

THE TABLE OF SUCCESS



A NATURAL HEALTH AND
WELLNESS FOUNDATION

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The Table of Success

A Natural Health and Wellness Guide for Real People
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Introduction: Why the Table Matters

Let's be honest: the wellness world can feel like a circus. One day it's keto, the next it's raw vegan. One influencer swears by celery juice, another by carnivore diets. With all the noise, it's easy to feel like your health is just another product to be bought, tracked, or hacked.

But real, lasting wellness doesn't come from extremes. It comes from **balance**.

That's why I created the **Table of Success**—a down-to-earth, no-nonsense framework that supports every area of your health naturally. Picture your life as a four-legged table. Each leg supports your well-being:

1. **Motivation** – your *why* and the mindset to keep going
2. **Fuel** – the nourishment that sustains you
3. **Exercise** – joyful movement that honors your body
4. **Rest & Stress Management** – the deep recovery that heals

This book isn't about doing it all at once or doing it perfectly. It's about building a **foundation**—one you can grow on, come back to, and live with for the long haul.

Inside these pages, you'll find **practical tools, natural approaches, real-life advice, and no shame**. You'll learn how to listen to your body, feed it with love, move it with joy, rest it with care, and return to your “why” when you stumble.

This isn't a quick fix. It's a new way of living.
And you are invited to pull up a chair.



Chapter One: The Power to Begin Again

The First Leg: Motivation

When people come to me for wellness coaching, they often say, “*I know what to do... I just can't stay motivated.*” And I get it. We've been taught that motivation is some magical feeling—something we have to *find* before we act.

But that's not how motivation works.
Motivation isn't a feeling. It's a *practice*.

The truth is, you won't always feel like doing the thing that's good for you. You won't always feel inspired. Some days, it will feel like dragging yourself uphill in the mud. And that's okay. Real motivation comes from learning how to **begin again, even when it's hard**.

⌚ Why Motivation Matters

Motivation is the inner engine that drives your wellness journey. It's the **“why” behind the what**—the reason you say yes to a walk, a nourishing meal, or a bedtime instead of another doomscroll.

But it's not about hype or hustle. True motivation comes from your **deep values**, your *self-compassion*, and your vision of who you're becoming.

Your Why Is Sacred

Take a moment and ask yourself:

- Why do I want to be healthy?
- What kind of life do I want to live?
- Who do I want to show up for?
- What do I want to feel more of?

There's no wrong answer. Maybe you want to feel more energy. Maybe you want to dance at your grandchild's wedding. Maybe you want to walk without pain or clear brain fog or reduce your medications.

Your "why" doesn't have to be grand. But it does have to be **honest**.

Motivation Tools We'll Use

1. Vision Journals

Create a visual or written representation of the life you're building.

2. Microgoals

Break big dreams into small, doable steps. "Drink one glass of water before coffee" is a better start than "Get healthy."

3. Mantras & Affirmations

Speak life over yourself:

"I choose progress, not perfection."

"I show up because I love myself."

4. Accountability Circles

Share your journey with a buddy in the group—or journal weekly check-ins.

5. Self-Compassion

This is non-negotiable. No shame. No guilt. You are not lazy—you are learning.

Real Talk

You will mess up. You will skip workouts. You'll eat chips in bed and feel too tired to stretch. That doesn't mean you're not motivated—it means you're **human**.

The secret to success isn't avoiding failure.
It's learning how to **begin again**—without beating yourself up.

Practice: Morning Motivation Ritual

- Upon waking, place a hand on your heart.
- Say your “why” out loud.
- Speak your affirmation.
- Stretch for 2 minutes.
- Drink water.
- Write one intention for the day.

That's it. That's a start.
And starting is always enough.

Chapter Two: Tools for Staying on Track

Motivation Is a Practice, Not a Feeling

Staying on track with your health doesn't mean you're always excited or energized. It means you've built in **supportive habits** that guide you *when motivation fades*. Life happens—illness, stress, busy seasons—and we need a system that helps us **recenter gently**, not spiral in shame.

Let's explore practical tools you can use to stay grounded, focused, and flexible as you journey toward your wellness goals.

Tool #1: Journaling for Clarity

Keeping a wellness journal helps you track progress, notice patterns, and reconnect with your intentions. You don't need to write pages. A few lines a day can shift everything.

Try this Daily Prompt:

- Today, I am grateful for:
- My body feels:
- One small act of care I will do today:
- What distracted or discouraged me today?
- What did I do well?

