



A Wellbeing Group with You in Mind!

Do you wish you could find a convenient affordable faith-based group to support you through your wellbeing needs? Jump in to Kathy's Wellbeing Warriors group—it might be just what the doctor ordered!

Wellbeing Group Benefits

- Private Facebook Group for check-ins, ideas, support, prayer, and more.
- Weekly video and online interaction to match that week's chapter from the book.
- Once-a-month Zoom session. Can catch the replay if you can't make it.
- Autographed copy of *The Grin Gal's **Guide** to Wellbeing: Being Well in Body, Soul & Spirit*.
- Hardback copy of *The Grin Gal's **Planner** for Wellbeing: A 90-Day Habit Tracker for Being Well in Body, Soul & Spirit*.
- Access to monthly group Zoom sessions (Live or archived.)
- Frequent challenges for added motivation and accountability.
- Social media images to share.

Ideal for

- Weight-loss
- Reconditioning
- Diabetes and Pre-Diabetes
- Self-Care/Soul-Care
- Spiritual Growth

Fee: \$50

Who Can Join?

- Subscribers of Kathy's newsletter.
- Those who follow Kathy on social media.

What Others are Saying

During book development I interacted with a group of women in a focus group. They gave feedback on each chapter and resource. When you go through this program, you become a Wellbeing Warrior too!

This is what they said about the program:

- Is adaptable for wherever you find yourself in the effort to take care of yourself.
- Shows me there's no need to be perfect to start caring for myself.
- Includes thought-provoking questions.
- Gives practical tips, tools, and takeaways to make positive changes to daily routines.
- Provides tried-and-true methods supported by Scripture.
- Helps me learn the difference between soul and spirit and how to care for each.
- Reminds me of my responsibilities regarding personal stewardship, but in a grace-filled, not legalistic, manner.
- Equips with well-rounded applicable solutions for getting out of your own way.
- Speaks with an authentic voice of experience, providing an appealing sisterly feel rather than that of an overly perky cheerleader or bold infomercial motivator.
- Reflects a come-alongside (me-too) attitude. Inspires a "we're in this together" spirit.

About *The Grin Gal's Guide to Wellbeing*

Being well begins from the inside out . . .

This book is not just about Kathy's weight-loss and wellness journey. It's a guide for your pursuit of wellbeing. It doesn't provide a program for temporary behavior modification but a process for permanent God-led change.

On Kathy's quest for improved health, she discovered wellbeing is a balance of body, soul, and spirit. Her coaching style recognizes struggles, victories, aha! moments, and goals. She offers honesty, humor, and occasionally—homework!

The first section has chapters with the following features:

- Heartstrings (Stories)
- Heavenly Insights (Bible Study)
- Help Me! (Tools for Equipping)
- Homework (Making it Real)
- Health Check (Evaluation for Body/Soul/Spirit)
- Hurrahs and Happy Dances (Celebration of Victories)
- Hope Quest (Prayers)

The second section of the book includes practical resources.

Join Kathy as a WellBeing Warrior. Activate personal stewardship by creating your own care plan using the tools of this guide. You won't always see a cure, but you can have a better quality of life. This group is not a diet program. You determine what eating and exercise plan works best for you. This group can even support you while you are part of a separate diet plan or system.

Author and Coach

God's Grin Gal, KATHY CARLTON WILLIS, writes and speaks with a balance of funny and faith, whimsy and wisdom. She coaches others to remove the training wheels of doubt and not just risk, but also take pleasure in the joy ride of life. She is known for her debut book, *Grin with Grace*, and for her grinning Boston terrier, Hettie. Visit www.kathycarltonwillis.com



Note from Kathy

At first glance, you might think this is another Christian weight-loss book, but that isn't the primary focus. As I began my own physical wellbeing program, I realized the importance of also caring for my soul and spirit. "Don't you realize that your body is the temple of the Holy Spirit, who lives in you and was given to you by God? You do not belong to yourself, for God bought you with a high price. So you must honor God with your body" 1 Corinthians 6:19–20. In an attempt to take care of the temple, I determined the dweller of the temple needed even more

attention—that invisible part of me and God's Spirit in me. So, in this book, you'll find an emphasis on wellness, wellbeing, and wholeness that goes from the inside out. My story started with wanting to lose some weight. Maybe that's where you are too. Or maybe you want to put personal stewardship into practice. Stick with me for a few chapters, and we'll integrate body, soul, and spirit.

This project is a result of my own quest for wellbeing—being well.

The Grin Gal's Guide to Wellbeing is not just about my weight-loss and wellness journey. It's a guide to help others in pursuit of wellness find their own answers. And those answers will not be identical to mine. I'll share what I've discovered, but your discovery will be different—just as God created you to be different. You're unique, so your plan, program, and process will be unique to you.

I'll share how I'm seeing victory despite dealing with a bunch of challenges. I've lost seventy pounds and reduced A1C and medications. I'm on my "weigh" to losing more.

Note: I realize some of you have irreversible conditions that will only recover with a God-given miracle. I'm not promising that all your health problems will go away. But what I'm saying is that we can all experience better body/soul/spirit wellbeing, and in doing so, we might see an improvement in being well too! Oftentimes, it's a reduced intensity of a physical symptom or an improved mindset that gets us through the day.

I believe God wants each of us to do those things within our means to be healthy, such as eating good nutrition and getting exercise. He also wants us to occupy our minds with what is good and virtuous instead of what makes us feel defeated and discouraged. By taking an active, educated part in our wellbeing, we will show God we're willing to be responsible to take care of the resources he's given to us and in us—personal stewardship.

Kathy

Email me at kathy@kathycarltonwillis.com