



Christian Women's Wellness Guide

By Tiffany Davis

Nurturing Health & Healing
from a Biblical Perspective



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Get An Touch

Let this journal be the jumping off point! But there are so many options for continuing the journey.

Join the She's 619 Coaching Group
www.Shes619.com

Book a 30 or 60 Minute Consolation
www.TiffRD.com

Instagram:
[Tiffany.R.Davis](https://www.instagram.com/Tiffany.R.Davis)



Welcome

In the midst of our busy lives, it's easy to overlook the significance of caring for our bodies. As Christian women, we are called to recognize that our bodies are temples of the Holy Spirit (1 Corinthians 6:19-20), and it is our responsibility to honor God by stewarding them well.

The She's 619 Health Journal for Women is a dedicated space to embark on this vital journey—a tool designed to guide and inspire us to prioritize our health, aligning our choices with the principles of our Christian faith.

Within the pages of this journal, we will explore the interwoven threads of health and spirituality, seeking to cultivate a vibrant and well-nourished life. It is our belief that when we prioritize our physical well-being, we create an environment where our spirits can thrive. By nurturing our bodies, we strengthen our connection with God, enabling us to fulfill His purpose for our lives and serve others with love and grace.

The She's 619 Health Journal for Women invites you to reflect on the profound wisdom found in Scripture, drawing inspiration from verses that remind us of God's unwavering love, His guidance, and His desire for us to experience wholeness. Through intentional goal setting, we will honor our bodies as precious gifts from God and embark on a transformative journey that encompasses not only our physical health but also our spiritual growth.

This journal is more than a collection of entries; it is a sacred space where we can celebrate victories, navigate challenges, and encourage one another on the path of holistic health. United by our shared commitment to stewardship, we recognize that our choices have a ripple effect on our families, communities, and our ability to fulfill God's purpose in our lives.

As we embark on this transformative adventure together, let us remember that true health encompasses more than just the physical. It involves nurturing our minds, our emotions, and our spirits. The She's 619 Health Journal for Women serves as a powerful reminder of the incredible blessing it is to care for ourselves, allowing us to fully embrace the abundant life God has called us to.

Dear sister in Christ, let us embark on this sacred journey. Within these pages, may we discover strength, encouragement, and renewed purpose as we strive to honor God with our bodies and live out our faith through the pursuit of holistic health.

Let's Pray

Gracious and Loving God,

As we embark on this journey of health and wellness through The She's 619 Health Journal, we invite Your presence to guide and bless us. We come before You with open hearts, seeking Your wisdom, strength, and guidance.

Lord, we acknowledge that our bodies, minds, and souls are intricately woven together by Your divine design. We recognize that true well-being is found in honoring You with our whole being. We surrender our health journey to You, knowing that You are the ultimate Healer and the source of all life.

As we open this journal and pen our thoughts, prayers, and reflections, we invite You to be our constant companion. Speak to us through the Scriptures, prompt our hearts with insights, and grant us the courage and discipline to implement positive changes in our lives.

May this health journal be a sacred space where we grow closer to You and experience transformation in every area of our lives. May Your presence infuse our daily habits, choices, and goals, as we seek to honor You with our bodies, minds, and souls.

In Jesus' name, we pray. Amen.

Speaking Scripture

In our pursuit of health, healing, and weight loss, it is essential to recognize the impact that our thoughts and words have on our well-being. God's Word tells us that life and death are in the power of the tongue (Proverbs 18:21).

The words we speak to ourselves and over our bodies carry great significance. By embracing positive affirmations rooted in Scripture, we can shift our mindset, align our thoughts with God's truth, and experience transformation from the inside out.

Affirmations are powerful declarations spoken out loud that help rewire our thinking patterns and shape our beliefs. When we anchor our affirmations in God's Word, we tap into the wellspring of divine truth, finding strength, encouragement, and guidance for our health journey. By speaking these affirmations with conviction and faith, we invite God's transformative power to work in our lives.

