out for in clean skincare and personal care products 🍷 have an amazing day!

MAY

WELLNESS WEDNESDAYS



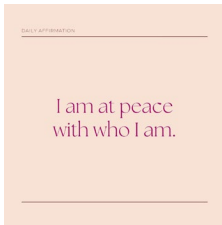
My friend, how are you talking to yourself?

Did you know it was found that the average person has about 60,000 thoughts per day? Of those thousands of thoughts, 80% were negative, and 95% were exactly the same repetitive thoughts as the day before.

Ouch.

Maybe try training your mind to be kind. It can be done, and it makes an enormous difference in your mindset, outlook and actions in life...which influences the results you get, which influences the joy you experience!

I'm a huge fan of the power of self-talk! Reach out if you'd like some resources.



Here is your affirmation for the month.

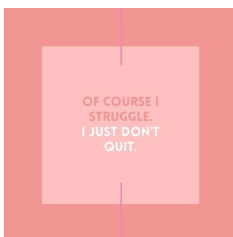
Why?

The first stage of growth is acceptance. The first stage of love is acceptance. The first stage of success is acceptance. Once we accept ourselves for who we are, and accept others for who they are, only then can we achieve our true and highest potential selves.



Happy Wellness Wednesday! Here is a real gem to add to your "I want something healthy that doesn't taste like grass" recipe list. It is a favorite for the whole family or a cozy solo night curled up with a book.

Be well~



Hi Friend, can you relate? Whatever you do, don't give up! You deserve to win, so don't let up for a second. You'll get this!

JUNE

WELLNESS WEDNESDAYS



Happy Wednesday!

I'm a fan of routine and these healthy habits are ones I've incorporated very consistently into my mornings since the start of the year. They've made a huge difference in my energy, focus and mindset each day.

What's your morning routine? ♡



Happy actual Wellness Wednesday {{firstName}}!

Have you ever just had to have a good laugh at yourself?

LAUGH AT YOURSELF at least 1x a day...



Happy Wellness Wednesday!

I am so happy it's officially Summer! Today I went for an early morning walk and there is something about the birds and flowers that makes me feel so optimistic about life.

Do you feel that way too?

What I'm trying to do now is make a mental list of all the things that give me that sense of LIFE so on days when it doesn't just happen I can do some conjuring of my own.

*a song from my Middle or High School years

*an early morning walk

*laughing with my family

*that first deep breath at the beginning of my yoga practice.

What does it for you?



Hi friend,

How's your week going? Did you step out into the sun yet today? Give it a go.

WELLNESS WEDNESDAYS

- *Close your eyes
- *Face to the Sun
- *Breathe Deep

Be well~

JULY



Hey there-

Happy Wednesday! I'd say we are in full-on summer mode around here and it feels great to be getting up with the sun shining and birds singing.

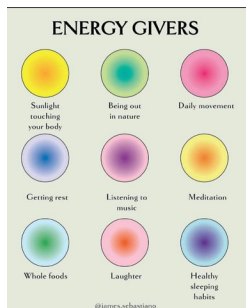
I've added 'morning sun' to my wellness routine the last couple of months, and it's made a huge difference.

Not only in the way I start my day but it also influences the rhythm of my night and quality of sleep I get.

There are studies on how sunlight affects your circadian rhythm among other things..and here's a great one:

t.ly/RJ_Ax

Have a sun-shiney day!



Hi {{firstName}} 💖

Some things to consider today.

Happy Wellness Wednesday!



Happy Wellness Wednesday!

Sometimes our efforts to "be healthy" can go overboard right? We feel like in order to stay in the healthy zone it's an all or nothing deal.

WELLNESS WEDNESDAYS

I have found that being healthy is a lifestyle where as I live my commitments to healthy foods, exercise, mindfulness and awareness.

And, what works best for me is when I allow myself to ENJOY it too:)

Simple things like delicious, healthy snacks that feed my body and my heart help me feel good about the choices I'm making. Something I like to have on hand are protein balls that taste more like a cookie 😊

What's your favorite go-to healthy snack?

