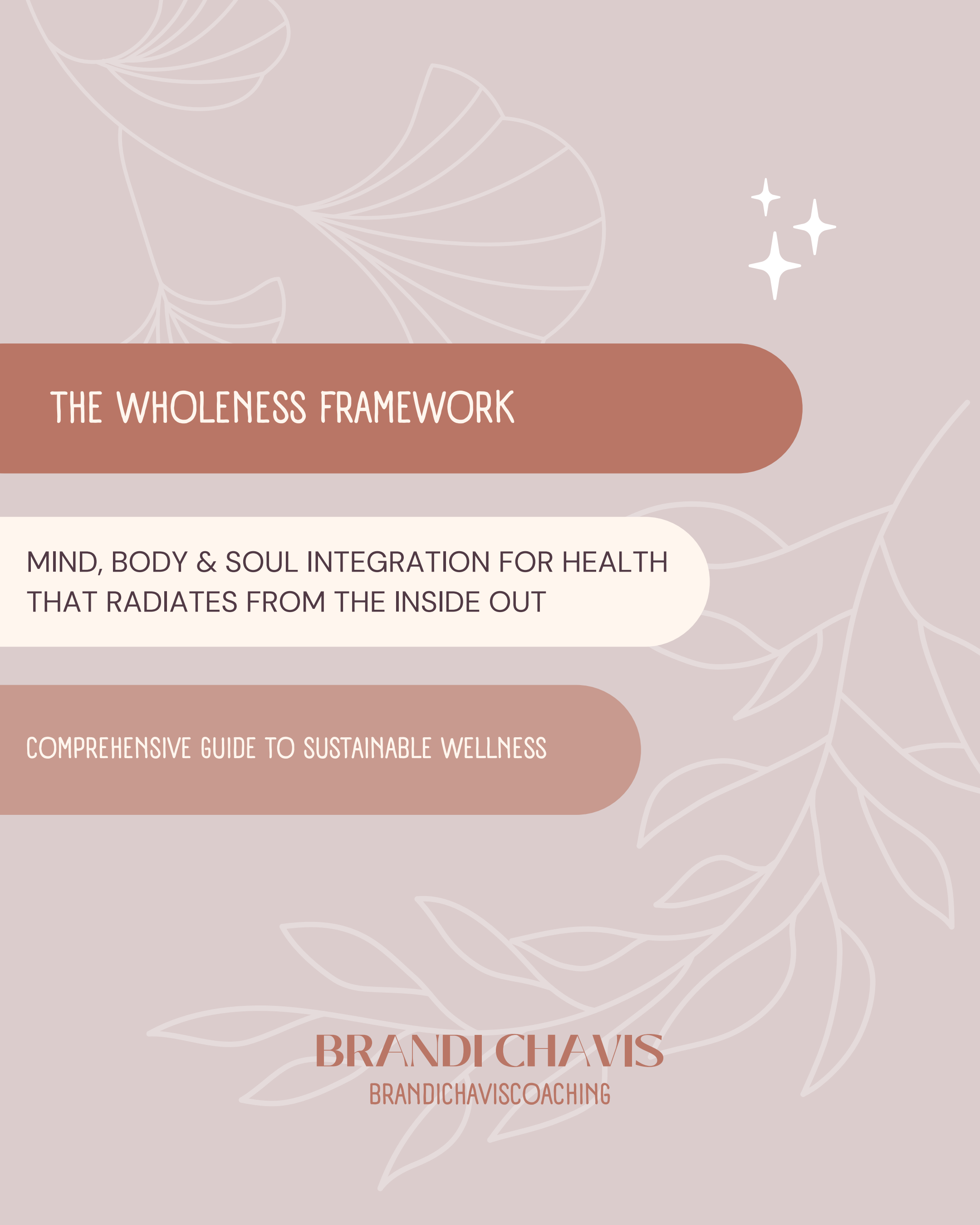




THE WHOLENESS FRAMEWORK

MIND, BODY & SOUL INTEGRATION FOR HEALTH
THAT RADIATES FROM THE INSIDE OUT

COMPREHENSIVE GUIDE TO SUSTAINABLE WELLNESS

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INTRODUCTION



Welcome to The Wholeness Framework!

If you're here right now, you're likely serious about taking control of how you feel and how you live, and to that I say F*CK YES!

