

THE STAY METHOD INTRO



Introduction - Who am I?

Hi friend, I'm Ashlynnne. If we haven't met yet, I'm a wife, mom of 3 kiddos 4, 3, and a newborn. To say the least, life is chaos. Beautiful chaos. But especially after I became a mom, I started to realize that I had so many goals I still had yet to accomplish. Nothing too big, but I knew I wanted to get healthier and more confident in my skin again. I wanted to build the business I had been "trying" to build since I was 18 (now 27). I wanted to be the best mom I could be, read parenting books, listen to podcasts to grow myself and regulate my emotions so I could better teach my kiddos, and I wanted to learn more about holistic health and natural healing not only for myself and my family; but to eventually help others in the same boat.

I had all these goals and this vision of who I wanted to be, but for some reason I never stuck to anything. I'd go hard for a few days or weeks and then life would happen. The kids wouldn't sleep, they or I'd get sick, our schedule would fill up. Other things just kept taking priority and when I did have time to invest into my goals, I wouldn't have the energy to do so. That's when I decided to take a step back. I started implementing smaller habits to reach my same goals. I sat down and wrote down my Why's. I gave myself grace and options to accomplish things towards my goals even on the hard days.

Eventually, I became a wholistic wellness counselor, got certified in Hair Tissue Mineral Analysis testing to help my clients on a deeper cellular level, and I continue to implement my micro habits daily to keep investing in myself. From my health goals, to my parenting goals, my scripture reading goals, and my business goals.

It's going slowly, one day at a time. But I haven't given up this time. I'm proving to myself and my kids who are always watching, that I am a woman who stays. I stay committed, I stay dedicated - even when it gets hard.

I am becoming. And so are YOU.

Your friend,
Ashlynnne

PS: If you end up loving these resources, they are only a small part of my entire The Stay Method system! You can get the entire system that will help you stop restarting every Monday and build practical rhythms that will fit your busy lifestyle for only \$37!

Everything inside The Stay Method system:

- **The Stay Method Guide:** Here we introduce the all-or-nothing trap, how to stop self-sabotaging your goals, nervous system regulation tools, mental and physical clutter blocking your path to consistency, choosing your goal(s) and stating your deep level why, the psychology of habits, and SO much more!
- **The Stay Method Workbook:** A workbook full of tools that align with each chapter of The Stay Method Guide to help you start implementing right away, instead of just this just being another guide you read and forget..
- **The Stay Method Journal:** Specific journal prompts to help you work through your thoughts and overwhelm when life gets hard. These help you STAY even when life throws you curve balls (because let's be honest, as moms, we never live in perfect conditions).
- **The Stay Method Planner:** There are two versions of this planner. One being as-is printable and one you can edit digitally and then print as you need!
- **The Stay Lists:** This is what you have access here in this free intro! The Stay Lists are powerful if you actually commit to printing them off, having them in-sight and accessible for ideas to help you reach your goals, even when you have almost no energy. The low energy options still keep you on track towards your goals and retrain your brain to trust that you will follow through and NOT give up!
- **30-Day & 90-Day Printable Trackers:** Visual, satisfying trackers so you can watch your consistency add up day by day, with built-in milestone check-ins at Day 30, 60, and 90.
- **Day Zero Checklist:** Your simple, guided first step, so starting the whole system takes 20 minutes, not a whole overwhelmed afternoon.
- **FAQ & Troubleshooting Guide:** Real answers for the exact moments you're tempted to quit, missed days, unclear goals, busy seasons, and more.
- **Printable Stay List Quick-Reference Card** A pretty, single-page version of your habits and their small/medium/large versions, made to stick on your fridge or save as your phone lock screen.



[CLICK THE IMAGE OR CLICK HERE TO CHECK IT OUT!](#)

How To Use This Guide

This guide is a mini version, and a small introduction to **The Stay Method**. A method I created after 8 years of starting over and staying stuck in the restart cycle, while never accomplishing my goals.

To use this guide follow it in order. You'll learn and implement two tools that I took directly from **The Stay Method** guide, The Evidence Log and The Tuesday Afternoon Test. Next you will move on to the Stay List and the 30 or 90 day tracker calendar.. Print these and have them handy.

You will use the Stay List and the tracker calendar to visually see your progress. These will also help you be able to accomplish even the smallest of habits daily that will still keep you headed towards your goals. Whatever they may be. They absolutely do not have to do with health or business, even though that's what I talk about a lot on my page. You will find list for categories like Scripture, Motherhood, Business, Nourishment, Movement, and Growth. You can also make your own category and lists with small, medium, and large daily habits that fit your goals and life!

Once you have your goal(s), (I recommend starting with 1-3 and working your way up to more if needed/wanted in the future. You don't want to burn out right away - that's what keeps you stuck. We are retraining your brain through small habits daily that you are a woman that STAYS. Even on the hard or busy days.

