

Wake Up Pray Up Boss Up Podcast

Episode 8: Take Action, Stop the Excuses

Step 1: Recognize the Excuses

What excuse has been keeping you stuck? Be honest.

Example: "I'm too busy," "I'm not ready," "I don't know how to start."

My Top Excuse:

Action Step:

How can you move forward despite this excuse?

Example: "I'll set aside 15 minutes each day to work on my goal."

First Step I Can Take:

Step 2: God's Timing + My Action

What opportunity might God already have placed in your life that you've been ignoring?

Example: A project, a person offering help, or an idea you've felt led to pursue.

Opportunity I've Overlooked:

What action can you take this week to respond to that opportunity?

Action I'll Take:

Step 3: Create a Massive Action Plan

Write down one goal you want to achieve in 2025:

My Goal:

First Action Step:

Accountability Partner:

Reminder:

“Setting goals is the first step in turning the invisible into the visible.” — Tony Robbins

Challenge

Take one bold action this week toward a goal you've been putting off. No excuses—just trust God and move!

**“Commit your work to the Lord, and your plans will be established.”
— Proverbs 16:3**

Want to dive deeper with purpose?

"I'm so excited to share that my coaching membership launches on January 10th! This membership is designed to help you prioritize your physical and mental health, align your life with your values, and boldly step into God's calling for your life. If you're ready to stop the overwhelm and start living with intention, this is for you. Stay tuned for more details!"

Visit:

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