

THRIVE

Wisdom

What I Wish I Knew

Coaching for the patterns, beliefs, and nervous system responses that shape how you relate to food, movement, and your body.

Understand first. Change from there.



What This Is

WIWIK is the program I wish I'd had.

My own experience taught me that lasting transformation isn't only about what we do.

How we feel, how we understand ourselves, and how we treat ourselves along the way matter just as much.

For me, that became especially clear after losing 160 pounds naturally and learning how to maintain more than 135 pounds of that loss for years — and realizing how much I had never been taught.

What I learned along the way is the foundation for this work.

It isn't a diet or meal plan.

It's about the pieces that so often get left out.



Willpower



Shame



Real life



Trust

More 'shoulds' don't work. What works for you does.

The THRIVE Wisdom Method

Regulate • Reframe → Sustain

We see the pattern first. Then we understand why it's there. Only then do we build anything on top of it.

✓ REGULATE

Create enough steadiness to see what's actually happening.



✓ REFRAME

Change what the patterns, beliefs, and stories mean.



✓ SUSTAIN

Build practices for your real life — not just your best days.

The order matters.

Curious if this is the right fit for you?
Start the conversation →



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What I Wish I Knew

I spent years losing, regaining, and starting over. Again. And again. And again.

What I eventually learned was that changing my body and changing my relationship with myself were two very different things.



What We Work Through Together

- ✓ Understanding & Awareness
- ✓ Regulation & Nervous System
- ✓ Principles for Sustainable Change
- ✓ Motivation, "Why" & Inner Patterns
- ✓ Daily Support Systems (MEDS)
- ✓ Cravings & Food Patterns
- ✓ Food, Emotion & Protection
- ✓ Fear, Resistance & Common Traps
- ✓ The Body: From Control to Understanding
- ✓ Identity & Self-Trust
- ✓ Sustaining Change

How We Work

Each session focuses on what is most relevant for you.

You'll have access to guided reflection tools that help you:

- see your patterns more clearly
- understand what's actually happening
- apply what we're working on in your real life

This is not a one-size-fits-all approach.

The work is structured—but tailored to you.



✓ A Final Note

This work isn't about doing more or getting it right.

It's about understanding what's actually happening—and learning how to respond in a way that supports you.

That's what makes change sustainable.

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