We are taught to chase results on the outside without ever learning how to truly care for ourselves on the inside. We push harder, eat cleaner, work out more... and still feel stuck, because we're missing the deeper pieces: how we talk to ourselves, how we handle stress, how we connect to who we really are.

What I've learned, and what I want you to know, is this:

True health isn't just about your body.

It's about the relationship you have with yourself, the stories you tell yourself when no one's listening, and the way you nourish your mind and soul.

That's why I created The Wholeness Framework - a simple, holistic roadmap that will guide you back into alignment. This isn't about perfection or "fixing" yourself. It's about reconnecting to the version of you who feels strong, peaceful, and in flow... and letting your health be a reflection of that wholeness.

Let's get it!

THE 3 PILLARS OF WHOLENESS

PILLAR 1: BODY - Your Foundation

Your body is your home. It's where you live, where you experience your life, and it's worthy of being cared for like the sacred space it is. When your body is supported, you have the energy and strength to show up fully in all other areas of your life. Nourishing your body through food that fuels you, movement that empowers you, and rest that actually restores you creates a vessel of resilience and vitality for your highest self to operate through.

PILLAR 2: MIND - Your Inner Voice

Your thoughts shape your reality. You can have the perfect health plan, but if your inner monologue is full of negative self-talk, criticism, fear, or perfectionism, you'll stay stuck in the same old cycles. This is about challenging the beliefs that keep you small, managing stress and avoiding burnout, and building a relationship with yourself that creates more space for love.

PILLAR 3: SOUL - Your Alignment

This is the work that most people skip because it is not often recognized as a key component to physical health - and that's why what you've tried in the past never sticks. Soul work is about staying connected to what lights you up. It's about tapping into what you truly believe in. It's about aligning yourself with who you really are without all of the external noise skewing your self-perception. This is the work that invites in joy, personal power, and meaning, and it's what shifts physical well-being from surviving to thriving. When your soul is nourished, your mind and body will naturally follow.

When these three pillars lock in, you stop playing small.

Your body stops running on fumes, your mind stops tearing you down, and your soul stops letting you settle for less than you deserve. On the next pages, we're going to weave them together into a way of living that fuels your energy, sharpens your focus, and keeps you anchored in your power every single day.

If you haven't noticed by now, this isn't a quick fix or a trendy diet fad.

This is unlocking a new way of being.

Bringing It All Together

Here's the truth: you can have one pillar dialed in and still feel off-balance.

If you're crushing your workouts but your mind is full of self-doubt... you'll burn out.

If you've got a strong mindset but you're running on poor sleep and stress... you'll crash.

If you're spiritually connected but neglecting your body... you'll feel disconnected from your own potential.

Wholeness isn't about picking a favorite pillar, it's about letting them work together.

On the next pages, we're going to slow down and give each pillar its moment in the spotlight. You'll find:

- Action Items to put the pillar into practice right now
- Reflection Questions to help you see where you're thriving and where you're holding yourself back
- Journal Prompts to get under the surface and uncover what's really keeping you from feeling your best

Your job here isn't to perfect all three pillars overnight. It's to start noticing where you can give yourself more of what you need. When you do that consistently, the results last.

So, let's start where all transformation begins - with the body you live in every day.

PILLAR 1: BODY

Your Foundation

Taking care of your body isn't about chasing a number on the scale or saying no to all of the foods you love. It's not punishing yourself in the gym because you're not good enough, or fixing yourself because you're broken. It's about building a foundation that gives you the energy, strength, and resilience to show up for the life you want to live. It's about nourishing your body because you love it, not depriving yourself because you hate it. When you create safety and security in your body, your entire life expands. Here is how to begin building that foundation:

AM - Set Yourself Up For Success

- **Hydrate before anything else** - Drink 20 oz. of water upon waking to wake up your metabolism and hydrate your organs
- **Fuel before or with caffeine** - Pair coffee or tea with some protein or healthy fat to regulate cortisol and prevent mid-morning crash
- **Don't skip breakfast** - Eat your first meal of the day within an hour of waking. Aim for 30g of protein, complex carbohydrates for sustained energy, and healthy fats for brain power

