

The Success

TEMPLATE

Magazine

Health Is
Wealth

“But whoever drinks the water I
give him will never thirst. Indeed
the water I give him will become in
him a spring of water welling up to
eternal life.” - John 4:14

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#4th Edition

The Success Template

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From the Editor

This edition is such an amazing topic to write about because no matter who you are, what your job description is, or what you do in life, your health will always be the most important factor that determines how well you'll be able to navigate your life path and life purpose.

Your health should always be your priority and your greatest investment. It shouldn't just be an afterthought; it should always be your priority.

Whether that is your mental, physical, or spiritual health. You need to balance them all out so that you can live a fulfilling and balanced lifestyle.

In this edition, you'll gain more knowledge about how to be healthy and gain tips for easy daily habits and life hacks that can change your life and help you live a healthy and balanced lifestyle.

Nadine van Rayner

Editor-in-Chief



*Health is the
best Wealth.*

INVEST IN YOUR HEALTH

Daily

Investing in your health is not just about avoiding illness; it's about creating a foundation for a more fulfilling, energetic, and balanced life.

It's the greatest investment you can make in your life.

INVESTING IN YOUR HEALTH INVOLVES MAKING CONSCIOUS CHOICES THAT CAN LEAD TO LONG-TERM BENEFITS.

Medical costs are high, and maintaining health through preventive habits can significantly reduce your medical bills over time.

Healthy people earn more and work better. Studies show that healthy individuals tend to be more productive, take fewer sick days, and perform better at work.

By: Nadine van Rayner

“The goal is not to live longer. The goal is to live a fulfilled, healthy, and balanced lifestyle.”

Your confidence grows when you feel your best. Taking care of your body and mind shows in your posture, energy, and confidence, which helps you seize opportunities.



Your confidence grows when you feel your best. Taking care of your body and mind shows in your posture, energy, and confidence, which helps you seize opportunities.

Insurance costs can skyrocket, which is why unhealthy individuals face higher insurance costs due to chronic conditions or frequent doctor visits. Investing in your health is a financial decision that can lead to a more productive, confident, and financially secure life.

MANAGE YOUR STRESS DAILY TO FIND PEACE



Stress in modern society is pervasive, driven by societal division, loneliness, work pressures, financial concerns, and technology, affecting both mental and physical health.

**“Manage Your
Stress Levels
Daily**

In our lives today, managing your stress levels can save your life and help you to go about your day with more clarity and peace. Having a steady relationship with God and building up a strong spiritual health for your soul and your spirit will help you to find more peace and contentment in your life.

STRUCTURE YOURSELF IN THE WORD OF GOD

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Spiritual
Health

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The Word Of God Is Alive And Active

As human beings, we all have this sense that we seek something to fill a void that we feel deep within ourselves. A hole within us that we then decide to fill with anything that we think will fill us up.

We try to fill that void with love from our partner, our family, our friends; we try to fill that void with the church, with new age spirituality; we try to fill that void with successful careers, beautiful homes, nice clothes, and fancy cars. We try to fill that void with alcohol and clubbing, nights out with friends, or even destructive behaviours.

Yet, a time comes in your life when you realize that to make that hole whole, you only need the (w). The WORD of God.

That is why when Jesus was tempted by Satan, He said to him, "It is written: 'Man shall not live on bread alone, but on every word that comes from the mouth of God'"
- Matthew 4:4

It's not about how big the house is,
it's about how happy the home is.

YOUR HOME IS YOUR SANCTUARY

Make sure that you create a home
for yourself that can be a safe space
that you return to after a long day
out in the world working to provide
a living for your family.

Your home is your sanctuary,
and it should be treated as such.
Be mindful of what you allow in
your home, because just like
your body is your temple, your
home should be your heaven
here on earth.



“As for me and my house, we shall serve
the Lord.” - Joshua 24:15



The place where your children feel
emotionally and physically protected.
The space where they get equipped with
knowledge, wisdom, spiritual strength,
and truth.

Don't take your stress from the world
into your home, and don't allow it to
break up your happy family.

Make sure that you create a healthy,
balanced lifestyle for yourself and for
your family. Especially if you work from
home. Know when to “knock off from
work” and be 100% present with your
family.

