

WELCOME TO NATURAL
& EFFECTIVE CARE.
BECAUSE YOU'RE WORTH IT!

✦ SEE WHAT'S NEW IN THIS QUARTER'S NEWSLETTER ✦



THE POWER OF MINDSET – THE MISSING LINK TO SUSTAINABLE CHANGE

Have you ever started a new health routine feeling motivated and excited, only to find yourself slipping back into old habits a few weeks later? If you answered, "Yes," you're not alone. While nutrition plans, exercise programs, supplements, and wellness strategies all play important roles in supporting your health, a pivotal yet often overlooked factor can determine whether those changes stick: **your mindset.**

Why Mindset Matters

Your mindset is the collection of beliefs, attitudes, and thought patterns that influence how you view yourself, your health, and your ability to change. It shapes the choices you make every day – often without even realizing it. Many people approach wellness from a place of restriction or self-criticism:

- "I have no willpower."
- "I've always struggled with my weight."
- "I'm too busy to take care of myself."
- "I've failed before, so why would this time be different?"

These thoughts can become self-fulfilling prophecies. When you believe change is difficult or impossible, you are more likely to give up at the first setback. A mindset shift allows you to move from self-defeating beliefs to empowering ones that support growth, resilience, and long-term success.

Consistency Over Perfection, Process over Outcome

One of the most powerful mindset shifts is letting go of the idea that health requires perfection. Many people believe they must follow a plan flawlessly to see results. But lasting wellness isn't built on perfection – it's built on consistency. This is why I stress the "80/20 rule" with clients. Missing one workout, enjoying dessert at a celebration, or having a stressful week does not erase your progress. What matters is returning to healthy habits rather than viewing a temporary setback as failure. Instead of asking, "How can I be perfect?" try asking: "What is one healthy choice I can make today?"

Give Yourself Grace – Remember, Sustainable Change Occurs Gradually... Then Suddenly!

Small repeated actions often yield greater results than short bursts of extreme effort. These repeated actions build momentum and create consistency – a vital part of the process. Why? Because meaningful transformations rarely happen overnight. Rather, they are built through hundreds of small choices that accumulate over weeks, months, or even years. Then suddenly you're eating healthier, you're active throughout the day, you have a regular sleep routine at night... and you don't have to think about it – suddenly, they've become habits! When you embrace a growth mindset, healthy habits become less about willpower and more about becoming the person you want to be.

The next time you find yourself stuck, ask: "What mindset shift would help me move forward today?" The answer may be the first step to lasting change – not just for your health, but for your overall well-being.

CHECK OUT OUR SPOTLIGHTS!

PRACTICAL & TACTICAL WAYS TO SHIFT YOUR MINDSET

1. Focus on What You're Gaining

Focus on what you're gaining instead of what you may be giving up.

- Instead of "I can't eat that..."
- Try "I'm choosing foods that give me energy," or "I'm nourishing my body."

This subtle change can make healthy choices feel empowering rather than restrictive.

2. Reframe Setbacks as Learning Opportunities

Every challenge gives valuable information. If you miss a workout or fall back into an old habit, avoid self-judgment. Instead, ask:

- What got in the way?
- What can I learn from this experience?
- What strategy might help next time?

Growth happens through learning, not perfection. Above all, give yourself grace.

3. Celebrate Your Wins

Rather than focusing solely on the end goal, set smaller, process-oriented goals and celebrate your wins along the way, even if they seem small.

- Finding a healthy coping strategy to better manage stress.
- Preparing healthier meals during the week
- Drinking more water regularly
- Sticking to a consistent bedtime routine
- Taking a daily walk

ALL wins help build confidence, and confidence fuels motivation.

4.. Shift Your Self-Perception

Rather than letting your health define you, let it become an expression of your values. When healthy habits align with those values, they become easier to maintain over time.

- Instead of saying: "I'm trying to be healthier."
- Consider: "I am someone who prioritizes my health."