I encourage you to incorporate daily affirmations into your routine, affirmations that support your pursuit of health, healing, and weight loss. These affirmations are not mere positive self-talk, but declarations rooted in God's promises. As you speak them aloud, meditate on the accompanying Scriptures, allowing their truth to penetrate your heart and renew your mind.



Daily Affirmations

"I am fearfully and wonderfully made. My body is a temple of the Holy Spirit, and I honor God by caring for it."

(Psalm 139:14, 1 Corinthians 6:19-20)

"By God's strength, I have self-control over my choices and habits. I am empowered to make wise and nourishing decisions for my body."

(Philippians 4:13, 1 Corinthians 10:31)

"I release all negative thoughts and embrace God's truth about my worth and identity. I am loved, cherished, and valued by my Heavenly Father."

(Psalm 139:17-18, Ephesians 2:10)

"I am strong and resilient. Through Christ, I can overcome any challenges or setbacks on my health journey."

(2 Corinthians 12:9, Philippians 4:13)

"I trust in God's healing power. His divine presence brings wholeness and restoration to my mind, body, and spirit."

(Jeremiah 30:17, Isaiah 41:10)

Daily Affirmations

By consistently embracing these affirmations, you are not only reshaping your mindset but also inviting God's grace, love, and healing power into every aspect of your health journey.

With faith as your foundation, let these daily affirmations become a source of inspiration, encouragement, and empowerment as you step into the abundant life that God has prepared for you.

As you engage with these affirmations daily, let them become the anthem of your heart, transforming your thoughts, nourishing your soul, and guiding you toward a life of holistic well-being.

With God's Word as your foundation, embrace the power of positive affirmations, and watch as His grace unfolds in remarkable ways.

Speak them out loud – this is key for your brain to believe it.

Print them and put them in your bathroom, your kitchen, and your car as reminders throughout your day.

Goal Setting

Nurturing Every Aspect of Well-Being

Setting goals is a powerful way to navigate our health journey intentionally.

As Christian women, our desire to honor God with our bodies extends beyond just physical health. It encompasses nourishing ourselves with nutrient-dense foods, celebrating the abilities of our bodies through fitness, cultivating mental and emotional well-being, and nurturing our spiritual growth.

When setting goals, it is helpful to follow the SMART framework. SMART goals are Specific, Measurable, Achievable, Relevant, and Time-bound.

Let's explore how we can apply this framework to the areas mentioned above:



Goal Setting

Focusing on Nutrient Density from a Meat-Based Diet:

Specific: Define your level of meat-based nutrition from Ketovore to Carnivore or somewhere in between.

Measurable: Set measurable targets, like consuming at least five servings of vegetables and two servings of lean protein daily.

Achievable: Ensure your goals are realistic and attainable within your lifestyle and resources.

Relevant: Align your goals with your desire to honor God with your body and nourish it with wholesome foods.

Time-bound: Set a timeframe for reaching your goals, such as incorporating nutrient-dense meals into your diet within the next month.



Goal Setting

Fitness as a Celebration, not a Punishment:

Specific: Determine the type of exercise or physical activities that bring you joy and align with your preferences and abilities.

Measurable: Set measurable targets, such as participating in a specific fitness class or completing a certain number of workouts per week.

Achievable: Ensure your goals are realistic and consider your current fitness level and schedule.

Relevant: Align your fitness goals with your desire to celebrate and honor your body as a temple of the Holy Spirit.

Time-bound: Set a timeframe for achieving your fitness goals, such as committing to regular exercise for three months.



Goal Setting

Cultivating Mental and Emotional Well-Being:

Specific: Identify the self-care practices and activities that support your mental and emotional well-being, such as meditation, journaling, or engaging in hobbies.

Measurable: Set measurable targets, like dedicating 10 minutes each day to mindfulness or journaling at least three times per week.

Achievable: Ensure your goals are realistic and fit into your daily routine.

Relevant: Align your goals with your desire to cultivate emotional resilience and prioritize self-care as part of your holistic well-being.

Time-bound: Set a timeframe for incorporating these practices into your routine, such as committing to a regular self-care routine within the next month.