 *Tip: Don't judge yourself—observe with curiosity, not criticism.*

Tool #2: Weekly Goal Mapping

Each week, choose **one small goal** for each leg of the table:

Table Leg	Goal Example
Motivation	Write in journal 3x this week
Fuel	Eat a nourishing breakfast each morning
Exercise	Stretch 10 minutes each day
Rest/Stress Management	Turn off screens by 9:30 p.m.

At the end of the week, reflect: What helped? What got in the way? What will you try differently?

 *The key isn't doing everything—it's doing **something**, consistently.*

Tool #3: Affirmations & Mantras

Words shape mindset. Choose a few phrases that resonate and post them where you'll see them—mirror, phone lock screen, fridge.

Here are some favorites:

- *"Progress, not perfection."*
- *"I am becoming who I want to be, one step at a time."*
- *"My body is my ally."*
- *"Every day is a new beginning."*
- *"I can do hard things—and I can rest too."*

Repeat them often. Let your inner voice become your inner coach, not your critic.

Tool #4: Your Environment Shapes Your Habits

Motivation is easier when your space supports it.

Quick Fixes:

- Place a water bottle on your nightstand for morning hydration
- Keep workout clothes visible and accessible
- Use soothing lights and scents to support calm evenings
- Set up your kitchen for quick, healthy meals
- Create a wellness corner (herbal teas, journal, cozy blanket)

You're not lazy—you might just be surrounded by distractions. Design your life to support your goals.

Tool #5: The “Restart Button” Ritual

When you fall off track—and you *will*—don't panic. Don't punish yourself. Just press “restart.”

Try This:

1. Breathe: Inhale for 4, hold for 4, exhale for 6
2. Place your hand over your heart
3. Say aloud: *“I begin again. I am not behind.”*
4. Drink water
5. Do one small act of self-care: a stretch, a healthy snack, a mindful walk

That's it. You've restarted. And that's powerful.

Final Thoughts on Motivation

Motivation isn't about doing more—it's about doing **what matters most**, even if it's imperfect.

Your job isn't to be perfect. Your job is to stay connected to your *why*, use tools that work for you, and give yourself **permission to start fresh every single day**.

You're not starting over. You're starting deeper.

Chapter Three: You Are What You Absorb

The Second Leg: Fuel

If motivation is the reason you care for yourself, **fuel** is the way you show that care in your daily life. What you eat, drink, and absorb becomes the building blocks of your cells, your mood, your energy, your immunity—your whole life.

But let's be clear: this isn't about perfection, calorie-counting, or shame. Fueling your body is about **nourishment, not punishment**. It's about creating a sustainable, loving relationship with food that works for *your* body—not the body the diet industry wants you to chase.

Let's reimagine nutrition as **honoring, intuitive, seasonal, and sacred**.

What Is Fuel?

Fuel is everything your body takes in and uses to function. That includes:

- **Whole foods** (plants, proteins, healthy fats, and clean carbs)
- **Water and mineral-rich drinks**
- **Herbal infusions and natural supplements**
- **Sunlight, fresh air, and grounding practices**

Your body needs *real*, whole nourishment—not ultra-processed frankenfoods that spike your blood sugar and leave you tired and inflamed. But it also needs **gentleness** and **balance**.

Let's Dismantle Diet Culture First

Before we talk about what to eat, we have to name the harm of diet culture:

- It teaches us to fear food instead of love it
- It promotes restriction and obsession
- It shames bodies that don't fit the mold
- It disconnects us from our instincts and traditions

This book isn't about making you smaller. It's about helping you **feel alive**, energized, and whole.

The Basics of Nourishing Fuel

Let's make it simple. Your plate doesn't have to be perfect. But aim for:

- **Colorful veggies** (leafy greens, roots, cruciferous)
- **Clean proteins** (eggs, legumes, pasture-raised meats, or plant-based sources)
- **Healthy fats** (olive oil, avocados, nuts, seeds)
- **Whole carbohydrates** (sweet potatoes, squash, brown rice, oats)

You don't need expensive superfoods. You need **real food that your grandmother would recognize.**

Water: The Forgotten Superfood

Most people are chronically dehydrated. Fatigue, brain fog, and sluggish digestion often come from a lack of water.

Tips for Staying Hydrated:

- Start your day with a glass of warm water and lemon
- Add a pinch of sea salt and a splash of juice to make your own mineral-rich electrolyte drink
- Use a refillable bottle and track how much you drink
- Sip herbal teas throughout the day (net hydrating!)

Herbal Support

Food is medicine—and herbs are nature's pharmacy. Here are some gentle herbs to incorporate into your daily routine:

Purpose	Herbs
Energy & Vitality	Nettle, Oatstraw, Ginseng
Digestion	Ginger, Peppermint, Chamomile
Detox & Liver	Dandelion, Milk Thistle, Burdock
Immune Boost	Elderberry, Echinacea, Astragalus
Stress Relief	Lemon Balm, Holy Basil, Ashwagandha

Start slow. Try herbal infusions, tinctures, or teas. These plants are allies, not cures.