Written By: Thoughts Of A Woman

@thoughts.of.a.woman1111

Also Available On::

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BUILD A CAPSULE WARDROBE THAT WORKS

This is the very first prophetic message that the Lord called me to share in The Success Template's Magazine.

A while back, the Lord gave me a prophetic dream. In the dream, I saw that a bunch of army mistles fell out of the sky towards a place close to where we stay. I saw myself and my family, as well as many other people, in this place where the mistles were about to fall. That is when people started to panic and tried to make plans as to where they will go to hide for safety.

Author
Nadine van Rayner

God's Chosen Vessel

"God chose YOU for this journey, because He knew that you have everything that you need to bring forth that which He desires to bring forth through you, already within you."

Nadine van Rayner



The Lord then guided me to walk a different path, and my immediate family and I went through my wardrobe and came out on the other side at my grandmother and grandfather's house. When we got there, the Lord showed me and guided me as to what to do so that we would be safe while the danger was around us.

When I started to create this Magazine, I burst out laughing because a template popped up with the words "Build A Capsule WARDROBE That Works" as the heading. I was like LORD!!!! Because I immediately remembered the dream that God gave me, and I knew what the meaning of the dream was when I had it. But receiving confirmations like that will always be amazing and mind blowing no matter how long you have been walking on your prophetic journey with the Lord.

Today, as I completed the Magazine, the Bible verse, "Do not store up for yourselves treasures on earth, where moths and vermin destroy, and where thieves break in and steal. But store up for yourselves treasures in heaven, where moths and vermin do not destroy, and where thieves do not break in and steal. For where your treasure is, there your heart will be also." - Matthew 6:19-21 came to mind.

Everything Is Connected Everything Is As It Should Be

Author Nadine van Rayner

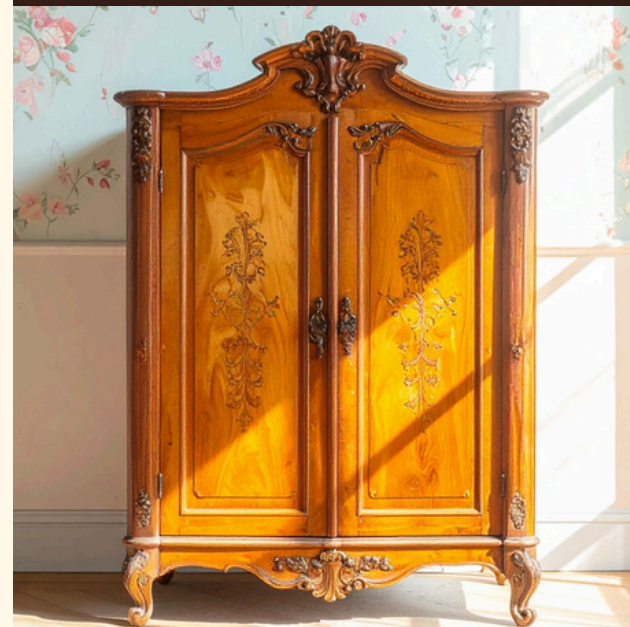
May 29 2026

God Makes No Mistakes. Trust Him.



The purpose of a capsule wardrobe biblically is to reflect God's provision and care for His people. Just as the Israelites' clothes did not wear out and their sandals did not fail during their 40 years in the wilderness, God provides for His people with clothing that lasts and sustains them. This concept serves as a reminder of God's daily faithfulness and covenant love, even in times of rebellion and wandering. The wardrobe, in its biblical context, symbolizes God's provision and care, emphasizing that He provides not just for survival but with sustaining love.

Do not attach yourself to material things and things of this world. What God gives, He can also take away. Build for the Kingdom of God with faith so that your work glorifies the Lord and grows His Kingdom. He'll provide everything else that you need, and if you have to go through a time of sorrow or suffering, then do so with faith and love for the Lord, as Job did when God allowed him to be tested for a season.



Journaling For Stress Release

Since the rise of social media and the digital age, anxiety and depression have been at an all-time high, and with so many changes happening in the world at this time, stress in all ages has increased far more than it ever has before.



REGULAR JOURNALING HAS BEEN SHOWN TO LOWER STRESS AND ANXIETY LEVELS.

So, the next time you feel like there's something wrong with your life or with you, the next time you find yourself scrolling too much, take a moment, breathe, put down your phone, and get yourself a journal and write down what your mind processes in that moment.