MIDDAY - Sustain Your Energy

- **Move your body** - Take a walk, hit a strength session, or do some mobility and stretching like yoga. Walking after meals balances blood sugar and stress hormones. Strength training builds muscle mass which is imperative for metabolism and calorie burning. Yoga and stretching tones the body, supports recovery, and calms the central nervous system.
- **Have a well-balanced lunch** - Metabolism is at its peak around noon. Aim for a well-balanced meal of 30g protein, complex carbohydrates, and healthy fats.
- **Check your hydration** - Refill your water bottle and add in electrolytes if you're feeling sluggish or craving sugar

PM - Wind Down and Support Recovery

- **Finish your day of eating strong** - Keep the protein + carb + fats combo going, and aim to eat your last meal at least 2 hours before bedtime to optimize digestion and restoration
- **Wind down from stimulation to support your circadian rhythm** - Reduce screen time and lower lighting 30-60 minutes before bed
- **Stretch or breathe** - Gentle movement or breathwork to release tension and signal safety to your body
- **Prioritize sleep** - 7-9 hours is optimal for muscle repair, hormone balance, cellular restoration, and nervous system reset

PILLAR 1: BODY

Your Foundation

Additional tips to support your healthiest self:

- Optimal hydration is 50% of your body weight in ounces of water each day. Ex: 150lbs = 75 oz. of water
- Optimal protein intake is 75 - 100% of your body weight in grams of protein each day. Ex: 150lbs = 112 - 150g protein
- Complex carbohydrates include whole grains like rice and oats, fruits, vegetables, and legumes
- Healthy fats can be sourced from things like fatty fish, avocados, eggs, nuts, and oils rich in omegas such as olive oil, coconut oil, and avocado oil
- Try to include dark, leafy greens in every meal to enhance gut health and get in key micronutrients
- Aim for meals to be spaced 4-5 hours apart with 12-14 hours fasted each night for optimal cellular restoration
- You don't have to deprive yourself of foods that you love. Focus on nourishing your body the majority of the time while also giving yourself the freedom to enjoy your life.

Reflective Questions to Tune In

- What does my body feel like when it's truly rested and nourished?
- Which part of my day feels the most draining, and what might be missing in my routine at that time?
- How do my food, hydration, movement, and sleep practices influence my mood and focus?
- Is this craving really about food, or something else that I need right now?
- Am I making this decision to satisfy the present moment, or to support my long-term self?

Journal Prompts to Dig Deeper

- The way I treat my body shows it that I...
- The lifestyle roadblocks that have held me back in the past are...
- When I look in the mirror, my first thought is...
- The beliefs I've carried about my body since I was young are...
- The ways I've punished myself for not looking or performing a certain way are...
- When I think about my life 10 years from now, I want to feel...
- The areas of my life that would improve if I treated my body with love are...

PILLAR 2: MIND

Your Inner Voice

Your mind is the filter through which you experience your entire life. You can have the healthiest body and the deepest spiritual practices, but if your self-talk is full of doubt, guilt, and pressure, you'll always feel like you're hustling against yourself. This can be both conscious and subconscious. There may be thoughts that you are identifying with that you haven't paused to question whether they are true. There may be thoughts that you aren't even conscious of that are controlling your behavior. This pillar is about rewiring the patterns that keep you stuck, learning how to regulate stress, and creating a mindset that supports the person you want to become. When your mind works with you instead of against you, everything else feels easier.

AM - Start Your Day with Intention

- **Avoid reaching for your phone the minute you wake** - When you grab your phone right away, you start your day by handing your attention and your energy over to notifications, news, and distractions. Give yourself space before screens to wake your brain up calmly and lower morning stress.
- **Prioritize a morning routine** - Fast-paced work and family lives often have us jumping straight into autopilot and reactionary approaches to our day. Carve out at least 20 minutes for yourself each morning to begin your day on your own terms rather than it immediately controlling you. Here are some morning routine activities to consider: light stretching, meditation or breathwork, gratitude or reflective journaling, prayer and spiritual practices, 10 minutes of morning sunlight and fresh air. Whatever you decide, starting your day with intention keeps you aligned with your goals, balances stress hormones, and regulates the nervous system.