What Does a Nourishing Day Look Like?

Here's a gentle example—not a rule, just inspiration.

Morning:

- Warm lemon water
- Scrambled eggs with spinach and herbs
- Herbal tea or mineral water

Midday:

- Colorful salad with protein and healthy fats
- Fresh fruit or trail mix
- Chamomile-lavender tea

Evening:

- Roasted root veggies, greens, and a simple grain
- Herbal digestive tea
- Journaling or gratitude practice

No counting. No obsessing. Just **care**.

Eat With Awareness, Not Anxiety

- Slow down. Chew. Savor.
- Notice how you feel after different meals.
- Ask your body, “What do you need today?”
- Remember: food is connection, not control.

“My body deserves nourishment, not punishment. My food is sacred.”

Chapter Four: Herbs, Hydration, and Kitchen Simplicity

Fueling the Body with Love, Not Stress

You don't need to be a chef to eat well. You don't need a fancy pantry or a six-figure budget to nourish your body. You just need **a little intention, a little preparation, and a lot of grace**.

In this chapter, we'll talk about how to simplify your kitchen, make hydration second nature, and bring herbs into your daily life in a sustainable, approachable way.

Herbs as Daily Wellness Allies

Herbs aren't just for when you're sick—they can be part of your daily rhythm, helping you **build resilience, regulate your nervous system, and support digestion, hormones, immunity, and energy**.

Here are three ways to begin:

1. Herbal Infusions

These are strong teas steeped for 4–8 hours (or overnight), rich in vitamins and minerals.

Try this Basic Nourishing Infusion:

- 1 oz dried nettle leaf
- 1 oz dried oatstraw
- 1 quart boiling water
- Steep overnight, strain, and drink throughout the day

These herbs are rich in calcium, magnesium, and iron—perfect for building energy and reducing stress.

2. Herbal Teas for Daily Use

Quick teas for body and mind:

Purpose	Tea Blend Example
Calm & Focus	Chamomile + Lavender + Lemon Balm
Digestion	Peppermint + Fennel + Ginger
Immunity	Elderflower + Rose Hips + Tulsi
Women's Health	Raspberry Leaf + Nettle + Red Clover

Steep 1–2 tsp of each herb in hot water for 5–10 minutes.

3. Tinctures & Capsules

For those with limited time or space, tinctures (alcohol- or glycerin-based herbal extracts) or herbal capsules can offer convenience. Choose organic, sustainably sourced options, and consult with a trained herbalist for specific conditions.

Hydration: A Foundational Practice

So many of us think we're tired, hungry, or sick—when we're really just **dehydrated**.

Here are three hydration upgrades:

1. Start Your Day with Water

Drink a glass of warm water with lemon (and a pinch of sea salt or a drop of trace minerals) before your coffee. This rehydrates you after sleep and jump-starts digestion.

2. Try Herbal Hydrators

Instead of soda or sugary juices, sip on:

- Cucumber-mint water
- Hibiscus and rosehip tea (vitamin C rich!)
- Iced lemon balm or holy basil tea

Hydration doesn't have to be boring!

3. Use the “Hydration Ladder”

Here's a visual guide:

Time of Day	Hydration Action
Wake-up	1 glass warm water + lemon or mineral salt
Mid-morning	Herbal tea (energizing or detoxifying)
Before lunch	Water with cucumber or mint
Afternoon slump	Nettle infusion or fruit-infused water
Before dinner	Small glass of water (not ice-cold)
Evening wind-down	Calming tea: chamomile, lemon balm, tulsi

Kitchen Simplicity: Setting Yourself Up for Success

You don't need to be perfect in the kitchen. You need to be *prepared*—just enough.

Here are some strategies:

✨ Pantry Basics for Natural Nourishment

Staples	Use For
Rolled oats	Breakfast, baking, quick energy
Brown rice or quinoa	Base for bowls or soups
Canned beans/lentils	Fast protein and fiber
Olive or coconut oil	Healthy fats for cooking
Sea salt and spices	Flavor, minerals, and digestion
Apple cider vinegar	Digestion, salad dressings
Herbal teas and infusions	Daily nourishment and hydration

✨ Prep Once, Eat Well All Week

- Cook grains in bulk
- Roast a tray of seasonal veggies
- Make a simple soup or stew
- Brew a jar of herbal infusion
- Chop fresh fruit or veggies for snacks

It's not about meal-prepping a whole week in advance—it's about **removing friction from your choices**.

