

BEYOND THE RESET ROADMAP

REAPING &
STEWARDING
FRESH FRUIT



FROM *Seed* TO *Fruit*

a roadmap for life after the reset cleanse

You've made it through The Reset Cleanse—and what a powerful journey it's been!

Over the last several days, you've sown seeds of obedience, discipline, and surrender. And now, you're beginning to reap fresh fruit—physically, mentally, and spiritually. Your body feels lighter, your mind clearer, your spirit more aligned with God's truth. This is more than just a detox—it's been a divine reset.

Like a tree planted by streams of living water, you're beginning to bear the kind of fruit that lasts:

The fruit of self-control, cultivated through wise choices.

The fruit of peace, as your mind and body return to balance.

The fruit of faithfulness, as you've committed your health to the Lord.

And perhaps most of all, the fruit of transformation, as God renews you from the inside out.

But this is not the end—it's only the beginning.

The Beyond the Reset Roadmap is your guide to nurturing this new growth, staying rooted, and flourishing long after the cleanse is over. Just as fruit continues to grow with proper care, your health, habits, and spiritual strength will too—as long as you remain connected to the Source.

Let's move forward together—living with purpose, eating with wisdom, and honoring God in our bodies every single day.



Austin



1

Destination
**CHANGE YOUR
PERSPECTIVE**

Everything starts with your thoughts. To create and maintain new healthy habits, you need to first change your mindset.

Throughout this cleanse, you have focused on nourishing your body with nutrient-dense foods and eating for energy. You've started to break away from the habit of eating to satisfy cravings and from the influences of societal eating norms. Embrace the perspective that food is fuel for your body, and the quality of that fuel is crucial!



2

Destination **DIVORCE THE DIET MENTALITY**

As you move forward, recognize that these new habits are not about dieting. Dieting can be destructive and discouraging. The goal is not deprivation but rather adopting a new way of living. Eliminate what needs to be eliminated.

Remove the foods that need to be removed. Don't just cut back. While moderation can be beneficial, it's not suitable for everything. Completely cut out any foods you discovered you're addicted to during this cleanse. Eliminate any foods that caused moderate or extreme negative reactions in week 3 of the Reset. As you continue learning to live healthier, keep eliminating what harms your body and replace it with nourishing alternatives.



3

Destination **DIVORCE THE SCALE**

Prioritize your overall health rather than fixating on your weight. Weight alone is not an accurate indicator of health. Becoming overly concerned with the numbers on a scale can be just as detrimental as being underweight or overweight. Instead, pay attention to how you feel on a daily basis and strive to make healthy lifestyle changes. These changes, such as maintaining a balanced diet, exercising regularly, and managing stress, can significantly reduce the risk of illnesses and improve your quality of life. Remember, true health is about feeling good and living well, not just about hitting a specific number on the scale.



4

Destination **DON'T TRY HARDER, SURRENDER MORE**

As you make lifestyle changes, it's easy to fall into the trap of pushing yourself too hard and too fast. Creating a healthy lifestyle is a gradual process that doesn't happen overnight. While progress can sometimes occur quickly, it's important not to attempt this journey alone. Instead of pushing yourself to the point of exhaustion, focus on surrendering to the guidance of the Holy Spirit. In this place of surrender and obedience, you will find it easier to make these lifestyle changes and achieve the results you desire.

"I am the vine; you are the branches. Whoever abides in me and I in him, he it is that bears much fruit, for apart from me you can do nothing."

-JOHN 15:5 ESV

5

Destination **TAKE CONTROL OVER YOUR EATING HABITS**



Overeating is a harmful habit that leads to numerous health issues, not just weight gain. It often results from a lack of essential nutrients, leaving your body unsatisfied and continuously seeking fulfillment through more food, often the wrong kinds. This creates a persistent void. Overeating can also be driven by food addictions, which occur when food becomes an idol in your life. These addictions are real and dangerous if left unchecked. Regardless of the root cause, overeating is considered a sin. It means consuming food beyond the point of fullness or more frequently than necessary. Repent for this habit and remember that you are already forgiven. You don't need to earn this forgiveness, but you should honor it by addressing and correcting the behavior.

To break the cycle of overeating, feed your body nutrient dense foods and learn to respect your body's signals of fullness. Aim to finish your meal when you reach a 7 on a fullness scale of 1 to 10. This means eating enough to feel energized but still leaving room in your stomach. Overfilling your stomach is detrimental to your digestive system and depletes your energy levels. If you feel tempted to continue eating beyond a 7, pause and take control. Remind yourself that you will eat again later and that this meal is complete. While it may seem trivial, acknowledging and submitting this desire to your authority is crucial. You are not a slave to your taste buds or your stomach.

If there's leftover food, store it properly instead of leaving it in front of you. Put it away in the refrigerator or get a carryout container if you're eating out. Pray for the Holy Spirit to grant you self-control. Then, drink a full glass of water and engage in a non-food-related activity to shift your focus.



6

Destination

CREATE A HABIT OF WORKING OUT

Creating a habit of exercising regularly is crucial for maintaining overall good health and well-being. Regular physical activity boosts cardiovascular health, strengthens muscles, improves flexibility, and enhances mental health by reducing stress and anxiety. However, fitness alone is not a substitute for healthy eating habits. Nutrition and exercise work hand in hand to achieve optimal health. Achieving results is largely influenced by diet, with 80% attributed to nutrition and only 20% to fitness. A balanced diet provides the essential nutrients needed for energy, recovery, and overall bodily function, while exercise helps to burn calories, build muscle, and improve physical endurance. Together, they create a synergistic effect that maximizes health benefits and supports long-term wellness.



7

Destination
**CREATE A HABIT OF
FASTING**

A key component of the Reset cleanse is fasting. We explored its importance and benefits, highlighting how regular fasting helps keep your flesh in check and prevents food from becoming an idol. Fasting is not something you should wait for your spiritual leaders to instruct you to do, nor is it a mandatory practice. However, scripture suggests that fasting is wise and beneficial when done frequently. It should be done as led by Holy Spirit, which requires you to remain attentive and yielded to His guidance.



8

Destination

**GIVE YOUR BODY
WHAT IT NEEDS TO
BE HEALTHY**

During this cleanse, you gave your body the nutrient dense food it has been craving. You would be amazed at what your body can do and how great you can feel when you give your body the nutrition it needs on a regular basis. Consider this as you create your action plan and move forward.



9

Destination
**PRIORITIZE GUT
HEALTH**

Your gut health is the core of your immune system. It is vitally important that you focus on balancing and maintaining your gut health after this cleanse so your body can continue healing itself.

On the resources page, there is a link for some of my favorite supplements for gut health.



10

Destination **CREATE A PLAN**

Completing the Reset was only the beginning. There is more work to be done. Creating a plan is critical to your success in establishing new health habits and being consistent with them. Review your journal notes from this cleanse. Take your review notes and make a plan for the next part of your health journey. Write it down step by step. Set time frames for each step and set achievable goals. Remember you're not alone! Lean into your accountability system. If you desire a structured plan, grab our 6 Week Renewed Health Coaching package! Visit www.redeemedhealthsolutions.com

“And I am sure of this, that he who began a good work in you will bring it to completion at the day of Jesus Christ.”

-PHILIPPIANS 1:5 ESV