You never know, you may have been missing great ideas that you could apply in your life. Your big break is waiting for you on your journal's empty page.

Being exposed to information 24/7 can be very draining to the mind. Sometimes you open your feed, and you see an instant rush of information coming to you all at once. That can overstimulate your mind and have you yearn for peace.

Because you don't know how to stimulate your mind at that time, you can feel rather overwhelmed and give in to anxiety or depression.

The best combat is to put your phone down when you feel an increase in anxiety and depression. The more you scroll, the more you'll overstimulate your mind.

That is why taking a journal and a pen at that time can help you to ground yourself again and allow your mind to structure all the information that it has just received. You can't just pour it into your mind; you also have to give it time to sit with the information and reflect on what it just took in.

It is almost like when you eat, you can't just jump up and get back to work or go running or swimming. You'll get cramps. The same way, you need to give your mind time to digest the information that it took in.

“
Step back in time and immerse yourself in the world of vintage fashion. We take you on a journey through the eras, exploring the charm and elegance of clothing that transcends time.
”



Thoughts Of A Woman
@thoughts.of.a.woman1111



Journaling is a powerful tool for activating peace and self-discovery.

Journaling activates peace by providing a safe space for individuals to process their thoughts and emotions. It helps in regulating emotions, enhancing self-awareness, and fostering creativity and problem-solving. By writing down feelings and experiences, individuals can better understand themselves and their reactions, leading to a more balanced and peaceful state of mind.

Regular journaling can also improve mood and gratitude, shift perspectives, and provide a stress relief outlet. It is a simple yet powerful practice that can significantly contribute to emotional and mental well-being.

Why Journaling Is Good For Your Mental Health



Having a journal where you write your dreams down and Bible verses can also help you ease mental health issues. It can help you to combat any negative thoughts that may overwhelm your mind at the moment.



Sometimes you have too much mental clutter. Thoughts that keep playing on your mind that you may feel you can't control.

But when you journal, you can give those thoughts structure and help to anchor them.

The more you journal, the more you'll be able to learn how to understand yourself better.

Mental health issues can be overcome once you learn how to anchor yourself steadily and stop giving in to overwhelming thoughts.

Make it a daily habit to write your thoughts down in a journal or on a notepad app on your phone. You can find one that you can lock for privacy.

That way, no matter where you are when you start to feel a bit overwhelmed, you can check in on your phone and release all those thoughts so that you don't feel so overwhelmed anymore.

“ Keeping a journal can stimulate creativity and generate new ideas. Uncensored writing allows the mind to explore solutions and insights without judgment, fostering innovative thinking and personal growth ”



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MENTAL HEALTH IS THE FOUNDATION OF WELL-BEING, INFLUENCING HOW WE THINK, FEEL, AND ACT.

INCORPORATING SIMPLE HABITS LIKE REGULAR EXERCISE, QUALITY SLEEP, AND SOCIAL CONNECTIONS CAN SIGNIFICANTLY ENHANCE YOUR MENTAL HEALTH.



We entered into a new era where gardening and returning back to nature are something that our souls yearn for.

Gardening offers a wide range of physical, mental, and social health benefits, from exercise and vitamin D production to stress reduction and improved cognitive function



A New Era of Elegance

Gardening is considered a moderate-intensity physical activity that engages nearly every major muscle group, including arms, legs, and core, through tasks like digging, planting, weeding, and watering. Thirty minutes of gardening can burn calories comparable to playing badminton or practicing yoga.

Regular gardening helps build strength, maintain a healthy weight, improve flexibility, and reduce the risk of falls, particularly in older adults. Exposure to sunlight while gardening also promotes vitamin D synthesis, which supports bone strength, calcium absorption, and immune function. Additionally, gardening can help prevent osteoporosis by combining weight-bearing activity with vitamin D exposure.

Gardening has been shown to reduce stress, lower cortisol levels, and improve mood. The repetitive, mindful actions involved in gardening, combined with sensory engagement with plants, flowers, and soil, can act as a form of meditation, promoting relaxation and emotional well-being. Studies indicate that people who garden daily report higher well-being scores and lower stress levels compared to non-gardeners. Gardening has also been linked to enhanced cognitive function and neuroplasticity, helping maintain independence and potentially preventing cognitive decline in older adults.

