

A stylized landscape illustration featuring a sun rising over a body of water, with rolling hills and mountains in the background. The scene is framed by a white border. The color palette consists of various shades of green, blue, and white, creating a serene and natural atmosphere.

Return to Simple
Reflections Guide



Welcome...

to the Return to Simple Reflections Guide—a companion to the book Return to Simple, designed to help you engage more deeply with its core themes: Simple Food, Simple Life, and Simple Presence. This guide is not just about food choices but about the fullness of your life—what you consume physically, mentally, emotionally, and spiritually. Each section contains thoughtful reflections, guiding questions, and practical steps to help you examine what you are filling your plate with and how you can realign your life with God’s design for nourishment, simplicity, and presence.

Whether you are beginning your journey toward simplicity or looking to deepen your faith and ancestral wisdom, this guide will serve as a discernment tool—allowing you to reflect, take action, and invite God into the process of transformation.

How to Use This Guide

- Read the corresponding section of Return to Simple before diving into the reflections.
- Take your time answering the questions you connect with—journal, pray, or discuss with a trusted friend.
- Let the reflections shape your journey as you simplify your food, life, and presence with God.
- Be open to change, trusting that even small steps can lead to profound renewal.

Let’s begin!

This guide will help you take a step back, reflect, and discern what is truly feeding your body, mind, and spirit—and what may need to be released. Through simple wisdom and guided questions, you will be invited to examine your daily habits and make small but meaningful changes toward a simpler, more fulfilling life.

Kim VanDolah

PART 1: SIMPLE FOOD

A Journey Toward Clarity and Nourishment

In today's world, we are bombarded with conflicting messages about what to eat. Modern food systems prioritize profit over health, leaving many confused, addicted to processed foods, and disconnected from true nourishment. But God designed our bodies to thrive on simple, whole, ancestral foods. This section invites you to examine what is truly nourishing and to reclaim food as a gift rather than a burden.

Understanding Your Food Story

- What messages about food and nutrition did you grow up with? Have they served you well, or do you now see them differently?
- Can you recall a moment when you felt confused or misled about what to eat? What was the source of that confusion?

Your Notes

Reconnecting with Ancestral Wisdom

- Think about the generations before you—what did their diets and lives look like compared to yours today?
- What modern foods do you consume that may be at odds with your natural design? Are there ancestral food practices you feel drawn to reclaim?

Examining Industrial Influence

- How has convenience and industrialized food shaped the way you eat? In what ways has it helped or harmed your well-being?
- Reflect on the idea that food can either nourish or harm. Are there foods you regularly consume that may be taking a toll on your body, mind, or spirit?

Embracing Simple Shifts

- If you could change just one thing about your diet today to align more with ancestral principles, what would it be?
- What barriers—whether mental, emotional, or practical—are keeping you from making food choices that honor your health and well-being?

Your Notes

Taking Ownership of Your Health

- Who or what currently holds the greatest influence over your food choices? Is this influence guiding you toward or away from optimal health?
- What small, intentional step can you take this week to return to a simple, more nourishing way of eating?

Closing Reflection

Write down a prayer, affirmation, or commitment related to your journey back to simple food. Invite God into the process and ask for wisdom, strength, and discernment as you make choices that honor your body, your family, and your faith.

Your Notes

PART 2: SIMPLE LIFE

A Journey Toward Intentional Living

Modern life glorifies busyness, clutter, and distractions, pulling us away from what truly matters. Embracing simplicity is about more than just decluttering—it's about intentionally choosing a way of life that aligns with faith, health, and joy. This section will guide you in letting go of the unnecessary so you can fully embrace what is essential.

Reevaluating Modern Norms

- In what ways has modern culture shaped your lifestyle? Are there areas where you feel disconnected from a simpler, more natural way of living?
- What aspects of your daily routine feel overwhelming or unnecessary? How could simplifying these bring more peace?

Your Notes

Reconnecting with Nature

- When was the last time you spent intentional, uninterrupted time outdoors?
How did it make you feel?
- What simple practices, such as grounding, healthy sun exposure, or walking in nature, could you incorporate into your routine to foster a deeper connection?

