

# **H.E.L.P. Ministries Thrive Guide**

*Empowered by Faith, Designed for Wellness*



*“This guide was prayerfully created for those seeking to thrive—not just survive. At H.E.L.P. Ministries, we believe that health begins in the soul and radiates through every part of life. Use this as a gentle companion along your journey toward peace, purpose, and prosperity.”*

*— Jeanine Qualls*

*"Beloved, I wish above all things that  
thou mayest prosper and be in health,  
even as thy soul prospereth." — 3 John  
1:2*

*amen.♥*

*"I will put none of these  
diseases upon you." — Exodus  
15:26*



*"Be not conformed to this  
world, but be ye transformed  
by the renewing of your  
mind..." — Romans 12:2*

*amen.♥*

*"And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus." —  
Philippians 4:7*



## **8 Wellness Tips for Thriving**

1. **Trust in God** – Build a more profound relationship through prayer and devotion.
2. **Walking Outdoors** – Boosts circulation and energy
3. **Fresh Air** – Supports lung function and mental clarity
4. **Sunlight** – Aids digestion, vitamin D, and sleep
5. **Rest** – Crucial for metabolism and healing
6. **Water** – Flush toxins and hydrate cells
7. **Wholesome Diet** – Fuel for energy and vitality
8. **Temperance** – Practice self-control and break free from addictions.

## ✓ **Daily Thrive Checklist**

Start each day with intention:



- ☐ T.A.G. Time-Time Alone With God
  - ☐ 30 minutes of walking
- ☐ At least 10 minutes of sunshine
  - ☐ Fresh Daily Air
- ☐ Drink 6–8 glasses of water
- ☐ Eat at least 3-4 servings of fruits/veggies
  - ☐ Temperance/Discipline In All Things
  - ☐ Unplug and rest by 9 PM

## What Others Are Saying

*"Jeanine has helped me overcome anxiety attacks and guided me spiritually.  
She is such a blessing!" — ❤️*

*"She helped me recover after my car accident. I regained full motion and  
found new motivation." — 🙏*

*"I've lost weight, built habits, and feel truly supported." — ☀️*



## Next Step: Take the Thrive Assessment

-  Discover your personalized path to wellness
-  Get spiritual + holistic insights tailored to YOU

 [Take the Assessment Now](#)

 Or call to schedule: 1-800-610-8478