🧃 Create a “Nourishment Station”

Designate a space in your kitchen or home with:

- A basket of herbal teas
- A water pitcher or infuser
- Small jars of dried herbs
- A notebook for meal tracking or gratitude
- A few tools you love (favorite mug, kettle, herbal strainer)

Make your nourishment visible, sacred, and easy.

Final Thoughts on Fuel

You don't have to make every perfect food choice to be well. But when you **honor your body with what it truly needs**—nutrients, minerals, hydration, plant medicine—you begin to **feel like yourself again**.

"I fuel my body with love, not stress. I deserve to feel nourished, not deprived."

Chapter Five: Moving Your Way

The Third Leg: Exercise

Let's get one thing straight: **movement is not punishment** for what you ate.

In this book, exercise isn't about shrinking your body—it's about **celebrating what your body can do**, honoring how it feels, and discovering joyful movement that fits your life, your energy level, your schedule, and your needs.

Movement is a **birthright**, not a chore. It's one of the most healing and empowering things you can offer your body—**when done with love**.

Redefining Exercise

Exercise doesn't have to mean gym memberships or sweaty boot camps. For many of us, those environments feel unsafe, inaccessible, or judgmental.

Let's reclaim the word **movement** instead:

- It includes walking, stretching, yoga, dancing, swimming, gardening, and even cleaning.
- It can be done at any size, age, or ability level.
- It should **support your mental and emotional well-being**, not just burn calories.

You don't need six-pack abs. You need energy, flexibility, and a deep sense of connection to your body.

The Benefits of Joyful Movement

- **Boosts mood** and reduces symptoms of anxiety and depression
- **Improves circulation** and cardiovascular health

- **Supports detoxification** through sweat and lymphatic flow
- **Strengthens bones and muscles**, reducing the risk of injury
- **Improves digestion, sleep, and hormonal regulation**
- **Enhances body trust and confidence**

This is the kind of movement we're here for.

Start Where You Are

No matter your body, history, or level of fitness—**you can begin today.**

Ask yourself:

- What kinds of movement bring me joy?
- What time of day do I have the most energy?
- What's a barrier to movement I face—and how can I gently work around it?
- How would it feel to move from a place of self-love?

Your movement practice should feel **sustainable, gentle, and free of guilt.**

The Movement Menu

Here are some movement ideas to explore:

Type	Examples
Grounding	Gentle yoga, floor stretches, slow walks
Energizing	Dance, brisk walking, short HIIT bursts
Releasing	Rebounding (mini trampoline), shaking, free movement
Functional	Strength training, squats, stair climbing
Playful	Hula hoop, roller skating, swimming
Meditative	Walking labyrinth, Tai Chi, Qi Gong

Movement should meet you where you are—not the other way around.

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Creating a Gentle Weekly Rhythm

Here's a sample weekly schedule that focuses on variety and joy—not rigidity:

- **Monday** – Stretching + movement meditation (15 min)
- **Tuesday** – Brisk walk or low-impact strength training (20–30 min)
- **Wednesday** – Rest or light yoga
- **Thursday** – Dance party or rebounder session (10–20 min)
- **Friday** – Nature walk or gardening
- **Saturday** – Playful movement (try something new!)
- **Sunday** – Stretch, reflect, and restore

There's no wrong way to move if your intention is care, not punishment.



Inclusive Movement Tips

- **Seated options** are still powerful: chair yoga, resistance bands, stretching while seated.
- **Start small:** even 3–5 minutes a day can reawaken your body.
- **Listen to your body:** stop when you need to. Rest is part of the practice.
- **No mirrors required:** close your eyes and tune in.
- **Wear what feels good:** don't wait for a "goal body" to enjoy the moment you're in.



What If You Don't Feel Like Moving?

You're not lazy. You may be:

- Burnt out
- Depressed
- Disconnected from your body
- Overwhelmed by perfectionism
- Carrying trauma or shame

Start with the **smallest act of movement that feels possible**. Maybe it's wiggling your fingers. Maybe it's dancing in the kitchen while you make tea. *It counts.*



Movement Mantras

- *"I move because I love my body, not because I hate it."*
- *"My body is worthy of care and movement at every size."*

- “*Joyful movement is my birthright.*”



Chapter Six: Building a Practice That Lasts

Movement as Ritual, Not Obligation

You've learned that movement can be joyful, inclusive, and healing—but how do you make it **stick**?

This chapter will help you build a **movement practice that lasts**—one that adapts to your life, honors your seasons, and invites consistency without shame or rigidity.

Because wellness isn't about doing the most.

