

Wake Up Pray Up Boss Up® Podcast

Episode 12: Your Calling Needs You – Prioritize Self-Care

1. Reflect on Your Current Self-Care Practices

Take a moment to think about how you've been taking care of yourself lately. Answer the questions below honestly:

How are you currently prioritizing your physical health? (e.g., exercise, sleep, nutrition)

How are you caring for your mental and emotional health? (e.g., relaxation, downtime, social connections)

How are you nurturing your spiritual health? (e.g., prayer, journaling, Bible study)

2. Actionable Self-Care Steps

Let's put your reflections into action!

Commit to one daily practice that fills your cup.

Write down one small thing you'll do daily to recharge:

Example: 10 minutes of prayer, journaling, a short walk.

Block out 30 minutes of self-care this week.

Treat this as an appointment with God. Write down your plan:

Example: Take a nap, meet a friend for coffee, sit in silence

Delegate one task to someone else.

Write down one task you'll delegate this week and who you'll ask for help:

Example: Ask a family member to do the dishes or hire someone to clean.

3. Scripture Reflection

Meditate on 1 Corinthians 6:19:

"Do you not know that your bodies are temples of the Holy Spirit, who is in you, whom you have received from God?"

What does this verse mean to you personally?

4. Encourage Yourself

Here's a quote to inspire your journey:

"You owe yourself the love that you so freely give to others."

Write a note to yourself below to encourage and remind yourself why self-care is an important part of stepping into God's calling:

Bonus Challenge

Each day this week, take a moment to ask yourself:

“How can I honor the body, mind, and spirit God has entrusted to me today?”

Write your answers in a journal or notebook.

Want More Peace and Purpose?

Download my free guide, *The 10-5-5 Formula to Finding Peace in the Everyday Chaos of Life*, at ****margiruiz.com**** for more tools to help you thrive!



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