

Wake Up Pray Up Boss Up® Podcast

Episode 13: From Burnout to Breakthrough: Discover the Power of Rest and Trusting God's Timing

1. Reflect on Your Current Season

Take a moment to reflect on where you are right now. Answer these questions honestly:

1. Are you feeling overwhelmed, burned out, or tired? Why?

2. How are you currently prioritizing your physical, mental, and spiritual health?

3. What might God be asking you to surrender in this season?

2. Embrace Rest as Obedience

Isaiah 40:31 says: "But those who hope in the Lord will renew their strength. They will soar on wings like eagles; they will run and not grow weary, they will walk and not be faint."

Reflect: What does this verse mean to you in your current season?

Your thoughts:

Action: Write down one area where you need to slow down or rest this week.

I will rest by:

3. Invest in Yourself

**“Take care of your body. It’s the only place you have to live.”
– Jim Rohn**

List one way you can invest in your physical health this week.

Example: Buy comfortable shoes, go for a walk, or plan a healthy meal.

I will:

What’s one small act of self-care that brings you joy? Commit to doing it this week.

Example: Take a nap, read a book, or spend time in prayer.

I will:

4. Celebrate God's Goodness

**“Almost everything will work again if you unplug it for a few minutes, including you.”
– Anne Lamott**

Think about a time when God showed up in your life in an unexpected way. How has He brought you through a challenging season?

Write down one way you'll celebrate God's faithfulness this week.

Example: Spend time in gratitude, share your testimony, or worship Him.

Bonus Challenge

Each day this week, ask yourself:

“How can I trust God's timing and honor the body, mind, and spirit He has given me today?”

Write your reflections 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 margirui.com to take your next step toward thriving in God's plan for you!

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