

Isabelle's Reflections



Personal Notes from Isabelle

Week 1 — You've Taken the First Step

You've completed your first week of Thrive!

That's something worth recognizing. You've spent the past seven days learning a new way of planning, preparing, and enjoying balanced meals.

Maybe everything went smoothly. Maybe you had a few moments when things didn't go quite as planned. Either way, you've taken an important first step.

You may already be noticing changes in how you approach food, or you may still be getting comfortable with the routine. Everyone's experience is different, and there's no need to compare your progress with anyone else's.

Remember, Thrive isn't about doing everything perfectly. It's about learning habits you can continue long after these eight weeks are over.

As you begin Week 2, keep following your Daily Meal Plans, using your Prep Guides, and giving yourself time to become familiar with the structure.

You don't have to figure everything out at once. That's what Thrive is here to help you do.

You're not starting over again. You're building something that lasts.

— Isabelle

Week 2 — Finding Your Rhythm

Two weeks completed! You're beginning to build a routine.

Think back to your first few days. Perhaps the Shopping Lists, Prep Guides, and Daily Meal Plans felt unfamiliar. Now you've had time to practice using them.

You may be discovering which meals are especially easy to prepare, how helpful planned leftovers can be, and how much simpler shopping becomes when you already know what you're going to eat.

These may seem like small things, but they're important.

The more familiar your routine becomes, the less time you may need to spend deciding what to eat or how to prepare it.

And remember, weight loss doesn't always follow a predictable pattern. Some weeks may bring more noticeable changes than others. Try not to let one weigh-in determine how you feel about your progress.

As you move into Week 3, continue following the plan and using the tools provided. You don't need to make things more complicated.

The goal isn't perfection. It's building a way of eating that works in everyday life.

— Isabelle

Week 6 — Look How Far You've Come

Six weeks of Thrive! Take a moment to think about everything you've practiced.

You've worked with weekly Shopping Lists, followed Prep Guides, prepared balanced meals, and learned how the different parts of Thrive fit together.

By now, some of those activities may be feeling more familiar. Perhaps you've found that repeating meals makes shopping easier, that leftovers save time, or that having a plan removes much of the daily guesswork.

That's exactly what the structure of Thrive is designed to help you learn.

And while the number on the bathroom scale may be important to you, I hope you're also recognizing the practical skills you're developing along the way.

Those skills matter because the goal isn't simply to follow an eight-week plan. It's to develop habits you can carry into Stabilizing, Maintenance, and everyday life.

As you begin Week 7, keep doing what you've been doing. Follow the structure, enjoy your meals, and remember that an occasional imperfect day doesn't erase the progress you've made.

You're getting closer to completing your first eight weeks, but the habits you're practicing are meant to last much longer.

You're not just following a meal plan. You're learning how to make healthy eating part of your life.

— Isabelle

These digital workbooks are provided for the purchaser's personal use. You may print copies for your own use, but the files and printed materials may not be shared, reproduced for distribution, or resold.