You'll write your goal(s) down and then with your calendar and Stay Lists, you will mark off each day that you made a step towards your goal. On the calendar, you will circle s, m, l each day depending on if you did a low energy, medium energy, or high energy habit that day. Even if the entire calendar is filled with an "s" circled for a small habit done each day, that is still an AMAZING accomplishment. That still means you made it a point to do one tiny habit per day to keep towards your goal. That's amazing! Celebrate that!

If you get stuck or need more information on getting started, please feel free to email me (Hello@theflourishedroot.com) or message me on Instagram! [@becoming_ashlynnne](https://www.instagram.com/becoming_ashlynnne)

The Evidence Log

This tool changed everything for me. For years, I measured success by outcomes.

- Did I lose weight?
- Did I make money?
- Did I finish the program?
- Did I read the whole chapter?
- Did I hit the goal?

If the answer was no, I felt like I was failing. The problem is that outcomes are often delayed. But evidence is available every single day.

Every evening, ask yourself:

“What evidence did I collect today that I am becoming the woman I want to be?”

Keep a journal and write one thing. Just one.

Examples:

- Today I showed up by drinking water before coffee.
- Today I showed up by reading one verse.
- Today I showed up by going for a ten minute walk.
- Today I showed up by working on my business for fifteen minutes.
- Today I showed up by returning after missing a day.

That's it. You're not collecting accomplishments. You're collecting evidence. Evidence builds trust. Trust builds consistency. Consistency changes lives.

If you're struggling to see progress, start here. Train your brain to look for evidence instead of perfection. When days feel hard and you want to give up, look back on every time you made an entry of proof you stayed!

The Tuesday Afternoon Test

I created this tool because most plans are built for ideal conditions. But your life isn't lived under ideal conditions. It's lived in school drop-off lines. During sleepless nights. Between loads of laundry. While reheating your coffee for the third time.

So before committing to any habit, routine, or plan, ask yourself:

- Would this still work if...
- My kids didn't sleep last night?
- I only had 15 minutes?
- The house was a mess?
- I felt overwhelmed?
- I had no motivation?

If the answer is no, the plan may be too fragile. Many women think they need more discipline. What they actually need is a more realistic plan. The goal is not creating a routine that works on your best days. The goal is creating one that survives your hardest days.

Ask yourself:

- How can I make this easier?
- How can I remove friction?
- How can I create a version that works in real life?

Because consistency isn't built on perfect days. It's built on ordinary ones.

STAY LISTS

MOVEMENT

(Choose at least one)

Stay Small - Very Low Energy

- Stretch for 2 minutes
- Walk to the mailbox
- Walk around the house for 5 minutes
- Do 10 squats while dinner cooks
- Dance to one song
- Park farther away at a store
- March in place for 2 minutes
- Gentle stretching before bed
- Take the stairs once
- Walk while talking on the phone
- Stand outside and get sunlight for 5 minutes
- Stretch while watching TV
- Do calf raises while brushing your teeth
- Walk laps around your kitchen
- Do a few yoga poses before bed

Stay Steady - Moderate Energy

- 10-minute walk
- 15-minute YouTube workout
- Walk around the block
- Mobility routine
- Play tag with the kids
- Bike ride with the family
- Walk during nap time
- Do 3 rounds of bodyweight exercises
- Indoor walking workout
- Take a nature walk
- Walk while listening to worship music

- Walk during kids' sports practice
- Do a 10-minute mobility flow
- Follow a beginner yoga video
- Clean the house with extra intention and speed
- Play catch with the kids
- Shoot hoops with the family

Stay Strong - Higher Energy

- Strength training session
- 30-minute workout
- Jog or run
- Hiking trail
- Fitness class
- Go roller skating
- Play pickleball
- Complete a challenging workout you've been avoiding
- Do a beginner/intermediate Pilates workout

NOURISHMENT

(Choose at least one)

Stay Small - Very Low Energy

- Drink a glass of water before coffee
- Add protein to breakfast
- Eat a piece of fruit
- Drink a mineral mocktail
- Add vegetables to one meal
- Eat protein before reaching for sweets
- Make a protein shake
- Choose mineral water over soda
- Eat a balanced snack
- Pack a healthy snack for later
- Add collagen to your drink
- Eat a protein-rich snack
- Drink a full water bottle before lunch
- Choose one whole-food option today
- Eat without scrolling your phone
- Add healthy fats to a meal
- Swap chips for fruit
- Eat vegetables first at dinner