It's about doing what matters, **again and again**.

🌀 Why Most Fitness Plans Fail

Most plans fail because they:

- Focus on aesthetics, not function or joy
- Demand too much, too fast
- Shame you for missing a day
- Don't honor real-life challenges like chronic illness, disability, trauma, or caregiving

But your practice can succeed when it's:

- Rooted in kindness
- Flexible and adaptable
- Built around rhythms, not routines
- Connected to your “why”

Let's build that together.



Step 1: Write Your Movement Vision

Ask yourself:

- How do I want to feel in my body?
- What kinds of movement nourish me?
- What does success look like for *me*?

Write it down. Keep it visible. Let it guide your weekly choices.



Step 2: Design Your Weekly Movement Map

Choose **three to five movement moments per week**, based on energy, time, and preference. Include a mix of styles (stretching, walking, strengthening, dancing, etc.) and don't forget **rest days**.

Example:

Day	Movement Goal
Monday	Gentle floor stretches (10 min)
Wednesday	Walk around neighborhood (20 min)
Friday	Dance in kitchen (15 min)
Saturday	Chair yoga or Tai Chi (15–30 min)
Sunday	Nature walk or freeform movement

Make it visual—use stickers, checkboxes, or a calendar.



Step 3: Create a Movement Ritual

Anchor your practice with **ritual**, not just routine.

Ritual ideas:

- Light a candle or play a favorite playlist
- Say a mantra before and after you move
- Start with a grounding breath
- End with gratitude or journaling
- Pair movement with herbal tea, sunlight, or reflection

When movement becomes sacred, it becomes sustainable.



Step 4: Track Patterns, Not Perfection

Instead of logging numbers, track:

- How you feel before and after movement
- What helps you stay consistent
- What makes it easier or harder

Use this weekly check-in:

- Movement I enjoyed:
- What felt hard:
- Energy before/after:
- What I want to try next week:

Celebrate consistency—not intensity.

💬 What About Setbacks?

If you fall out of rhythm, don't panic.

Ask:

- Am I tired, discouraged, or overwhelmed?
- Do I need a new kind of movement?
- What's one tiny way I can return?

Then do **one thing**: a stretch, a dance, a deep breath.

Your body remembers. Your table is still standing. Begin again.

🔥 Motivation Boosters

- Invite a friend to join a challenge with you
- Use music to create movement “moods”
- Set a phone reminder with an affirmation
- Choose a movement reward: foot soak, sticker chart, favorite tea
- Reframe “exercise” as **body devotion**

❤️ Final Words on Movement

You are not behind. You are not broken.

You don't need to perform fitness. You are invited into **embodied joy**.

“I am building a movement practice rooted in joy, not judgment.”
“My body is good, right now.”



Chapter Seven: Why Rest Heals

The Fourth Leg: Rest & Stress Management

In a culture that glorifies hustle and treats exhaustion like a badge of honor, **rest is revolutionary**.

Many of us grew up equating rest with laziness. We were taught to override our bodies, push past our limits, and silence our stress with caffeine, screens, or shame. But rest is not a luxury. It is a biological, emotional, and spiritual **necessity**.

And when it's missing, no amount of motivation, food, or exercise can fill the gap.

This leg of the Table of Success is often the weakest—not because it doesn't matter, but because we've been conditioned to **ignore it**.

Let's reclaim rest as **healing**, **holy**, and **essential**.



The Science of Rest

Your body doesn't heal during effort. It heals in recovery.

Rest:

- Lowers cortisol (stress hormone)
- Supports immune function
- Regulates hormones, including insulin and melatonin
- Repairs muscles, brain cells, and organs
- Processes emotional trauma
- Improves memory, focus, and mood

Chronic stress and sleep deprivation are linked to:

- Heart disease
- Obesity
- Depression and anxiety
- Digestive disorders
- Hormonal imbalances
- Burnout

Rest isn't a break from healing—it **is the healing**.

The Stress Cycle Must Complete

According to Drs. Emily and Amelia Nagoski in *Burnout*, stress is not just a mental event—it's a **biological cycle**. You can't just think your way out of stress. You have to **move through it**.

Ways to complete the stress cycle:

- Physical movement
- Deep breathing
- Crying or laughing
- Creative expression
- Affection or co-regulation
- Safe rest and stillness

Without this, stress stays trapped in your body—and over time, it becomes illness.

Sleep: Your Most Underrated Medicine

Most adults need 7–9 hours of quality sleep, but many get far less—or struggle with broken, shallow sleep that leaves them fatigued.