MIDDAY - Check In and Reset

- **Do a quick body scan** - Notice your shoulders, your jaw, your breath. What is your physical body telling you about your mental and emotional state? Tune in, unclench and release.
- **Step away from work** - Reconnect with the present. Get some fresh air. Take a walk. Eat your lunch slowly and with the intention of nourishing yourself. The work will be there when you return, and you are more productive when you take time to pour into yourself.
- **Perspective calibration** - For tasks that feel particularly unpleasant, remind yourself why you do this work and try to replace "I have to" with "I get to". Even if you don't find your work "fulfilling" per se, does it feed your kids? Does it keep you in a warm, safe house? Look at the bigger picture. If your plate feels really full, try to break things up into more manageable pieces. Mentally organize your day into smaller increments and knock them out one at a time rather than carrying the weight of the entire day at once. Lastly, no, you don't have to get it all done today. Everything may be important, but not everything is urgent, and more work will be waiting there for you tomorrow.

PM - Close the Loop

- **Connect with your loved ones or do something just for fun** - Let go of the to-do list, even for just a bit. Be present for joy.
- **Reflect on 3 wins from the day, big or small** - What went well for you? What are you proud of?
- **Journal Dump** - Write down what's still on your mind and release it so you don't take it to sleep with you

PILLAR 2: MIND

Your Inner Voice

Additional tips to support your mental well-being:

- Your brain believes what you repeat. Make sure your words are on your side.
- You are a human being, not a human doing. Rest is a necessary and productive part of your day.
- Setting boundaries is uncomfortable but important.
- You don't have to say yes to everything, and you don't have to explain yourself. No is a full sentence. Don't sacrifice yourself for the sake of others.
- Reducing stress is not always necessarily about doing less, but about thinking differently about what you do.
- Change is preceded by awareness. Notice your patterns first without judgement. They may have served you in the past, and that's okay, but are your patterns and behaviors serving you now? Tune in and begin to adjust where you notice you're out of alignment with your most whole self.

Reflective Questions to Tune In

- What's the story I find myself repeating most often in my head?
- How do I speak to myself when I mess up or fall short?
- Where am I trying to earn my worth through productivity, perfectionism, or people-pleasing?
- Which thoughts fuel me and which thoughts drain me?
- What areas of my life feel overwhelming or out of control? What small things are actually in my power to change?
- I say X, Y, and Z are the most important things to me. Does the way I live each day reflect that?

Journal Prompts to Dig Deeper

- The thought patterns that keep me small are...
- If I spoke to myself like I do my best friend or my child, I would say...
- When I feel stressed, the story I tell myself is... The truth is...
- If I fully trusted myself, I would...
- If I wasn't worried about the outcome, I would...
- The new story I choose to believe is...

PILLAR 3: SOUL

Your Alignment

Your soul is your compass. It's that nagging feeling when you know something isn't quite right. It's that little voice that whispers your hopes and dreams to you. It's that part of you that knows what feels aligned, knows what lights you up, and it's what keeps you rooted to yourself when all of the noise around you is trying to tell you who you should be. When your soul is heard, joy, peace, and abundance begin flowing naturally in your life. When your soul is ignored, everything feels like a grind. This pillar isn't about religion or practicing spirituality in the "right" way. It's about connection to yourself, and to something even greater.

AM - Connect Before You Consume

- **Make your morning routine a sacred time** - take a few minutes to pray, to speak directly to God, Spirit, Divine, Universe, your guides and ancestors, your highest self, your inner child. Sit quietly and listen to the messages you receive. Let them come to you without forcing.
- **Set a soul aligned intention or mantra for the day** - "I will trust divine timing", "I am loved, guided, and protected", "How would my highest self operate today?", "I am open to receiving all of the blessings that are meant for me", "I trust that if something doesn't work out for me it is in my highest good"
- **Connect with mother nature** - Go outside and stand barefoot in the grass. Take slow, deep breaths, inhaling the grounded, restorative energy of the earth. Let it soak up negative energy and replace it with renewal. When you sit in meditation, envision roots coming directly from your base and extending into the earth. Ground yourself. Feel how safe and secure you are. Envision mother earth's life force energy coming up through the roots and filling your entire body.