Are you ready to get started? Let's talk further!

SAME AMAZING BENEFITS, LOWER PRICE!

At Inspire Wellness NEW, we're excited to share that we've lowered the prices of our infrared sauna sessions and detox foot baths – making it even easier to prioritize your wellness routine. While the pricing has changed, you can still expect the same restorative support for relaxation, circulation, detoxification, and overall well-being in a calm, healing environment. We're committed to keeping high-quality wellness care more accessible for our community so you can continue to feel your best – consistently and sustainably. **And remember, we also now offer massage therapy!**

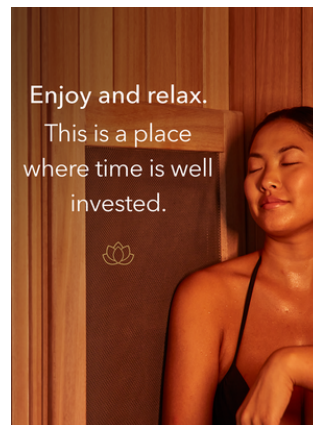
How Can Infrared Sauna Sessions Help You?

💧 Infrared sauna sessions support cellular repair & vitality from the inside out. They improve circulation, promote detoxification, ease muscle tension, and help you unwind from daily stress. It's a simple addition to your wellness routine that leaves you feeling refreshed and recharged. *Remember, sweat is detoxifying!*

How Can Detox Foot Bath Sessions Help You?

🌿 Our ionic detoxification foot bath offers gentle revitalization designed to support relaxation, enhance detoxification, promote overall well-being, and provide a dedicated time for self-care.

The best part – all you have to do is sit back relax, and enjoy!



EDUCATION CONNECTION!



HEAL YOUR GUT. CLEAR YOUR MIND. IMPROVE YOUR HEALTH!

As a reminder, a five-week group course on **gut-brain health** is coming soon! While we initially planned to offer it this summer, due to scheduling logistics it is now planned for Fall or Winter.

Why Should You Register? You'll learn about the powerful, two-way connection between your gut and brain and how it impacts everything from mood and energy to digestion and overall wellness. Participants will receive a comprehensive binder with guided materials along with simple weekly "homework" to stay engaged, build momentum, and lay the foundation for real, lasting change.

By the end of the program, you'll walk away with:

- A clear understanding of the gut-brain connection
- Insight into the key pillars of health that influence it
- Practical & tactical strategies you can implement daily!

This course is intentionally designed to be small, supportive, and interactive so you genuinely feel connected and encouraged by others in the group. Because of this, space will be limited. *This isn't just information - it's transformation!*

Watch your email and follow on Facebook and Instagram so you don't miss when registration opens.

To book your appointment at Inspire Wellness NEW for any of our amazing services or if you are interested in:

- Group health coaching sessions
- Group health coaching sessions or educational classes *at your workplace, OR*
- Have a topic you would like included in an upcoming newsletter or workshop

**Contact Sara at (920) 393-8268 or
sara@inspirewellnessnew.com**

IMPORTANT LINKS

- InspireWellnessNEW.com
- [Book a FREE Discovery Call](#)
- [Join Fullscript for quality vitamins & supplements](#)
- [Join Make Wellness for Bioactive Precision Peptides](#)
- [Order Lab Bundles from Home](#)
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**REMEMBER TO TAKE ADVANTAGE
OF OUR LOYALTY CARD &
REFERRAL PROGRAM OFFERED AT
INSPIRE WELLNESS NEW!**

Spiritual Health (MIND-BODY-SPIRIT CONNECTION)

"Trust in the Lord with all your heart and lean not on your own understanding; in all your ways submit to Him, and He will make your paths straight." (Proverbs 3:5-6)

This verse speaks of the importance of shifting our mindset toward trust and guidance in God, and away from self-reliance. It's a reminder that clarity, peace, and direction come from grounding ourselves in something higher beyond our own perceptions and limitations.



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