Stay Steady - Moderate Energy

- Cook one nourishing meal
- Prep vegetables for tomorrow
- Meal plan one day ahead
- Make bone broth
- Eat protein at every meal
- Skip late-night snacking
- Make a nourishing lunch
- Prep overnight oats
- Bring lunch instead of eating out
- Track protein intake
- Make a homemade dressing
- Try a new nourishing recipe
- Pack healthy snacks for the week
- Prepare a protein-rich breakfast for the family
- Make a large salad to use for multiple meals
- Make eggs instead of cereal
- Prepare tomorrow's breakfast tonight

Stay Strong - Higher Energy

- Meal prep for 3 days
- Grocery shop with a plan
- Batch cook protein
- Prepare freezer meals
- Complete a full meal prep session
- Batch prepare lunches
- Organize your pantry
- Create a grocery list and budget
- Prep snacks for the entire week
- Cook a completely homemade dinner

BUSINESS

(Choose at least one)

Stay Small - Very Low Energy

- Respond to one email
- Brain dump content ideas
- Spend 5 minutes planning tomorrow
- Read one page of a business book
- Review goals
- Post one story

- Organize desktop files
- Reply to one DM
- Listen to a business podcast
- Update your task list
- Organize one folder
- Write down one lesson learned
- Brainstorm one offer idea
- Read one page of your own notes
- Create one Canva graphic
- Update your bio
- Respond thoughtfully to comments

Stay Steady - Moderate Energy

- Write one social media post
- Clean up your workspace
- Record one talking reel
- Send follow-up messages
- Work on an email sequence
- Create one carousel
- Review finances
- Update website copy
- Write content ideas for the week
- Create a lead magnet section
- Reach out to a potential client
- Draft an email newsletter
- Outline a podcast episode
- Create one lead magnet page
- Plan next week's content
- Connect with another creator
- Write 5 hook ideas
- Research one content topic

Stay Strong - Higher Energy

- Batch record content
- Build a sales page
- Create a workshop
- Host a live training
- Work on your offer for an hour
- Record multiple reels
- Host a live video
- Write a sales page section
- Build a workshop outline
- Spend an hour on revenue-generating activities

SCRIPTURE

(Choose at least one)

Stay Small - Very Low Energy

- Read one verse
- Read the daily Bible app verse
- Listen to one worship song
- Pray for 2 minutes
- Read one Psalm
- Read one Proverb
- Write one thing you're thankful for
- Listen to an audio Bible while doing chores
- Pray while folding laundry
- Read one paragraph of Scripture
- Thank God for three things
- Read a verse card
- Listen to a Bible verse while driving
- Pray while washing dishes
- Read one verse and sit with it
- Listen to a sermon clip in the car or while doing house work
- Discuss a Bible verse with your husband
- Read a children's Bible story with your kids

Stay Steady - Moderate Energy

- Read one chapter
- Journal one takeaway
- Read a devotional
- Pray through a Scripture
- Listen to a Bible teaching
- Memorize one verse
- Read with your children
- Study one Bible character
- Read Scripture and reflect
- Read one section of the Gospels
- Write a prayer in your journal
- Study a verse's context
- Read a chapter and summarize it
- Look up cross references
- Pray through your prayer list

Stay Strong - Higher Energy

- Complete a Bible study lesson

- Deep dive into a topic
- Scripture journaling session
- Extended prayer time
- Study cross references and context
- Complete a full Bible study session
- Spend 30 minutes in prayer
- Study a biblical topic
- Memorize multiple verses
- Create a Scripture journal page

MOTHERHOOD

(Choose one extra connection activity)

Stay Small - Very Low Energy

- Read one book together
- Have a 5-minute cuddle session
- Color together
- Sit outside together
- Let them help make lunch
- Ask them three questions about their day
- Play a quick card game
- Have a snack picnic on the floor
- Let your child help fold laundry
- Tell your child a story from your childhood
- Have a 5-minute dance party
- Sit and watch clouds together
- Let them help cook dinner
- Do a puzzle together
- Have a family devotional

Stay Steady - Moderate Energy

- Bake cookies together
- Go for a family walk
- Build Legos together
- Play a board game
- Do a simple craft
- Play hide and seek
- Visit a playground
- Create an obstacle course
- Do a scavenger hunt
- Plant flowers or vegetables

- Create a craft project
- Go to the library
- Have a backyard picnic
- Make a scavenger hunt
- Paint together
- Play a pretend game
- Make homemade playdough
- Build a pillow fort

Stay Strong - Higher Energy

- Visit the zoo
- Go to a children's museum
- Have a themed family night
- Take a day trip
- Plan a special "yes day" activity
- Visit a park you've never been to
- Go on a family adventure walk
- Have a themed movie night
- Let each child plan a special activity
- Create a memory-making day with no phones

GROWTH

(Choose one way to grow today.)