THE BENEFITS OF ROSEMARY



Rosemary is known to enhance memory and mental focus. Studies show that inhaling rosemary aroma or consuming rosemary tea can improve cognitive performance and mood, and may help protect against neurodegenerative conditions like Alzheimer's disease.

29/05/2026

Rosemary offers a wide range of health benefits, including improved memory, neuroprotection, antioxidant support, anti-inflammatory effects, and immune system enhancement.



Rosemary contains carnosic acid, rosmarinic acid, and ursolic acid, which act as potent antioxidants and anti-inflammatory agents. These compounds help protect cells from oxidative damage, reduce inflammation, and may lower the risk of chronic diseases such as cancer and cardiovascular conditions.



ROSEMARY PROMOTES HAIR GROWTH, STRENGTHENS HAIR, AND IMPROVES SCALP HEALTH DUE TO ITS ANTIOXIDANT, ANTI-INFLAMMATORY, AND CIRCULATION-BOOSTING PROPERTIES.

Rosemary contains compounds like carnosic acid, rosmarinic acid, and caffeic acid that help stimulate blood flow to the scalp, delivering essential nutrients to hair follicles and creating an optimal environment for hair growth.

Research suggests that rosemary oil can be as effective as minoxidil in treating androgenic alopecia (pattern baldness), while also reducing scalp irritation often associated with conventional treatments.





The Matcha Trend

HEALTH | HEALTHY PRODUCTS

The matcha trend is a global phenomenon that has evolved from a niche ingredient to a mainstream staple.

It's amazing when something healthy and good for you becomes a trend. It shows the good side of social media and how it can impact the world in a good way, instead of promoting trends that are dangerous to young people and can negatively affect them and their mental health.

The matcha trend shows how the world can shift into a better future if more influencers start to use their platforms to promote good and healthy products to their supporters.



The Matcha Movement: Health Meets Habit

Health is Wealth in Action

The matcha trend demonstrates how adopting one small ritual can ripple into larger lifestyle changes.

A morning matcha latte often replaces sugary drinks, encourages mindfulness, and sparks curiosity about nutrition. These micro-habits compound, helping people reach their goals with clarity, energy, and resilience.

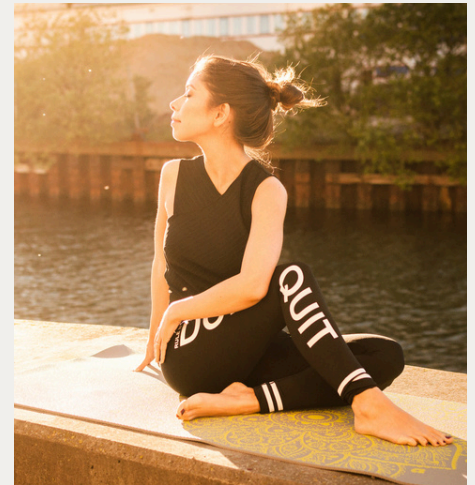
Matcha has become the wellness star of 2026, not just for its vibrant green hue but for its proven ability to boost cognitive function, regulate stress, and support long-term health. This trend shows how a simple daily ritual can spark habits that align with the theme “Health is Wealth.”

In 2026, matcha isn’t just a trendy latte—it’s a lifestyle shift. Recent studies reveal that matcha supports cellular repair, enhances neuroplasticity, regulates cortisol, and promotes gut health. By consuming the whole tea leaf in powdered form, matcha delivers a concentrated dose of antioxidants and nutrients that ordinary green tea cannot match.

Your Body Is Your Temple

Date,
29 May 2026

Come to me, all those who are weary and burdened, and I will give you rest." - Matthew 11:28



1 Corinthians 6:19: "Do you not know that your bodies are temples of the Holy Spirit, who is in you, whom you have received from God? You are not your own." Once you learn that truth. You realize the importance of taking care of the body that God blessed you with.

They always say that prevention is better than cure, yet we so often take that truth for granted. We fill our bodies with things that don't add any value to them; we overthink, stress, and worry about so many unimportant things that we end up making ourselves sick from things we conjured up in our own minds.

"If you feel overwhelmed, remember it's okay to not be okay. Take some time to rest; while you rest, sharpen your axe with the word of God, love yourself, and listen to your body."