Signs of poor sleep hygiene:

- Trouble falling or staying asleep
- Waking up groggy or anxious
- Relying on caffeine all day
- Feeling wired at night but tired in the morning

Sleep is not optional. It's one of the most **powerful healing agents** available to you.

Rest Rituals and Tools for Better Sleep

Try these habits to support restful nights:

Practice	Why It Helps
No screens 1 hour before bed	Reduces blue light that disrupts melatonin

Herbal teas (chamomile, skullcap, passionflower)	Naturally calm the nervous system
Magnesium or Epsom salt bath	Relaxes muscles and improves sleep depth
Journaling before bed	Clears mental clutter
Lavender essential oil	Triggers the parasympathetic nervous system
Same sleep/wake times daily	Regulates circadian rhythm

Start small. Add one ritual at a time. Keep it simple and sacred.

Everyday Stress Reduction Practices

You can't eliminate all stress—but you can **support your nervous system** to respond more gently.

Quick Reset Tools:

- 4-7-8 Breathing: Inhale 4, hold 7, exhale 8
- Tapping (EFT) for anxiety or tension
- Body scans and progressive muscle relaxation
- Time in nature: even 10 minutes outside helps
- Listening to calming music or binaural beats
- Gentle rocking or swaying

Remember: Stress isn't just mental. It lives in your body.
Treat your nervous system with **kindness and care**.

Create a Sacred Pause Practice

What if you gave yourself a moment each day to do **nothing**?

Sacred pauses are short moments where you let the world stop.

Try:

- Sitting in silence with a cup of tea
- Breathing slowly in a sunbeam
- Watching leaves move in the breeze
- Laying on the floor and doing nothing

This isn't laziness. This is **repair**.

Final Thoughts on Rest

You do not have to earn your rest. You don't have to be productive to be worthy. Your body knows how to heal—if you will only let it.

“Rest is not weakness. It is sacred. It is my right.”

“I am allowed to stop. I am allowed to breathe.”

Chapter Eight: Practical Rest Tools

Real-World Practices to Restore Body, Mind, and Spirit

Now that we've explored the **why** of rest, let's dive into the **how**. Rest is more than sleep—it's about creating rhythms and rituals that support your whole being.

In this chapter, you'll find **practical tools** for everyday life. These are not luxury spa days or week-long retreats (though those are lovely if available). These are real, accessible practices you can use **today** to reclaim your energy, calm your nervous system, and find stillness in a noisy world.

Tool #1: Ritual Baths and Soaks

Water has been used for centuries to cleanse, heal, and relax the body. A warm bath can be a **spiritual and physical reset**, especially when paired with herbs, salts, and intention.

Try This Restorative Bath Blend:

- 1 cup Epsom salt (magnesium for muscles)
- 1/2 cup baking soda (cleansing and softening)
- 10 drops lavender or chamomile essential oil
- Optional: dried rose petals, calendula, or lemon balm

Soak for 20 minutes. Breathe deeply. Let go.

 *No bathtub? Try a foot soak, or a warm compress over the chest or neck.*

Tool #2: Evening Wind-Down Ritual

Creating an evening routine signals your body it's time to **shift gears**.

Suggested flow:

1. Dim lights and turn off bright screens
2. Sip a calming tea (chamomile, skullcap, holy basil)
3. Light a candle or incense
4. Journal: "What can I release from today?"
5. Stretch or do a short body scan meditation
6. Breathe: Inhale 4, hold 4, exhale 6

This doesn't have to be long—just consistent.

Tool #3: Digital Boundaries

Screens overstimulate the brain and nervous system, making rest harder.

Try these boundaries:

- No screens 30–60 minutes before bed
- Use "Do Not Disturb" mode after 9 p.m.
- Delete or silence apps that drain you
- Schedule phone-free hours or "unplugged days"
- Use blue light filters or wear amber glasses in the evening

Remember: You are not a machine. You don't have to be available 24/7.

Tool #4: Herbal Rest Allies

Herbs can gently guide your body into rest and repair.

Herb	Benefits	Form
Chamomile	Calming, digestive, child-safe	Tea, tincture
Skullcap	Eases muscle tension and mental chatter	Tincture, tea
Lemon Balm	Lifts mood, calms nerves	Tea, glycerite

Passionflower	Deeply relaxing, great for sleep onset	Tea, tincture
Valerian Root	Strong sedative, best in tincture, not for daily use	Tincture
Ashwagandha	Adaptogen for stress and adrenal support	Powder, capsule

Start small. Rotate herbs. Listen to your body.

Tool #5: Breath as Medicine

Breath is your built-in regulator. You carry this tool everywhere.

