

SMALL & SIMPLE

newsletter

JULY 2026



As spring is in full bloom, we're allowed a quiet chance to ease our pace, reconnect inwardly, and notice the beauty taking shape all around us.

Nature's fullness reflects a powerful truth—progress can be calm, grounded, and deeply supportive.

During this time of honoring maternal love, we recognize those who give endlessly and encourage us to extend that same compassion toward our own well-being.

May the weeks ahead inspire balance, fresh vitality, and meaningful alignment with what truly holds value in your life.



A Small and Simple Practice

Build one tiny habit this week.

Building a habit involves repeating a small, specific action until it becomes automatic.

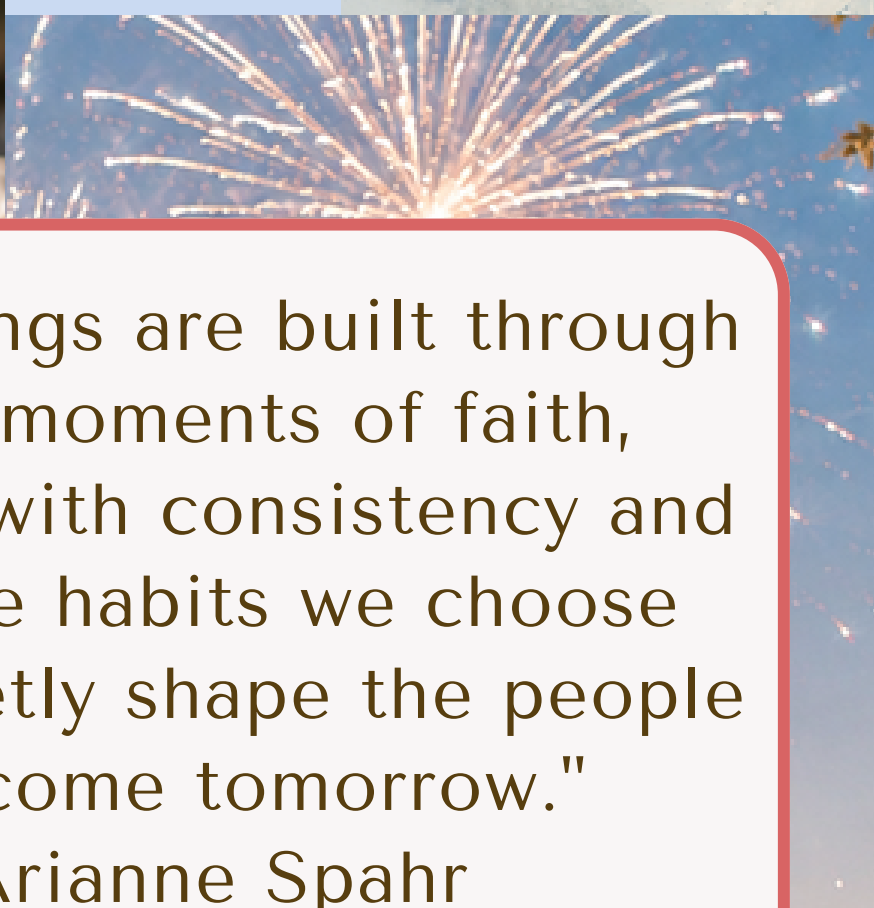
Experts recommend starting with an extremely easy version of the habit, like flossing just one tooth or doing two pushups, so it requires almost no motivation to do daily.

This week, choose one habit so simple you can't say no—one verse, one prayer, one page, one stretch, one glass of water.

Repeat it every day this week.

"Great things are built through simple moments of faith, repeated with consistency and love. The habits we choose today quietly shape the people we become tomorrow."

- Arianne Spahr



ANNOUNCEMENTS

Bites & Insights Potluck

"FILL YOUR LIFE WITH LIGHT!"

This month, we have the opportunity to hear from Jami Staker, a certified health coach.

Join us as we explore the difference between temporary pleasure and lasting joy, why meaningful relationships matter, how our brains are wired for connection, and how intentional living can protect us from the distractions that pull us away from what matters most

When: **July 16th**
Where: Google - Survival Garden Seeds" for directions

Food: **Pulled Pork Sandwiches!**
Please bring a side to share



Jami Staker

Small and Simple Merch!

We are excited to announce some new merchandise being added to our website soon! Including trucker hats, sweatshirts and more t-shirt designs! Stay tuned for our launch date!



THE NON-NEGOTIABLES



Have you ever felt like there are so many things you could improve that you end up improving nothing at all? We've all heard the phrase "Good, Better, Best." While it's a beautiful reminder that we can always grow, it can also leave us feeling overwhelmed. That's where I discovered the power of non-negotiables.

To me, a non-negotiable is a promise you make to yourself—something so important that you choose not to compromise it. Over time, those promises become habits, and those habits become a way of life.

Before my husband and I got married, I shared a few things that were non-negotiable to me—how I nourish my body, the values I wanted our future children to be raised with, and other deeply held beliefs. By sharing those expectations early, we learned to respect one another's convictions instead of trying to change them. Looking back, that simple conversation has blessed our marriage and our family more than I ever imagined.

I often find myself distracted in the morning with all the things I need to accomplish. For this reason, every morning I begin with three non-negotiables: prayer, twenty minutes of silent meditation, and making my bed. Prayer every morning connects me with God and gives me direction for my day. Silent meditation gives me time to clear my mind, be present, focus, and settle my emotions. With all the crazy messes in my home, having my bed made gives me a sense of accomplishment and order.

Even when it feels like I didn't accomplish anything I set out to do that day, I know that I did.

Good, better, best is a great mindset to have; however, at times, it can push the bar too high. Those 3 non-negotiables I have help me to instead choose to focus on what I want to do and can do and let go of everything else. The goal isn't to do everything. It's to faithfully do the things that matter most. Your non-negotiables won't look exactly like mine—and they shouldn't. They should reflect the person God is shaping you to become.

Start with one or two. Protect them. Practice them consistently. Over time, you'll discover that the life you've been hoping to build often begins with the smallest daily decisions.

Jesus loves you, I love you,

Arienne Spahr

Want to Learn More?

If you would like support building a consistent meditation practice or help navigating life with clarity and more peace, check out my Instagram: **thesmallandsimple** or check out my website: **smallandsimpleliving.com**