Goal Setting

Nurturing Spiritual Growth

Specific: Define the spiritual practices you want to incorporate, such as daily prayer, Scripture reading, and serving others.

Measurable: Set measurable targets, like spending 15 minutes in prayer each morning or reading a chapter of Scripture every day.

Achievable: Ensure your goals are realistic and consider your schedule and spiritual aspirations.

Relevant: Align your spiritual goals with your desire to deepen your relationship with God and seek His guidance on your health journey.

Time-bound: Set a timeframe for achieving your spiritual goals, such as committing to a specific spiritual practice for the next three months.





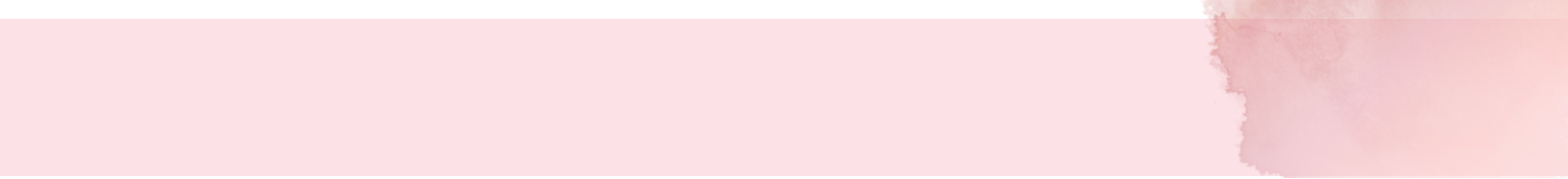

Goal Setting

Remember, SMART goals provide a framework to make your aspirations more focused, attainable, and trackable.

By applying this approach to your goals, you will have a clearer roadmap to follow and can track your progress more effectively.

Regularly review and adjust your goals as needed, celebrating milestones, and seeking God's guidance along the way.

May your SMART goals lead you on a transformative journey, where you honor God with your body, celebrate your abilities, cultivate well-being, and nurture your spiritual growth.





Daily Habits

1 - BIBLE STUDY

Engaging in daily Bible study provides an opportunity to connect with God's Word, gain spiritual insights, and apply timeless wisdom to your life. It's a chance to deepen your faith, seek guidance, and discover God's purpose for your health journey.

2 - PRAYER

Cultivating a consistent prayer practice allows you to commune with God, express gratitude, seek His guidance, and offer intercession for others. Prayer nurtures your relationship with God and provides spiritual nourishment and strength.

3 - MEAT-BASED DIET

Nourishing your body with a nutrient-dense, meat-based diet is essential for optimal physical health. By prioritizing lean proteins, healthy fats, and colorful vegetables, you provide your body with the nutrients it needs to thrive.

4 - HYDRATION

Staying properly hydrated is vital for overall well-being. Drinking an adequate amount of water throughout the day supports bodily functions, promotes digestion, boosts energy levels, and aids in toxin elimination. Don't forget your electrolytes.

5 - MORNING SUNLIGHT

Starting your day with exposure to natural sunlight offers numerous benefits. It helps regulate your circadian rhythm, enhances mood, stimulates vitamin D production, and promotes a sense of vitality and connection with God's creation.





Daily Habits

6 - WALKING

Incorporating regular walking into your routine is a simple yet powerful way to promote physical fitness and mental well-being. You engage with nature, clear your mind, and appreciate the beauty around you while nurturing your body through gentle exercise.

7 - WEIGHT LIFTING

Including weightlifting in your fitness routine builds strength, increases muscle mass, improves bone density, & enhances overall physical performance. It empowers you to honor God with your physical abilities & enjoy the benefits of a capable body.

8 - READING

Carving out time for reading enriches your mind, expands your knowledge, and fosters personal growth. By replacing excessive TV or social media time with reading, you embark on a journey of learning, inspiration, and intellectual nourishment.

9 - REST & SLEEP

Prioritizing adequate rest and quality sleep is essential for restoration and rejuvenation. By establishing a nighttime routine that promotes relaxation and practicing good sleep habits, you set the stage for improved mental and physical well-being.