MIDDAY - Anchor Back Into Presence

- **Take a mindful pause** - notice your breath, your surroundings, or something beautiful in your space that you may have missed if you didn't slow down. What's happening right here, right now, in the present moment? How does your body feel? Your mind?
- **Revisit your intention/mantra** - Reflect on why it's important to you and how you may or may not be embodying it
- **Become aware of yourself** - Tune in and notice whether you're operating from intention and presence or autopilot

PM - Release and Reconnect

- **Practice gratitude** - What are some things that brought you joy today? What made you laugh, feel comfort, excitement, or love? Don't just think it. Feel it. Let the feeling course through your body.
- **Give it away** - You can only control so much. You've taken all of the action you could today. Let it go. Give it up. Trust that as long as you move in alignment, the rest will be taken care of for you.
- **Do a grounding ritual before bed** - Come back into your body. Stretch and release lingering tension. Burn a candle. Take an epsom salt bath. Pray, journal, or simply sit and take some slow, deep breaths.

PILLAR 3: SOUL

Your Alignment

Additional tips to live in alignment:

- Your soul doesn't always speak in words. Sometimes it's a gut feeling. Sometimes it's a silent but sure knowing. Sometimes it's a sudden nudge. Or maybe it shows up in synchronicities, little coincidences that make you go "hmmm". The more you listen, the louder it gets.
- You don't need hours of rituals or meditation. Five minutes a day of stillness can create huge energetic shifts.
- Joy and peace are not things that you can obtain externally. They live inside of you. They are what you experience when you are in alignment.
- Living in alignment does not mean that you never have a bad day, or go through tough times, or feel hard feelings. But it does mean that you can get back to yourself quickly when those things take place instead of being derailed by them.

Reflective Questions to Tune In

- When do I feel most connected to something bigger than myself?
- What things make me feel lit up or alive?
- In what environments and with what people do I feel fully seen, heard, and understood?
- In what environments and with what people do I feel the need to wear a mask or be performative?
- How do I know when my soul is trying to get my attention?

Journal Prompts to Dig Deeper

- The moments that I feel most connected to myself are...
- If I trusted that everything in my life was happening in divine timing, I would let go of...
- The values my soul wants me to live by are...
- When I picture my highest self, I see...
- If I stopped people-pleasing and started soul-pleasing, my life would look like...
- It seems unrealistic, but I have always dreamt of...

INTEGRATION

Living in Wholeness

You've explored each of the pillars and why they are equally important. When your body is well-nourished and deeply cared for, your mind has the clarity to make decisions on behalf of your highest good.

When your mind is working with you, not against you, your soul feels safe to expand.

When you're operating in alignment with your soul, life opens up in beautiful and miraculous ways.

Wholeness isn't about being perfect in every pillar. It's about tuning in enough to know which one is out of balance and how to give yourself what you need. This is how you create resilience. This is how you create radical transformation.

Wholeness Integration Practices

- **Check in daily** - ask yourself: which pillar needs the most support right now?
- **Anchor into one action** - choose just one thing that will support that pillar today. Whether it's hydrating your body, journaling anxious thoughts, or just taking an extra few minutes to pause and breathe.
- **Reflect & realign** - at the end of the day, acknowledge yourself for this act of self-care. Take notice of how supporting one pillar shifted the others.

Final Thoughts...

Wholeness isn't about quick fixes or temporarily checking things off of a to-do list. It's not a challenge with an end date to be reached. It's a way of being. It's intentionally showing up for yourself day in and day out. It's about coming back to yourself again and again, so much so that it becomes your natural state to be deeply anchored in yourself.

When you decide to live this way, you stop burning out. You stop settling. You stop quitting and starting over. You start becoming the person that you were always meant to be.



Brandi is a Holistic Health and Life Coach who supports women in creating lasting transformation from the inside out - healing not just the body, but the mind, heart, and spirit. Brandi helps women rebuild their relationship with themselves through intentional nutrition, mindful movement, and inner healing. She guides her clients in releasing limiting beliefs, shifting negative self-talk, and letting go of the pressure to be perfect, so they can feel empowered, embodied, and whole.

Brandi offers a path rooted in compassion, alignment, and deep self-connection. Her work bridges the physical and the energetic, recognizing that true well-being isn't just about what we eat or how we move, but how we feel in our bodies, how we speak to ourselves, and how connected we are to our inner truth.

Her coaching is grounded in self-love, spiritual alignment, and personal power. Whether someone is struggling with body image, burnout, inconsistent health habits, or feeling disconnected from themselves, Brandi creates a supportive space to guide them back to a place where they feel strong in their body, safe in their emotions, and clear in their soul.

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