Once you learn how to surrender and let things happen as they should. Once you let go of control and wanting to play God, you realize that you took on things that drained the life out of you, trying to be a perfect version of yourself when that isn't what God called you to do.

That is why it is important to have a relationship with God, a personal bond where you can run to a safe space whenever things of this world get too hectic or feel too heavy to bear.

The Lord says, "Come to me those who are weary and burdened, and I will give you rest." - Matthew 11:28

If you feel overwhelmed, remember it's okay to not be okay. Take some time to rest, while you rest, sharpen your axe with the word of God, love yourself, and listen to your body.

Do what God called you to do and surrender what only He can do to Him.

"THE STRONGEST INVESTMENT YOU'LL EVER MAKE: YOUR HEALTH."

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Fitness
Article

THE SUCCESS TEMPLATE | MAGAZINE



"The greatest investment you will ever make isn't in the stock market. It's in your health. Because when your health is strong, everything else in life becomes possible."
- Nance O'Connor

For many years, I thought success meant staying busy, checking off responsibilities, and taking care of everyone else. Like a lot of women in midlife, my health slowly moved to the bottom of the priority list. I told myself I would "get back to it someday." Fortunately, someday finally came.

Those small choices added up. Over time, I lost 40 pounds, built muscle, improved my energy, and felt stronger than I had in decades. But the biggest change wasn't just physical. It was mental and emotional. I began to feel confident, capable, and proud of what my body could do.

Exercise

Today, at 56, I train regularly, compete in fitness events, and help other women realize something powerful: it's never too late to get stronger.



Nance O'Connor is the **founder of The Midlife Muscle Method**, a strength-based approach that helps women lose fat, build muscle, and improve metabolic and bone health in midlife.

After losing 40 pounds and transforming her own health, she now inspires women to get stronger and create sustainable habits that support long-term vitality and confidence.

Connect with Nance on Instagram
@nanceoconnor.



When people say "health is wealth," it's not just a catchy phrase. Your health determines the quality of your life. Strength supports your metabolism, protects your bones, improves your balance, and helps you stay independent as you age. In other words, the stronger you are, the more freedom you have.

F I T N E S S

You don't need extreme diets or endless hours of exercise to get there. What matters most are the daily habits you build over time—movement, nourishing food, hydration, sleep, and a mindset that says, "I'm worth the effort."

The greatest investment you will ever make isn't in the stock market.

It's in your health.

Because when your health is strong, everything else in life becomes possible.

YOUR HEALTH
IS YOUR GREATEST
INVESTMENT!





Engaging in artistic activities has been shown to have a significant impact on mental and physical health.

To be creative is to be human. Being creative can increase happiness, which is beneficial for your overall well-being. Art-making can lower stress hormones while raising endorphin and dopamine levels in the brain, leading to a sense of relaxation and well-being.

While creative expression can improve your mood and create a space for social connection with friends and family.

Being creative can boost self-esteem by affirming the originality of ideas and allowing individuals to turn them into something material.

Arts such as creative writing, music, and dance have been helpful for reducing stress in a range of populations, including refugees, survivors of abuse, and children who have experienced trauma or crisis.

Participation in the arts can have a positive effect on people with anxiety or depression, as well as conditions such as schizophrenia, through direct impact on the brain, emotions, mood, and behaviour.

Incorporating creative activities into your life can lead to a healthier, more fulfilling existence. Whether it's through painting, writing, or dancing, the arts offer a powerful way to connect with oneself and the world around us.

Creativity helps us perceive the world in new and different ways.

To enhance your creativity in daily life, consider these practical tips:

- Start your day with a creative practice
- Embrace boredom
- Change your scenery
- Create a dedicated creative space
- Immerse yourself in art and nature



**"A CREATIVE LIFE IS AN AMPLIFIED LIFE. IT'S
A BIGGER LIFE, AN EXPANDED LIFE, AND A
HELL OF A LOT MORE INTERESTING LIFE."
- ELIZABETH GILBERT**



DRINKING GREEN TEA AT NIGHT CAN OFFER SEVERAL HEALTH BENEFITS, INCLUDING:

Improved Sleep Quality: Theanine in green tea may help reduce stress-related hormones and neuron excitement, allowing for better relaxation and sleep quality.