10 - BIO-HACKING PRACTICES

Bio-Hacking Practices: Exploring bio-hacking practices, such as grounding, red light therapy, ice baths, or saunas, allows you to optimize your physical performance, enhance recovery, and explore potential health benefits. These practices are opportunities to push boundaries, experiment with new techniques, and discover what works best for your body and overall well-being.





Incorporating New Habits


Taking Small Steps for Lasting Change

As you engage with the 10 daily habits presented in *The She's 619 Health Journal for Women*, we encourage you to approach them with a mindset of grace and patience. It's important to remember that lasting change is often best achieved through gradual steps rather than overwhelming ourselves with too much at once.

I understand that the desire for transformation in multiple areas of our lives can be strong. However, focusing on too many habits simultaneously can sometimes lead to discouragement and burnout. Therefore, I recommend selecting 1 to 3 habits each month to concentrate on incorporating into your daily routine.

By intentionally choosing a few key habits to prioritize, you can give yourself the space and grace to cultivate them with greater mindfulness and consistency. This approach allows you to fully embrace the habits and experience their impact on your well-being.

Take the time to reflect on which habits resonate most with you and align with your current goals and needs. Consider where you feel the greatest sense of readiness and excitement for change. Remember, this is your unique journey, and it's essential to choose habits that feel meaningful and achievable for you.



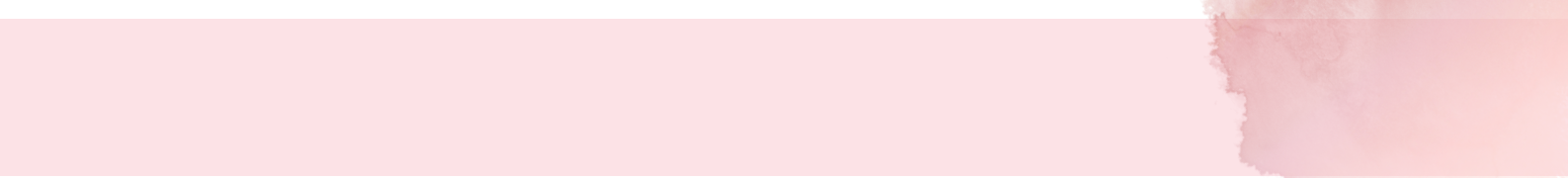



Incorporating New Habits

As you progress through the months, you'll find that these focused habits become more integrated into your lifestyle, forming a solid foundation for sustainable change. Celebrate each small victory and trust that the cumulative impact of these habits over time will lead to significant transformations in your overall health and well-being.

Remember, this journey is not about perfection but about progress. Give yourself permission to make mistakes, learn from them, and continue moving forward. Embrace the process of growth and trust that, with God's guidance and your intentional efforts, you will experience positive and lasting change.

May this approach of selecting 1 to 3 habits each month empower you to build a solid foundation of wellness, one step at a time. Trust in God's timing and provision and know that He is with you on this journey of transformation.



A hand holding a blue pen is writing in a spiral notebook. The background is a soft, watercolor-style wash of colors, including shades of blue, pink, and orange. The text 'Journaling Section' is written in a cursive font over the notebook page.

Journaling
Section

Journaling Scriptures

Journaling Using the Daily Prompts - Nurturing Body, Mind, and Soul


The daily prompts provided in The She's 619 Health Journal for Women offer a pathway to nurture and cultivate a healthy body, mind, and soul. Each prompt is grounded in Scripture, inviting you to reflect, meditate, and engage with God's Word in the context of your health journey.





