



# January Wellness Reset DEVOTIONAL

---

Healthy Body, Mind & Soul

Reset & Renewal | Isaiah 23:19

[WWW.TRACEYJOROSE.COM](http://WWW.TRACEYJOROSE.COM)

*Healthy Body, Mind & Soul*

# A GRACE-FILLED BEGINNING

January often arrives with pressure. Pressure to fix, improve, restrict, hustle, and start over perfectly. But God's invitation into renewal has never been rooted in force — it's rooted in grace. A wellness reset doesn't mean punishing your body for last year's choices. It means gently realigning with what brings life, strength, clarity, and peace. Your body is not an obstacle to overcome. It is a vessel God entrusted to you — worthy of care, nourishment, and compassion.

This month is not about doing everything right.

It's about doing one thing faithfully.

Let this January be slower. Kinder. Simpler.

Let it be a season of listening instead of striving.

## SCRIPTURE FOCUS

*“See, I am doing a new thing! Now it springs up; do you not perceive it?”*

*— Isaiah 43:19*

# DAILY WELLNESS FOUNDATIONS (BODY CARE WITH PURPOSE)

True health is built on small, consistent choices — not extremes. As you reset this month, focus on adding nourishment, not removing joy.

Daily Nutrition Reset (Simple & Sustainable)  
Choose progress over perfection.

Daily Focus Ideas:

- Begin your day with water before anything else
- Include one whole, nourishing food at each meal
- Eat slowly and without guilt
- Stop eating when satisfied, not stuffed

Food is not something to fear or control — it is something to steward wisely.

*“Whether you eat or drink, or whatever you do, do all to the glory of God.”*  
— 1 Corinthians 10:31

# DAILY WELLNESS FOUNDATIONS (BODY CARE WITH PURPOSE)

Gentle Movement (Honor, Not Exhaust)  
Movement doesn't need to be intense to be effective.

Try:

- A 10-20 minute walk
- Light stretching in the morning
- Movement that feels life-giving, not draining

Your body thrives when it feels supported, not forced.

Rest as a Health Practice

Rest is not a reward — it is a requirement.

This month, aim to:

- Create a calming evening routine
- Limit screens before bed
- Go to sleep at a consistent time

God restores us in rest just as much as in action.

*“Whether you eat or drink, or whatever you do, do all to the glory of God.”*  
— 1 Corinthians 10:31

# JANUARY WELLNESS RESET (DAILY HABITS)

Choose ONE primary habit to focus on this month.

- Drink water first thing each morning
- Eat balanced meals without restriction
- Practice daily stillness or prayer
- Move your body gently each day
- Create a calming evening routine

Optional Daily Add-Ons:

- Add one vegetable to a meal
- Take a short walk after eating
- Pause before meals to give thanks
- Prepare one nourishing meal at home

Small steps, done consistently, create lasting health.

*“Whether you eat or drink, or whatever you do, do all to the glory of God.”*

*— 1 Corinthians  
10:31*

# Weekly Meal Inspiration

**“He satisfies the thirsty and fills the hungry with good things.” — Psalm 107:9**

## WEEK 1 – NOURISH & RESET

This week is about adding nourishment, not restriction.

Focus Foods:

- Warm, comforting meals
- Whole ingredients
- Simple preparation

Meal Ideas:

- Scrambled eggs with sautéed greens
- Homemade soup or bone broth
- Roasted vegetables with protein
- Fresh fruit with yogurt or cottage cheese

Gentle Reminder:

Eat slowly. Pause before meals. Give thanks for nourishment.

## WEEK 3 – SIMPLICITY & PREPARATION

Simple food choices reduce stress and decision fatigue.

Focus Foods:

- Repeating easy meals
- Home-prepared foods when possible

Meal Ideas:

- Sheet-pan meals
- Slow cooker soups or stews
- Leftovers used intentionally

Gentle Reminder:

Simplicity creates space for peace

## WEEK 2 – BALANCE & STEADINESS

Consistency brings peace — not perfection.

Focus Foods:

- Balanced plates (protein, healthy fats, fiber)
- Regular meals (don't skip to "be good")

Meal Ideas:

- Chicken or fish with vegetables and grains
- Salads with added protein and fats
- Nourishing snacks (nuts, cheese, fruit)

Gentle Reminder:

Fueling your body regularly supports energy, mood, and clarity.

## WEEK 4 – MINDFUL & GRATEFUL EATING

Awareness deepens nourishment.

Focus Foods:

- Eating without distraction
- Honoring fullness cues

Meal Ideas:

- Sit-down meals without screens
- Comfort foods enjoyed without guilt
- Meals shared with family or friends

Gentle Reminder:

Food is a gift meant to be enjoyed — not controlled.

**“Let all things be done decently and in order.” — 1 Corinthians 14:40**

# WEEKLY REFLECTIONS (MIND & HEART)

## WEEK 1: GRACE

## WHERE DO I NEED TO RELEASE PRESSURE AROUND MY HEALTH RIGHT NOW?

GOALS	TO DO

# WEEKLY REFLECTIONS (MIND & HEART)

## WEEK 2 - AWARENESS

## WHAT HABITS FEEL DRAINING INSTEAD OF NOURISHING?

GOALS	TO DO

# WEEKLY REFLECTIONS (MIND & HEART)

## WEEK 3 - ALIGNMENT

## HOW CAN I BETTER ALIGN MY DAILY CHOICES WITH PEACE RATHER THAN CONTROL?

GOALS	TO DO

# WEEKLY REFLECTIONS (MIND & HEART)

## WEEK 4 – COMMITMENT

## WHAT ONE HABIT CAN I FAITHFULLY CARRY INTO NEXT MONTH?

WRITE HONESTLY. GOD MEETS YOU IN TRUTH,  
NOT PERFECTION.

GOALS	TO DO

# SCRIPTURE MEDITATION (SOUL CARE)

**"SEE, I AM DOING A NEW THING!" – ISAIAH 43:19**

SIT QUIETLY WITH THIS VERSE. BREATHE DEEPLY.  
ASK GOD WHAT HE IS RENEWING WITHIN YOU — NOT JUST  
PHYSICALLY, BUT SPIRITUALLY AND EMOTIONALLY.

- What feels new in this season?
- What needs to be released so growth can happen?

Renewal is often quiet before it becomes visible.

A diagram consisting of seven horizontal brown lines. Each line is a simple horizontal segment with a small brown diamond at each of its ends. The lines are evenly spaced vertically and extend from the left edge to the right edge of the frame.