Treat yourself today!



Happy Wednesday-

I'm a big fan of understanding how my body works..and how the sun/moon cycles affect it.

Check out this cool chart-enlighten you a bit?

Do you feel like this reflects some of your experience of being human? :)

Be well~

AUGUST



Here is a beautiful dish that is both nutrient dense and 30 Days to Healthy Living compliant. Salmon has long been a favorite food of mine. I can't get enough of it. If it is not your favorite, you can sub in chicken and add diced avocado as a topping for those brain-healthy fats.



Do you journal? I find that taking even just 5 minutes out in my morning to get some thoughts and feelings down on paper is a great way to start the day, create clarity and bring joy into my life!

Here are some seemingly simple, but beautiful prompts I like to use.

Happy Wednesday 😊

WELLNESS WEDNESDAYS

Xxxx
xxx

SEPTEMBER



Happy Wellness Wednesday!
Wow, that month went fast:)

If you have the tendency to demand production out of yourself, you may be wishing you'd gotten more "done" last month.

Well, my friend (and I'm talking to me, too) You are a human-being, not a human-doing!

There is no race, there is no competition except for you to be better than you were yesterday..more centered, more passionate, more loving, more YOU!

Take a big breath and go at your own pace..while you soak up all the blessings you experience on the daily.

WELLNESS WEDNESDAYS



Happy Wellness Wednesday!

How are you taking care of yourself these days? Can you take 30 minutes this weekend and plan out healthy, delicious meals that will let you love yourself?

Xo



Just a reminder on this Wellness Wednesday!



Do yourself a favor and open this pic big enough to get the recipe and make them!

Delicious CAN be healthy, too!

Happy Wednesday:)

OCTOBER

WELLNESS WEDNESDAYS



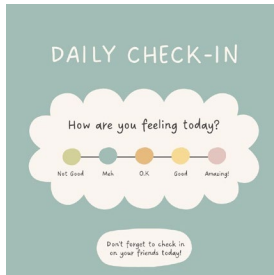
Happy Wellness Wednesday!

I love the idea of tracking the things we do to feed our souls. Real self-care stuff like building relationships, cutting out the noise, resting...and yes, a bit of pampering too! What's your favorite way to take care of you? Want to spend the next week making self-care the priority it should be?



Happy Wellness Wednesday!

How about a Carrot Cake Shake this week? I love it at this time of year.



Happy Wednesday 😊

THINGS TO DO WHEN YOU'VE HAD A BAD DAY:

- ♥ Buy yourself flowers
- ♥ Practice Yoga
- ♥ Do something creative
- ♥ Plan something fun
- ♥ Write a gratitude list
- ♥ Be kind to yourself
- ♥ Take yourself for coffee
- ♥ Listen to music
- ♥ Cook for yourself 🍳

Have a hard day recently? Here are some ideas for you!

Time passes, experiences pass, and good times come around again.

xo



WELLNESS WEDNESDAYS

Happy Wellness Wednesday!

Something about the time of year you see people dress up, use loads of makeup and eat lots of sugar makes me want to remind you to wash your makeup brushes! Such an important thing to do if you want to really get the most out of investing in clean skin care and makeup.

1. Wet brushes
2. Apply a small amount of a clean soap (I love Arbonne's body wash)
3. Massage the brushes gently, especially the base where makeup accumulates
4. Rinse thoroughly and squeeze out the water.
5. Reshape and leave to dry on a clean towel.

NOVEMBER

Matcha Protein Energy Ball



120g almonds
50g shelled, unsalted pistachios
100g medjool dates
2 tablespoons almond butter (or nut butter of choice)
1 scoop Arbonne vegan vanilla protein powder
2 teaspoons Morning Matcha Powder
3-4 tablespoons filtered water as needed or Maple Syrup and water

Directions

1. Add nuts and dates to a food processor and process on high until finely ground. Add almond butter, Arbonne protein and Matcha and process again until a dough begins to form.
2. If the mixture is too dry, add water (maple syrup) until the mixture comes together into a sticky dough.
3. Form mixture into balls and repeat until no dough remains. Store balls in the fridge or freezer. Makes approx. 16

Are you a protein energy bite fan? I love to have a batch made for a quick, healthy treat when the mood strikes so I don't grab easy, and sugar-filled alternates for easy energy. Here's my current fave!