Journaling

Here's how you can make the most of these daily prompts:

1. **Set aside dedicated time:** Carve out a few minutes each day to engage with the daily prompt. Find a quiet and comfortable space where you can reflect, pray, and write without distractions.
 2. **Read and meditate on the Scripture:** Begin by reading the accompanying Scripture passage thoughtfully. Allow the words to penetrate your heart and mind, inviting the Holy Spirit to guide your reflections.
 3. **Reflect and journal:** Consider the prompt in light of your own health journey and personal experiences. Reflect on how the Scripture and prompt resonate with your body, mind, and soul. Write down your thoughts, insights, and feelings in your journal.
 4. **Seek God's guidance:** As you engage with the prompt, invite God to speak to you. Pray for His wisdom, guidance, and revelation. Ask Him to reveal areas where you can grow, receive healing, and experience His transformative power.
- 



Journaling


5. Apply the insights: Consider how the prompt can be applied practically in your life. Reflect on the changes, actions, or perspectives that the prompt inspires. Seek ways to integrate these insights into your daily routine and interactions.

6. Track your progress: Throughout the month, revisit your journal entries and reflect on the progress you've made. Celebrate the insights gained, the growth experienced, and the ways in which God has been faithful in your journey.

Remember, these prompts are designed to foster self-reflection, spiritual growth, and a holistic approach to well-being. They provide an opportunity to align your health journey with God's Word,

His promises, and His guidance. Embrace each prompt with an open heart and a willingness to deepen your relationship with God as you nurture your body, mind, and soul.

May these daily prompts serve as a catalyst for transformation, renewal, and abundant living as you embark on this journey of holistic health.





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Journaling Prompts

HERE ARE 31 JOURNAL PROMPTS BASED ON SCRIPTURE TO PROMOTE A HEALTHY BODY, MIND, AND SOUL. FEEL FREE TO USE THESE PROMPTS FOR EACH DAY OF THE MONTH IN YOUR HEALTH JOURNAL:

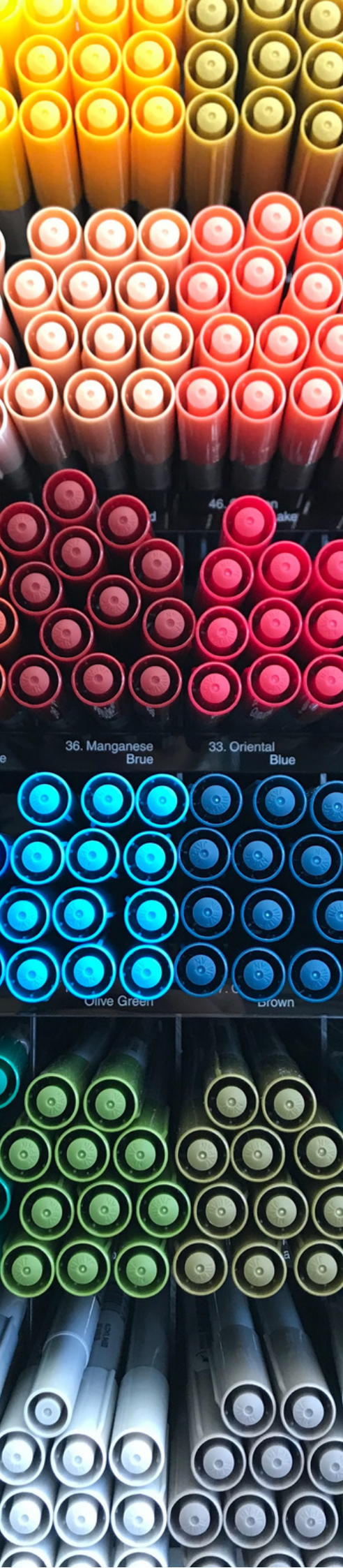
1. Reflect on Psalm 139:14, which says, "I praise you because I am fearfully and wonderfully made." Write down three things you appreciate about your body and how you can honor it.
2. Meditate on Proverbs 17:22, "A cheerful heart is good medicine." Journal about something that brings you joy and how you can incorporate more of it into your life.
3. Explore 1 Corinthians 6:19-20, which reminds us that our bodies are temples of the Holy Spirit. Write down one way you can honor God through caring for your physical health today.
4. Read Isaiah 40:31, "But those who hope in the Lord will renew their strength." Reflect on an area in your life where you need strength and ask God to renew you.
5. Consider Proverbs 4:23, "Above all else, guard your heart, for everything you do flows from it." Journal about a positive affirmation or mantra you can use to guard your thoughts and speak life over yourself.



