



Thrive Beyond Diabetes

Compassionate coaching with the REVIVE Method™

REVIVE Starter Pack (PDF)

Welcome! You don't need a perfect plan—you need a doable one. This starter pack gives you small actions that create steady wins, then we'll build from there.

Your 3 Daily Wins

- 🥤 Hydrate early: 12–16 oz water before coffee.
- 🍽️ Anchor meals: include protein + fiber each time you eat.
- 🚶 Move the glucose: 10-minute walk (or gentle movement) after your largest meal.

30-Day Focus (REVIVE)

- R — Reset your mindset: Notice “all-or-nothing” talk and replace with “one next step.”
- E — Evaluate current habits: What helps / what hurts? (see check-in below)
- V — Visualize your health goals: Energy, numbers, confidence—what does success look like?
- I — Integrate simple habits: One tiny change at a time; stack onto things you already do.
- V — Verify what works: Track 2–3 metrics (page 2) and repeat what helps.
- E — Empower long-term success: Plan for “messy middle” weeks (travel, holidays, stress).

Morning Mini-Routine (3 minutes)

1. Water
2. 3 deep breaths
3. Choose one do-able action for today

Evening Mini-Reset (3 minutes)

- What worked?
- What was hard?
- One tweak for tomorrow?

Weekly Check-In Prompts

- Wins I'm proud of: _____
- One pattern I noticed: _____

- One step for next week: _____

SMART Goal (write 1)

- I will _____ (what)
- on _____ (days/time)
- for _____ minutes / servings / steps
- because _____ (why).

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