

Wake Up Pray Up Boss Up® Podcast

Episode 23: The Battle Is Real – Are You Ready for War?

In this episode, we dive deep into spiritual warfare and how to stand firm against attacks. Life throws battles at us, but we are not fighting alone.

This worksheet will help you reflect on the key takeaways from the episode and apply them to your own journey.

3 Clicks to Prepare for Spiritual Battle

Click 1: Wake Up – Recognize the Battle is Real

- Have you noticed any patterns in your life where spiritual attacks seem to happen?
 Yes
 No
- Where do you need to wake up and realize this is more than just a bad day?

👉 Action Step:

Write down 2-3 areas in your life where you need to stay spiritually aware.

1. -----
2. -----
3. -----

Click 2: Pray Up – Strengthen Your Spirit Daily

- Prayer is a powerful weapon. Are you consistently making time to pray?

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- What would it look like for you to implement the **10-5-5 Formula** in your daily life?

- 10 things you're grateful for
- 5 things to let go and let God
- 5 prayer requests

👉 Action Step:

Try using the **10-5-5 Formula** for one week and note any changes in your mindset.

Click 3: Boss Up – Take Care of Your Whole Self

- How does your physical health impact your ability to fight spiritual battles?

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- What self-care habits do you need to implement to stay strong in mind, body, and spirit?
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👉 Action Step:

Identify one habit you will commit to this week to take better care of yourself.

Final Reflection:

- Are you spiritually, physically, and mentally strong enough for battle? _____
- Who is standing with you in this fight?

Remember:

The battle is already won, but you have to be ready to fight! Stay plugged into God, your purpose, and the people who uplift you.

Want to stand strong in life's battles? The *Wake Up Pray Up Boss Up® Coaching Membership* is opening soon!

Join the waitlist at margiruiz.com/waitlist for a faith-filled community that will help you stay ready and walk in victory.

God bless, Margi 



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