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Journaling Prompts

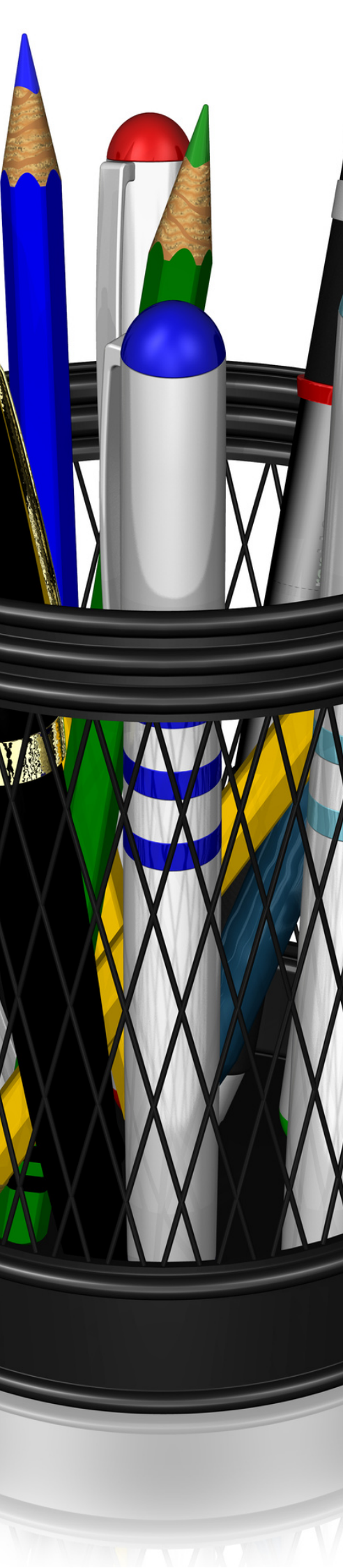
6. Meditate on Philippians 4:8, which encourages us to focus on what is true, noble, right, pure, lovely, admirable, excellent, and praiseworthy. Write down three things you are grateful for today.
7. Reflect on 1 Timothy 4:8, which says, "For physical training is of some value, but godliness has value for all things." Journal about how you can balance physical training and spiritual growth in your life.
8. Read Matthew 11:28-30, where Jesus invites us to find rest in Him. Write down one self-care practice you can incorporate today to find rest for your body, mind, and soul.
9. Explore Romans 12:2, which encourages us to renew our minds. Journal about a negative thought pattern you want to let go of and replace it with a positive and life-giving truth.
10. Meditate on 1 Peter 5:7, "Cast all your anxiety on him because he cares for you." Write down your worries and concerns, and then surrender them to God in prayer.



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Journaling Prompts

11. Reflect on Psalm 23:1, "The Lord is my shepherd, I lack nothing." Journal about an area in your life where you need guidance and seek God's wisdom in making decisions.
12. Read 1 Corinthians 10:31, which reminds us to do everything for the glory of God. Write down how you can glorify God through your choices related to nutrition and physical activity today.
13. Consider Psalm 51:10, "Create in me a pure heart, O God, and renew a steadfast spirit within me." Journal about a spiritual practice that can help purify your heart and renew your spirit.
14. Meditate on 2 Corinthians 5:17, which speaks of being a new creation in Christ. Reflect on areas in your life where you need a fresh start and ask God to bring transformation.
15. Explore Proverbs 3:5-6, which reminds us to trust in the Lord. Write down a situation where you need to surrender control and trust in God's guidance.



