

Your Breakthrough Starts with Belief!

8 Beliefs to Take Control of Your Health

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The Plant Based BAWSE



**Are you ready to
BAWSE up and
become the CEO of
your health?**

The journey to
wellness starts with
how you think
about your body,
your choices, and
your power to do
life well.

**Here are 8 beliefs
to help you break
free from old
habits and step
into your
healthiest, most
vibrant self.**

"Beloved, I wish above all things that thou
mayest prosper and be in health, even as thy
soul prospereth."

3 John 1:2 (KJV)



OWN THIS, NOT THAT

01

OWN THIS: "I DESERVE TO FEEL GOOD EVERY DAY."

Not That: "Feeling tired and sluggish is just part of life." Your energy is your most valuable currency. By nourishing your body with whole, plant-based foods, you'll stop dragging through the day and start showing up as your best self.

02

OWN THIS: "SMALL, CONSISTENT STEPS CREATE LASTING CHANGE."

Not That: "It's not worth the time or money because you have to die of something. This is absolutely faulty thinking and has no basis for survival in your life. You are worth the time, energy, and investment to be the best version of you, today!"

03

OWN THIS: "I EAT TO FUEL MY GOALS."

Not That: "I eat to fix my cravings." You're not just feeding your hunger—you're fueling your body's ability to perform, think, and thrive. Every bite is a step toward the BAWSE life you're building.

04

OWN THIS: "PLANTS HEAL AND PROTECT."

Not That: "I need pills, powders, or procedures to fix me." Nature gives us everything we need to thrive. Whole, plant-based foods are your frontline defense against disease and your secret weapon for long-term health.

OWN THIS, NOT THAT

05

OWN THIS: "IF IT'S PREVENTABLE, IT'S REVERSIBLE."

Not That: "I'm stuck with bad health forever."

Your health isn't a life sentence—it's a choice. With the right tools and mindset, you can turn things around and rewrite your story.

06

OWN THIS: "REST AND RECOVERY ARE NON-NEGOTIABLE."

Not That: "I'll sleep when I'm dead."

Being a BAWSE doesn't mean burning yourself out. Rest is where the magic happens—make it a priority, not an afterthought.

07

OWN THIS: "PROGRESS IS BETTER THAN PERFECTION."

Not That: "I have to do everything right or I've failed."

Success isn't about being perfect; it's about being persistent. Show up for yourself every day, even when it's messy.

08

OWN THIS: "I AM WORTH THE INVESTMENT."

Not That: "Taking care of myself is selfish."

You are your greatest asset. When you prioritize your health, you're not just taking care of you—you're showing up better for your family, your career, and your purpose.

YOU ARE A BAWSE

