

# Reflection from Rooted & Radiant

*A gentle moment of reflection for body, mind, and spirit*



**Four Winds Functional Nutrition**

# WELCOME

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Thank you for taking a moment to pause and reflect.

Rooted & Radiant was created as a gentle companion for women seeking greater wellness, peace, and renewal through simple daily rhythms for the body, mind, and spirit.

This short reflection is a small sample from the larger journal journey.

May it encourage you to slow down, breathe deeply, and remember that wellness is not built through pressure or perfection, but through grace-filled daily stewardship.



*Grace over pressure*

# BECOMING, NOT FIXING

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## Scripture

### *Philippians 1:6*

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

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## Reflection

So many women move through wellness carrying quiet pressure- pressure to improve,  
to fix,  
to perform,  
to finally “get it right.”

But healing is rarely built through pressure alone.

Often, true restoration begins when we learn to slow down enough to listen with compassion instead of criticism.

Your body is not your enemy.  
It is not a project demanding perfection.

It is part of the life God entrusted to you-  
worthy of care,  
attention,  
rest,  
and stewardship.

Small daily rhythms, practiced with grace can become meaningful steps toward greater peace and wellness over time.



*Grace over pressure*

# REFLECTIONS & GENTLE PRACTICE

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## Reflection Prompts

Where do I feel pressure instead of peace in my wellness journey?

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What would it look like to approach my body with greater compassion today?

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What is one small act of stewardship I can practice this week?

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## Today's Gentle Practice

Pause for five quiet minutes today.

Take a slow breath, place your hand over your heart, and simply thank God for one thing your body allowed you to do today.



*I do not need to pursue wellness perfectly to begin caring for myself with grace*

# GENTLE TOOLS FOR THE JOURNEY

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## **Daily Quiet Reflection**

Create small moments of pause throughout the day to reflect, pray, and breathe deeply.

## **Gentle Nourishment**

Support your body with simple, nourishing meals and regular hydration.

## **Rest & Restoration**

Honor your need for rest through sleep, quiet rhythms, and moments of stillness.

## **Grace-Filled Stewardship**

Wellness is not built through perfection, but through small, consistent acts of care practiced with grace.

## **Scripture & Prayer**

Return often to Scripture, prayer, and God's presence as a source of peace and renewal.



*Grace over pressure*

# THANK YOU FOR READING

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Thank you for taking this moment to pause, reflect, and care for your body, mind, and spirit with greater grace and intention.

Rooted & Radiant was created to gently encourage women toward sustainable wellness through simple daily rhythms, faith-filled reflection, and compassionate stewardship

May this small reflection remind you that meaningful change is often built quietly - one small grace-filled step at a time.

## **Continue the Journey**

Explore the full Rooted & Radiant Journal on Amazon

<https://www.amazon.com/Rooted-Radiant-Catholic-Journal-Spirit/dp/B0GYNF46WS>

## **Connect with Four Winds Functional Nutrition**

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*Grace over pressure*