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Journaling Prompts

16. Read Matthew 6:33, "Seek first his kingdom and his righteousness, and all these things will be given to you as well." Journal about how you can prioritize seeking God's kingdom in your everyday life.
17. Reflect on Galatians 5:22-23, which lists the fruits of the Spirit. Choose one fruit of the Spirit to cultivate in your life and write down practical ways to live it out.
18. Meditate on Psalm 34:8, "Taste and see that the Lord is good." Journal about a healthy recipe or meal that you can enjoy today and use it as an opportunity to thank God for His provision.
19. Consider Philippians 4:6-7, which encourages us to present our requests to God with thanksgiving. Write down a prayer of gratitude for the ways God has blessed your health journey.
20. Explore 1 Peter 3:3-4, which speaks of the beauty that comes from a gentle and quiet spirit. Journal about how you can cultivate inner beauty that radiates from a calm and peaceful heart.



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Journaling Prompts

21. Read Romans 8:28, which assures us that God works all things for our good. Reflect on a past challenge or setback and write about how it ultimately led to growth and transformation.
22. Reflect on Psalm 46:10, "Be still, and know that I am God." Journal about a quiet and peaceful place where you can seek solitude and connect with God.
23. Meditate on Psalm 103:2-5, which speaks of God's benefits and the healing of our bodies. Write down three ways you can care for your physical health and thank God for the gift of your body.
24. Explore 2 Corinthians 12:9, where Paul finds strength in his weakness through God's grace. Journal about a weakness or challenge you face and ask God to give you His strength.
25. Consider 1 Thessalonians 5:16-18, which tells us to rejoice always, pray continually, and give thanks in all circumstances. Reflect on a recent blessing in your life and express gratitude to God.



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Journaling Prompts

26. Read Matthew 6:25-27, where Jesus encourages us not to worry about our lives. Journal about a worry or fear you have and surrender it to God, trusting in His provision.

27. Reflect on Colossians 3:23, "Whatever you do, work at it with all your heart, as working for the Lord." Write down how you can approach your daily tasks and responsibilities as an act of worship.

28. Meditate on 1 John 4:18, which reminds us that perfect love drives out fear. Journal about a fear or insecurity you struggle with and ask God to help you experience His perfect love.

29. Explore Romans 14:17, which speaks of the kingdom of God being righteousness, peace, and joy in the Holy Spirit. Reflect on how you can cultivate more peace and joy in your life.



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Journaling Prompts

30. Read Psalm 42:11, where the psalmist encourages himself to put hope in God. Write down a situation where you need to renew your hope and ask God to fill you with His hope and encouragement.

31. Reflect on Psalm 119:105, which describes God's Word as a lamp for our feet and a light for our path. Journal about a verse or passage that provides guidance and direction for your health journey.

May these journal prompts inspire deep reflection, faith, and growth as you explore the intersection of Scripture and your pursuit of a healthy body, mind, and soul.

A decorative background featuring a field of purple flowers in the foreground and a sunset sky with orange and purple clouds in the background. The scene is framed by a light pink border.

~ Journal Page ~

Whatever You Do ... Don't Give Up



Health Planner & Trackers

1. **Physical Activity:** Track your physical activities and exercise routines. Note the type of activity, duration, and intensity. You can also include a space to jot down any specific goals or achievements related to your physical fitness.


2. **Nutrition:** Record your daily meals and snacks, paying attention to the nutritional value of your choices. Include space to note the main food groups, portion sizes, and any specific dietary goals you have set for yourself.

3. **Hydration:** Monitor your daily water intake and ensure you are staying properly hydrated. Record the amount of water you consume throughout the day, with the goal of reaching a specific target suitable for your body and lifestyle.

4. **Sleep:** Track your sleep patterns and duration to promote adequate rest. Note the time you go to bed and wake up, as well as any factors that may affect the quality of your sleep, such as caffeine intake or stress levels.

5. **Stress Management:** Monitor your stress levels and the techniques you employ for stress management. Include a space to record stress triggers, as well as the strategies you use to alleviate stress, such as deep breathing exercises, prayer, or engaging in hobbies.

6. **Spiritual Practices:** Dedicate a section to record your spiritual practices and nourish your relationship with God. Include space to note daily prayer, Scripture reading, scripture memorization, etc.