Stay Small - Very Low Energy

(2-10 minutes)

1. Read one page of a book.
2. Read one paragraph and underline one sentence that stands out.
3. Listen to 5 minutes of an audiobook.
4. Listen to one chapter of an audiobook while folding laundry.
5. Read one saved article you've been putting off.
6. Read one page of a devotional.
7. Write down one lesson you've learned recently.
8. Review notes from a book you've already read.
9. Read one highlighted page from a favorite book.
10. Listen to one podcast clip (10 minutes or less).
11. Rewatch one training you've already purchased.
12. Read one Bible commentary on a verse you studied.
13. Spend five minutes reflecting on something you've already learned.
14. Practice one mindset affirmation rooted in truth.

15. Organize your notes instead of finding something new.

Stay Steady - Moderate Energy

(10–30 minutes)

16. Read one chapter of a personal growth book.
17. Listen to one podcast episode.
18. Complete one lesson inside a course you already own.
19. Journal about one thing you're learning.
20. Write down three takeaways from today's reading.
21. Teach your husband or a friend one thing you learned today.
22. Read about a topic you're currently working on (health, finances, parenting, etc.).
23. Watch one educational video and immediately write one action step.
24. Work through one workbook page.
25. Practice a new skill for 20 minutes.
26. Review your goals and ask, "What knowledge do I actually need right now?"
27. Read a chapter on parenting, marriage, finances, or health.
28. Listen to a sermon and write one application.
29. Memorize one meaningful quote.
30. Reflect on what God has been teaching you lately.

Stay Strong - Higher Energy

(30–60+ minutes)

31. Spend one uninterrupted hour reading.
32. Finish an entire chapter of a course.
33. Complete a workbook session.
34. Create an action plan from something you've learned.
35. Review your notes from an entire book.
36. Attend a workshop or webinar.
37. Write a one-page summary of a book you've finished.
38. Create a personal growth plan for the month.
39. Study one topic deeply instead of skimming many.
40. Teach someone else what you've learned.
41. Spend an hour implementing what you've been studying.
42. Build a system from something you've learned.
43. Read multiple chapters on one topic.
44. Have a discussion with your spouse about something you're learning.
45. Reflect on the past month and identify your biggest area of growth.

STOP THE RESTART CYCLE

30-Day Stay Tracker

My goal for the month: _____

S = Small **M** = Medium **L** = Large *Circle the tier you completed each day.*

Day 1 S M L	Day 2 S M L	Day 3 S M L	Day 4 S M L	Day 5 S M L
Day 6 S M L	Day 7 S M L	Day 8 S M L	Day 9 S M L	Day 10 S M L
Day 11 S M L	Day 12 S M L	Day 13 S M L	Day 14 S M L	Day 15 S M L
Day 16 S M L	Day 17 S M L	Day 18 S M L	Day 19 S M L	Day 20 S M L
Day 21 S M L	Day 22 S M L	Day 23 S M L	Day 24 S M L	Day 25 S M L
Day 26 S M L	Day 27 S M L	Day 28 S M L	Day 29 S M L	Day 30 S M L

Every circle is proof you didn't quit. Small still counts.

STOP THE RESTART CYCLE

90-Day Stay Tracker

My goal over 90 days: _____

S = Small **M** = Medium **L** = Large *Circle the tier you completed each day.*

1 S M L	2 S M L	3 S M L	4 S M L	5 S M L	6 S M L	7 S M L	8 S M L	9 S M L	10 S M L
11 S M L	12 S M L	13 S M L	14 S M L	15 S M L	16 S M L	17 S M L	18 S M L	19 S M L	20 S M L
21 S M L	22 S M L	23 S M L	24 S M L	25 S M L	26 S M L	27 S M L	28 S M L	29 S M L	30 S M L
31 S M L	32 S M L	33 S M L	34 S M L	35 S M L	36 S M L	37 S M L	38 S M L	39 S M L	40 S M L
41 S M L	42 S M L	43 S M L	44 S M L	45 S M L	46 S M L	47 S M L	48 S M L	49 S M L	50 S M L
51 S M L	52 S M L	53 S M L	54 S M L	55 S M L	56 S M L	57 S M L	58 S M L	59 S M L	60 S M L
61 S M L	62 S M L	63 S M L	64 S M L	65 S M L	66 S M L	67 S M L	68 S M L	69 S M L	70 S M L
71 S M L	72 S M L	73 S M L	74 S M L	75 S M L	76 S M L	77 S M L	78 S M L	79 S M L	80 S M L
81 S M L	82 S M L	83 S M L	84 S M L	85 S M L	86 S M L	87 S M L	88 S M L	89 S M L	90 S M L

Milestone Check-Ins

At Day 30, 60, and 90, pause and note one thing you noticed about yourself.

Day 30 _____	Day 60 _____	Day 90 _____
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You are not starting over. You are continuing.