



7 DAY

RESTORATION
THROUGH
RELATIONSHIP
WITH CHRIST

Guided Journal



Hi, I'm Stacey...



the heart behind She Lives in Harmony. I am passionate about guiding women to true restoration—body and spirit—through connection with Christ and daily practices that honor both your body and spirit. My mission is to help you cultivate daily habits that uplift the spirit and energize the body, inspiring a life of harmony where soul-nourishing practices create resilience and joy.

Drawing on my experience as a PN2 Nutrition Coach, Personal Trainer, POUND instructor, Certified Christ Centered Coach, and BYU-I Life Coach, I help women cherish their bodies as sacred temples and embrace their divine identity.

When you work with me, you can expect:

- Lasting peace and inner harmony rooted in Christ.*
- Powerful breakthroughs in how you see and care for yourself.*
- Renewed energy and confidence as you honor your body and spirit.*
- Support in building small daily habits that create sustainable, healthy living for the long run.*

If you're ready to step into a life of peace, wholeness, and purpose, I'm here to guide you and keep you accountable every step of the way.

MY APPROACH TO COACHING IS ROOTED IN HARMONY...NOT HUSTLE.

One day I sat in my room looking at the Restoration Proclamation when the Spirit whispered to me, “You are being restored. You are not yet whole or complete so be patient with yourself and with the process.” This is when it hit me and it hit me hard. The restoration of the church is not about the church, but about the people!

You and I are being restored. We are not yet whole. When we came to earth we passed through a veil that removed our prior memories. When we lived in the presence of God we knew, with deep conviction, what it meant to be a Child of God, but in this fallen state we are easily distracted and forget who we really are and what truly matters most. Restoration of our soul, body and spirit, requires relationship with Christ. Choosing to walk with Him daily and utilizing His atonement daily when we fall short.

HOW TO USE THIS JOURNAL

I created this journal as a free tool to help you start building confidence in yourself as you deepen your relationship with Christ. You will find a quote or scripture verse on each page followed by a question along with some space to reflect and write what comes to mind.

I hope, as you use this journal, that you will come to understand that Christ is in your story. He is restoring you. Love yourself TODAY, as you work towards making the progress your heart yearns for. True restoration is only possible through Him. With that restoration comes Living in Harmony with who you truly are.