Try These Breath Practices:

- **Box Breathing:** Inhale 4 – Hold 4 – Exhale 4 – Hold 4
- **Extended Exhale:** Inhale 4 – Exhale 6 or 8 (calms the vagus nerve)
- **Sighing Breath:** Inhale deeply, then exhale with an audible sigh

Use before meals, before sleep, during stress, or between tasks.

Tool #6: Micro-Moments of Rest

Rest doesn't always require long stretches of time. Short, intentional **pauses** throughout your day can shift everything.

Ideas:

- 3-minute stillness in your car before going inside
- Putting your phone down and looking at the sky
- Closing your eyes and placing your hand on your heart
- Drinking tea in silence
- Lying on the floor in stillness for 5 minutes

Don't underestimate the power of small resets.

Final Thoughts on Practical Rest

Rest is not just a response to burnout—it's a **daily practice that prevents it**. Let these tools become part of your rhythm, not your rescue plan. You deserve a life with **space, ease, and grace**.

"I make space for rest because I matter."
"I trust that healing happens in stillness."

Here is the next section of your book:



Chapter Nine: Balance, Not Perfection

Holding All Four Legs with Grace

So far, we've explored the four legs of the Table of Success—**Motivation, Fuel, Exercise, and Rest & Stress Management**—in depth. But life isn't a perfectly divided pie. There will be days, even seasons, when **one leg feels stronger than the others**. That's normal. That's human.

This chapter is about **integration**—how to hold the whole table, even when it's wobbly. It's about choosing balance over burnout, rhythm over rigidity, and **grace over guilt**.

Wellness Is Not a Straight Line

The wellness industry often sells you the fantasy of linear, ever-upward progress: meal plans, calendars, apps, and systems promising "results."

But real wellness is:

- Cyclical (like seasons)
- Rhythmic (like breath)
- Responsive (to your body, your time, your energy)
- Fluid (it changes as you change)

There will be setbacks, sick days, and skipped workouts. That's okay. You're not failing—you're **living**.

"Perfectionism is not the path to health. Self-compassion is."

The 80/20 Rhythm

A good rule of thumb for balanced living is this: **80% nourishing structure, 20% flexibility and fun.**

- Eat well most of the time, but enjoy that cookie without shame.
- Move most days, but rest when your body says no.
- Sleep consistently, but don't spiral when you have a rough night.
- Use your tools, but don't become their prisoner.

You're not a robot. You're a living organism, and you need freedom, not rules.

Listen, Adjust, Return

Here's a 3-step rhythm for balanced wellness:

1. **Listen:** What is your body, mind, and spirit asking for today?
2. **Adjust:** What small shift can you make to support that?
3. **Return:** When you fall out of rhythm (and you will), how can you return—gently and with grace?

The goal is **consistency, not perfection.** Practice the art of returning.

When a Leg Is Wobbly...

Sometimes one leg of the table needs extra support.

If You Feel...	Focus On This Leg
Lost or discouraged	Motivation (your "why")
Tired, foggy, inflamed	Fuel (hydration, herbs, nourishment)
Stagnant or achy	Exercise (movement, circulation, energy)
Burnt out or anxious	Rest & Stress Management (boundaries, sleep, stillness)

Instead of trying to fix everything, **support the leg that's asking for care.**

Seasons of the Table

Your wellness will look different in each season of life:

- **Spring:** Focus on energy and movement
- **Summer:** Light foods, hydration, and play
- **Autumn:** Rest, grounding foods, mental clarity
- **Winter:** Deep rest, herbal support, internal work

Even in your personal life—pregnancy, grief, new jobs, aging, illness—**the table adapts**. Let it.

Create a Monthly Check-In

Use this simple tool to stay centered and flexible:

Monthly Table Check-In:

- **Motivation:** What is inspiring me right now? What's my "why"?
- **Fuel:** Am I nourishing myself with intention? What needs adjusting?
- **Exercise:** How is my body asking me to move?
- **Rest:** Am I giving myself permission to rest, to breathe, to stop?

Rate each leg from 1–10. Journal what's working and what isn't. Choose one small shift to focus on for the next month.

Real Talk

You will never balance everything perfectly all the time. That's not the point.

The goal is to live with **intention, awareness, and love**—to return to yourself again and again.

"I honor all parts of myself. I am growing in balance, not in perfection."

Chapter Ten: Living the Table of Success in Real Life

A Lifestyle, Not a Checklist

You've built a foundation. You understand the four legs of the table: **Motivation, Fuel, Exercise, and Rest**. You've explored tools, rituals, and rhythms. Now it's time to make it your own.

This chapter is about taking what you've learned and weaving it into **your actual life**—not someone else's idea of wellness, but **your sacred, messy, beautiful, real-life version**.