Prioritizing Meaningful Connection

- How has busyness affected your relationships with family, friends, or God?
What is one way you can create more space for meaningful connection?
- What distractions in your life prevent you from being fully present? How can you begin to reduce or eliminate them?

Your Notes

Living with Intention

- Are you making choices that align with your *true-hearted* values, or do external pressures dictate your actions?
- If you could make one change today to live a simpler, more intentional life, what would it be?

Closing Reflection

Write a short prayer, affirmation, or commitment about your journey toward a simpler life. Invite God into your transformation, seeking wisdom and courage to step away from distractions and embrace what truly matters.

Your Notes

PART 3: SIMPLE PRESENCE

A Journey into Awareness and Divine Connection

Our world is full of noise, busyness, and distractions that pull us away from true presence—with God, with ourselves, and with those we love. Simplicity is not just about less stuff or fewer commitments—it is about making space for what matters most. This section will help you cultivate presence, deepen your faith, and realign your life with God's design.

Embracing Simplicity and Presence

- In what areas of your life do you feel disconnected or distracted? What steps could help you cultivate a greater sense of presence?
- How do busyness and distractions influence your ability to be fully engaged with God, yourself, and others?

Your Notes

Reconnecting with God and Your True Design

- When was the last time you felt truly connected? What were you doing, and how can you create more of those moments?
- What does a well-ordered life look like for you? How does your current lifestyle align (or misalign) with God’s design for your life?

Detaching from Worldly Distractions

- What worldly influences pull you away from living with intention and purpose? How can you begin to detach from them?
- Jesus calls us to deny ourselves, pick up our cross, and follow Him (Matthew 16:24 RSV). What is one area of your life where God is calling you to surrender control?

Your Notes

Closing Reflection

Write a prayer or affirmation about stepping into God's presence and living a life of intention, simplicity, and peace. Ask for His guidance as you detach from distractions and embrace a life rooted in a simple presence, allowing His truth and grace to lead you.

Your Next Steps

Transformation begins with awareness and small, faithful steps forward.

Keep reflecting, praying, and taking intentional action as you return to a life of nourishment, simplicity, and presence.

May peace, completeness, harmony, and health be yours as you Return to Simple.

Thank you for journeying with me! *—Kim*

Your Notes

Want to Keep Walking This Path?

Return to Simple: The Book

If these reflections have stirred something deep within you—
If you're craving more clarity, peace, and presence in your everyday life—

This book was written for you.

“Return to Simple” is part memoir, part gentle guide—a Spirit-led invitation back to the rhythms of real food, rooted faith, and a life lived in step with God’s design.

Inside, you’ll find:

- Practical wisdom for eating simply and living well
- Soulful encouragement rooted in Scripture and ancestral truth
- Stories of transformation and hope
- Gentle shifts that lead to lasting peace and purpose

Let this be your next step toward a truly simple, intentional, and Spirit-filled life.

Order yours today on Amazon

Return to Simple

A Journey of Hope and Truth

Kim VanDolah

RETURN TO SIMPLE

The True-Hearted Way

Ready to Go Deeper?

Return to Simple—The True-Hearted Way is a 12-week coaching journey with Kim VanDolah.

*If you're feeling the pull toward a slower, more intentional life...
If you're ready to nourish your body, clear the clutter,
and walk more closely with God...*

Then this is your invitation.

The True-Hearted Way is a gentle, Spirit-led coaching experience for individuals longing to realign with their faith, their health, and their purpose—through the simplicity of ancestral wisdom and daily presence.

Together, we'll explore:

Simple Food — nourishing, healing, and joyful
Simple Life — uncluttered, peaceful, and purposeful
Simple Presence — Spirit-filled, centered, and free

You don't have to figure it out alone.

Let's walk it together—gracefully, prayerfully, step by step.

Let's Begin with a Free Clarity Call

A no-pressure conversation to see if this season is calling you into something deeper.

Simple Ancestral Health Coaching, LLC

Email: kim@return2simple.com

Text or Call: **319-521-8306**

Your “Yes, Lord” might just begin right here.