Enjoy & Happy Wednesday!

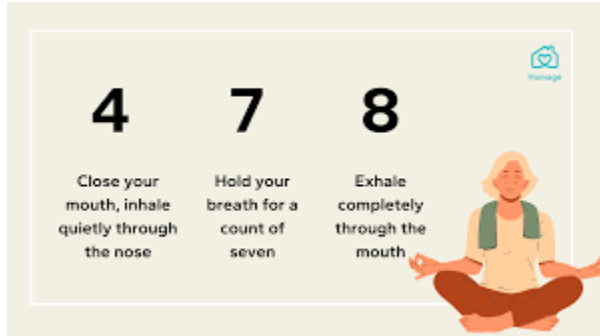


Happy Wellness Wednesday Friend!

Okay, one of the most important parts of wellness, in my opinion, is how multifaceted it actually is. It's so much MORE than what we eat or how we move our bodies (both very important!) but if we're out of alignment with other areas then it's hard to find a true state of wellbeing.

WELLNESS WEDNESDAYS

These 7 Dimensions of Wellness are areas you can spend a little time reflecting on how you're doing with caring for yourself.



Wednesday is here again!

I am a big fan of deep breathing to center myself and this is my favorite breathing exercise. I learned it at a wellness conference 15 years ago and still find myself using it weekly. Give it a try and let me know how it works for you! Be well~



Happy Thanksgiving Eve! I want to say thank you for allowing me to share with you in this way each week. I am truly grateful for you. I cannot imagine my life without my clients and healthy living community. I'm wishing you unlimited abundance and joy! Have a wonderful Thanksgiving 🍂


DECEMBER

MUSHROOM, ROCKET & FETA FRITTATA

20 Minutes

Breakfast

Serves 2



INGREDIENTS

- 1 tsp ghee or olive oil
- 1/4 lb mushrooms of your choice, roughly chopped
- 4 eggs
- 3 egg whites
- a pinch of sea salt and ground black pepper
- 1/4 cup Feta cheese
- a handful of Arugula
- 2 tsp balsamic vinegar

DIRECTIONS

1. Preheat oven to 200°C/400°F.
2. Melt the ghee / oil in a skillet or ovenproof frying pan over a medium heat. Add the mushrooms and fry gently for 2-3 minutes, stirring occasionally.
3. Break the eggs and egg whites into a jug and add the salt and pepper. Beat with a fork. Add the eggs to the pan.
4. Crumble the Feta cheese over the top, distributing evenly over the eggs.
5. Bake for 10 minutes or until firm. Transfer the frittata to a plate and top with the arugula leaves. Drizzle the balsamic over the leaves and serve.
6. Consume immediately.

CALORIES 289 FAT% 70 CARBS% 10 PROTEINS% 200

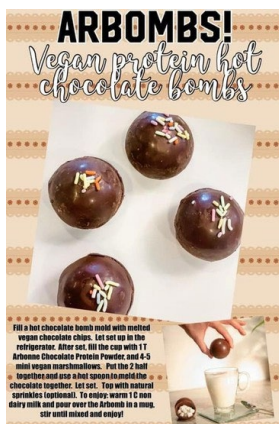
Good morning, {{firstName}}! Happy ALMOST New Year ❤️

Last night I talked to some friends about honoring our bodies and minds in the new year instead of piling on self-doubt and criticism, and I would love your take on this. Do you make New Year's resolutions? If so, what are your for this year? Here is another favorite recipe of mine (rocket is arugula). I hope you enjoy it!

WELLNESS WEDNESDAYS



Some ideas for you to bring mindfulness into your daily life!
Happy Wednesday xo



Enjoy!! Happy Wednesday friend:)



End of the year! How about gifting yourself a little time to reflect, renew and get ready for a new year?
Happy wellness Wednesday - joy to you!
xo