Reduced Stress and Anxiety: Theanine promotes a calm, relaxed state, which can help reduce stress and anxiety levels.

Enhanced Digestion: Green tea's antioxidants and catechins can support digestive enzyme activity, making it easier for the stomach to break down food.

Weight Management: Green tea's antioxidants and catechins can increase metabolism and enhance fat-burning processes, even while you sleep.

It's important to note that individual sensitivity to caffeine and the timing of consumption can affect the effects of green tea at night.

For those looking to incorporate green tea into their evening routine, choosing a low-caffeine or decaffeinated version can enhance its calming effects without disturbing sleep.



A CUP OF GREEN TEA *At Night*



BE MINDFUL IN A TIME WHERE THE HUSTLE CULTURE CAN START TO CONTROL YOUR LIFE

It's important to focus on your health during this time. More and more people struggle with anxiety and depression because of the times that we live in.

The world is going through a massive shift and in the process our mental health is feeling the pressure of that change and shift.

That is why small changes to your daily life is so important. Knowing what to pour your energy into and what to let go is so important to help you find the balance that you need in order for you to go through life without feeling overwhelmed and like the whole world is resting on your shoulders.

You don't have to do it all and you don't always have to look like you got everything under control or handled. It's okay to not be okay and take a second to breathe and catch your breath while you navigate the hustle culture and build towards your legacy.

Slow and steady wins the race.

Your Health Matters

Take Care Of Yourself



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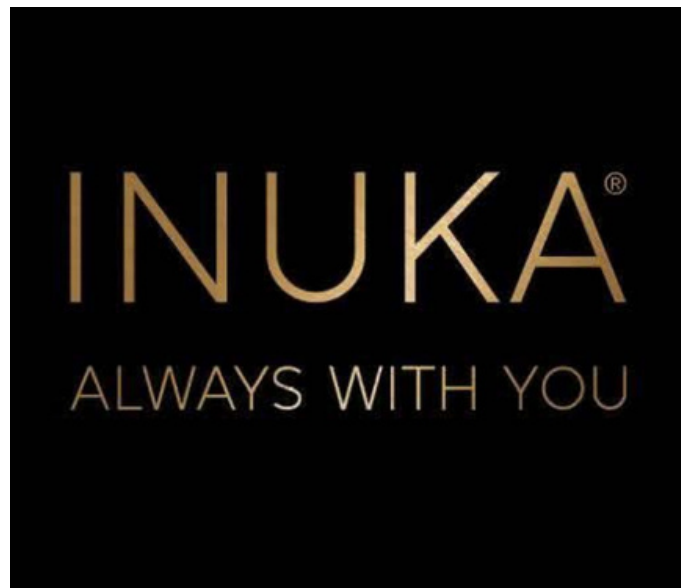


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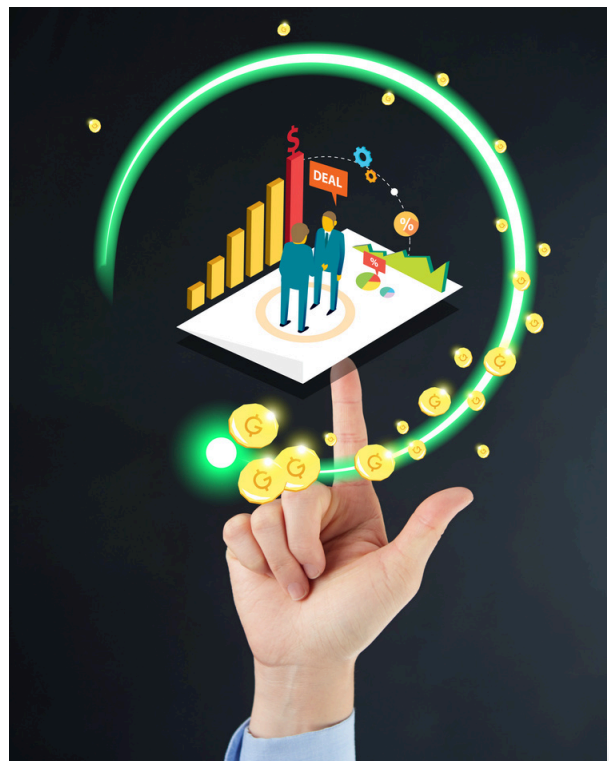
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