The Table Is a Lifestyle

The Table of Success isn't a program you complete—it's a way of **showing up for yourself every day**. It meets you where you are:

- In grief, when you need to rest more
- In joy, when you want to move more
- In chaos, when structure brings calm
- In stillness, when nourishment brings life

You're not "on" or "off" the table. You're **in relationship** with it.



Daily Rhythm Template

Your daily wellness rhythm doesn't have to be complicated. It just has to be **consistent and kind**.

Here's a gentle structure to guide you:

Time of Day	Practice
Morning	Hydrate, affirm your "why," stretch or breathe
Midday	Nourishing meal, short walk or pause, herbal tea
Afternoon	Hydration check, check-in with energy and mindset
Evening	Wind-down routine: no screens, stretch or tea, reflect
Anytime	Sacred pause, journal, moment of breath or joy

This isn't a to-do list. It's a **menu of care** you can draw from.



Weekly Focus Example

Each week, you can gently emphasize one area of the table while maintaining the others.

Week Focus	Sample Goal
Motivation	Revisit your vision journal and affirmations
Fuel	Try 3 new herbal teas and prep a soup for the week
Exercise	Add one new joyful movement to your routine
Rest	Commit to screen-free nights and earlier bedtime

Check in weekly, reflect, and choose your next step.



Monthly Table Reset Ritual

At the end of each month, do this gentle reset:

1. **Light a candle** or sit in stillness
2. **Reflect** on each leg of the table
3. **Journal:**
 - What supported me this month?
 - Where did I struggle?
 - What one thing can I shift next month?
4. **Celebrate** what you did well (even one small act!)
5. **Set your next intention** with love, not pressure

You're not starting over—you're starting deeper.



Final Affirmations

Repeat these often:

- “I care for my body because I am worthy.”
- “I honor balance, not perfection.”
- “I am building a life that supports me from the inside out.”
- “I can always begin again.”



Closing Chapter: Pull Up a Chair, Again and Again

This Isn't the End—It's the Beginning

You've just read a book—but more importantly, you've **built a foundation**. Not a program, not a diet, not a quick fix—but a **way of life** rooted in balance, self-compassion, and sustainability.

You don't need to be perfect. You don't need to do it all at once. You only need to **come back to the table**, again and again, with love.

When your motivation fades—return to your “why.”

When your energy dips—feed your body with what it really needs.

When your stress spikes—let your breath guide you home.

When you feel disconnected—move with joy.

When you're weary—rest. Not because you're broken, but because you're human.

Let this book be something you return to often, not something you read once and shelve.

Highlight it. Dog-ear the pages. Keep it by your tea station or your journal. This is your guide to a **gentler, more powerful version of wellness**—one that starts with love.

Pull up a chair. The table is set. You are always welcome here.

— Abigail Hester, Certified Nutritional Consultant



Appendices



Monthly Table of Success Check-In Worksheet

Each Month, Reflect on the Four Legs:

Leg	Rating (1–10)	Notes / Wins / Struggles
Motivation		
Fuel		

Exercise

Rest & Stress Mgmt

Next Month's Intention:

- One small goal for each leg:
- One affirmation to guide me:

Simple Herbal Tea Recipes

Calm & Sleep Tea:

- 1 tsp chamomile
- 1 tsp lemon balm
- Pinch of lavender

Steep in hot water 5–10 minutes. Sip slowly before bed.

Digestive Reset Tea:

- 1 tsp peppermint
- 1/2 tsp fennel seeds
- 1/2 tsp ginger

Drink after meals to soothe digestion.

Energy & Vitality Infusion:

- 1 oz nettle leaf
- 1 oz oatstraw
- Steep overnight in 1 quart boiling water. Strain and sip throughout the day.

Recommended Resources

Books:

- *The Herbal Medicine-Maker's Handbook* – James Green
- *Eat to Live* – Dr. Joel Fuhrman
- *The Body Keeps the Score* – Bessel van der Kolk
- *Burnout* – Emily and Amelia Nagoski
- *The Four Agreements* – Don Miguel Ruiz

Websites & Communities:

- Weston A. Price Foundation
- Susun Weed Herbal Wisdom
- The Herbal Academy
- National Sleep Foundation
- The Insiders Club

About the Author

Abigail Hester, Certified Nutritional Consultant, is a holistic wellness educator, herbalist, and founder of *The Insiders Club*, a private coaching community for natural health seekers. Abigail blends practical knowledge with deep compassion, guiding people toward sustainable, whole-person wellness—rooted in balance, simplicity, and care.

When she's not coaching or creating health resources, you'll find her sipping tea, walking in nature, or sharing wisdom with her community.