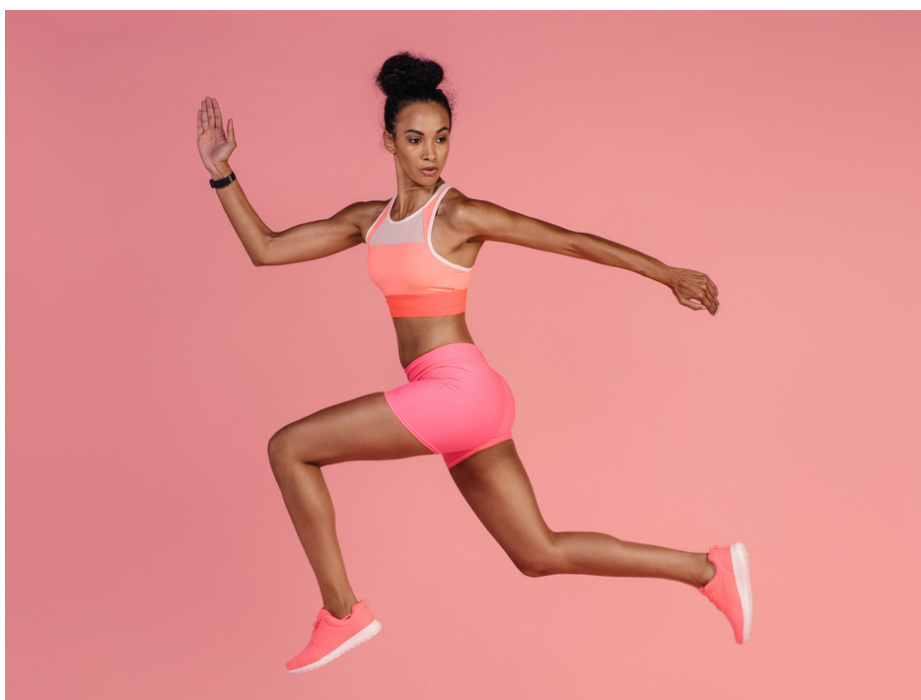
Health Planner & Trackers

As you diligently track your activities in these categories, you will gain valuable insights into your habits, identify areas for improvement, and celebrate milestones along the way.

Remember, this planner is not meant to induce pressure or perfectionism but to provide a compassionate and intentional framework for nurturing your well-being.

Use this space as an opportunity to reflect on your progress, set realistic goals, and make adjustments that align with your values and desires for a healthy body, mind, and soul.

Let The She's 619 Health Planner be your companion as you embark on this transformative journey toward holistic health and wellness.



Health Planner & Trackers

The following 3 pages include the health and wellness trackers. Feel free to print as many as you need for your personal use.



DAILY NUTRITION TRACKER

Date:

BREAKFAST	SNACKS	LUNCH	DINNER

PHYSICAL ACTIVITY

HYDRATION

NOTES

SLEEP, STRESS & SPIRIT

Date:

PRAYER LIST	BIBLE

SLEEP NOTES

STRESS & MOOD

NOTES

VICTORIES & STRUGGLES

Date:

VICTORIES

STRUGGLES

INTENTIONS FOR TOMORROW



Closing Prayer

Gracious and Merciful Father,

As we come to the close of this health journal, we thank You for walking alongside us on this journey of holistic health and wellness. We are grateful for Your faithfulness, guidance, and the transformative work You have done in our lives.

Lord, we acknowledge that true health is not merely the absence of illness, but a state of well-being that encompasses body, mind, and soul. We thank You for the wisdom and insights gained through this journal, and for the habits that have been cultivated in our lives.

As we step forward from this moment, we pray for continued strength and perseverance. Help us to remain faithful in stewarding our bodies well, making choices that honor You and promote abundant living. Grant us the grace to extend compassion and love to ourselves and others on this journey.

May the seeds planted in this health journal bear fruit in our lives and overflow to bless those around us. Use us, Lord, as vessels of Your light and love, shining brightly in a world that needs Your healing touch.

We commit ourselves into Your hands, knowing that You are the Great Physician who brings wholeness and restoration. May our lives be a living testimony of Your goodness and grace.

In Jesus' name, we pray. Amen.





You've Got
This Girl