

SHANIQUA COUSINS

LIVE WELL

Creating a Lifestyle of Consistency and Intentionality



COOKING. COACHING. HEALTH AND WELLNESS.

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Transforming lives from the
inside out through the power
of habit change—rooted in
cooking, coaching, and
holistic wellness.

May this conversation nudge,
inspire, and gently remind you
of the healthy habits that shape a
vibrant, sustainable life.

Earlier Work

Shaniqua Cousins Flavored With Love



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For my daughter, Jada—
my first glimpse of fearless joy.
Your bold heart, relentless drive, and refusal to shrink
for anyone reminds me daily of what it means to
live well. Thank you for showing me how fiercely love
can glow.

And for everyone who dares to *live well*—
who chooses intention over autopilot, courage over
comfort, and love over fear—
may these pages light your path and echo your own
brave heartbeat.

TABLE OF

Contents

— Introduction	3
— Section I: Gain Knowledge	6
Chapter 1:Why Habit Change is Key	8
Chapter 2: Defining What it Means to Live Well	12
Chapter 3:Why Consistency Matters	14
Chapter 4:Why Intentionality Matters	18
Chapter 5: Quality is Yours to Define	20
— Section II: Transformation	26
Chapter 6: Mindset of Health & Wellness	28
Chapter 7: Love for Self & Others	32
Chapter 8:To Care is Not to Carry	38

—	Section III: Taking Action	57
	Chapter 9: Why Cook?	60
	Chapter 10: Eating Well: More Than a Meal	66
	Chapter 11: Chew with Intention	80
	Chapter 12: Why Movement & Water Matter	88
	Chapter 13: Nourishing Proteins	94
	Chapter 14: The Beneficial Power of Herbs	134
	Chapter 15: Hearty Soups & Bowls	151
	Chapter 16: Moments of Joy	170
	Chapter 17: Hydration & Glow	188
—	Section IV: Sustain and Maintain	198
	Chapter 18: Habit Change Support Tools	202
	Chapter 19: Reading Food Labels	212
	Chapter 20: Seasonings & Finishings	216
	Chapter 21: Measuring Guide	226



About Me

Hey there—I'm Shaniqua, and I'm so glad you took a moment to thumb through this book. A little about me: I'm an International Coaching Federation (ICF) credentialed coach,

experienced in the Habit Change Coaching Method. That means I have the privilege of helping clients unwind from self-defeating habits and patterns and replace them with healthier ones that truly last.

Stick with me, and you'll see exactly why habit change is at the heart of everything I do to live well.

HCI Habit Change Coaching Specialist



I N T R O D U C T I O N

An Opportunity to Write a New Chapter



I believe in a three-pronged approach to holistic health and well-being:

- **Gain Knowledge**—building awareness and laying the foundation for living well.
- **Embrace Transformation**—moving from knowledge to inner change through emotional wellness, boundaries, and self-connection.
- **Take Action**—turning mindset and transformation into tangible daily habits that shape your food, movement, environment, and rhythm of life.

thoughtfully curated wellness insights, transformative coaching tools, nourishing recipes, and lifestyle guides—each designed to help home cooks (like me!) take meaningful action in the kitchen and beyond.

These are the same tools I use in my own life and share with clients, colleagues, friends, and family. Because I'm passionate about living well by applying practical information, making intentional choices, and taking consistent actions that lead to transformational results.

Sometimes, transformation begins with a gift: the chance to start again.

For the fortunate, life offers a *tabula rasa*—a clean slate that invites us to release what no longer serves us and reimagine what's possible. But to truly create what we desire, we need a clear *purpose*—a sense of identity—and a steady commitment to consistent action. That, in essence, becomes a lifestyle.

So, what will your next chapter say?

empowered choices, took intentional action, and left little to chance?

Will it show that you embraced new beginnings and wrote them boldly into your story?

CONSIDER THIS:

Tabula rasa is yours for the taking.

Every meal, every drink, every activity (or pause), and every interaction—each one adds to or subtracts from your well-being.

You, alone, decide what stays and let go of what doesn't. Then, write your next chapter—on purpose.

Remember: wellness isn't a destination — it's a daily practice. True wellness begins in the moments we slow down, nourish our bodies, and show up for ourselves with purpose. *Live Well* is your gentle reminder that a beautiful, balanced life starts with consistent, intentional choices.



LIVE WELL

Welcome to *Live Well*—a thoughtful guide to building a lifestyle that's consistent, intentional, and truly sustainable. Drawing on my experience as a coach and home cook, I share practical habits, nourishing recipes, and insightful tips designed to help you cultivate wellness from the inside out.

This book offers tools to support lasting habit change, recipes that promote your inner glow, and encouragement to help you move steadily toward your healthiest, happiest self. Whether you're refreshing your routine or embarking on a deeper transformation, *Live Well* provides the guidance and inspiration you need.



Let's make wellness achievable and enjoyable—one mindful, intentional step at a time.

Shaniqua Cousins

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