

Wake Up Pray Up Boss Up® Podcast

Episode 32: Reset & Be Present: The Mid-Year Reminder You Didn't Know You Needed

Reset & Realign: A Mid-Year Check-In

Hi friend! If life has felt overwhelming lately—you're not alone. This worksheet is your invitation to slow down, realign with what matters, and release the things that no longer serve you. Let's get clear, intentional, and present for the rest of the year.

PART 1: Reset & Realign

 **What's working well in my life right now?**

Think about your routines, relationships, mindset, health, or spiritual growth. Celebrate the wins!

Example: I've been consistent with my morning routine, I'm more patient with my kids, I've made time for movement.

 **What's NOT working right now—or what feels heavy?**
Be honest. No guilt. This is about awareness.

Example: I've been staying up too late. I'm overwhelmed with commitments. I feel scattered.

 **What am I praying for in this season?**

Let your prayer guide your focus.

Example: Clarity in my work, peace in my home, health and energy, discipline with my schedule.

 **What do I need to declutter or release?**

This can be physical, mental, emotional, or spiritual.

Example: Negative self-talk, unrealistic expectations, a commitment that no longer fits, perfectionism.

 **Where is God asking me to realign?**

Where have you drifted from His peace, your purpose, or your priorities?

Example: I've been too focused on outcomes and not enjoying the process. I need to reconnect with Him daily.

PART 2: The "What Not to Do" List

Let's flip the script! Instead of piling on more to-dos, let's get clear on what needs to GO so you can create space for what matters most.

Write YOUR “What Not to Do” List below:

✗ I will NOT...

1. _____

2. _____

3. _____

4. _____

5. _____

💡 Some examples to inspire you:

- I will NOT say yes out of guilt.
- I will NOT check my phone first thing in the morning.
- I will NOT neglect rest in the name of productivity.
- I will NOT let comparison steal my joy.
- I will NOT keep habits that drain my energy or peace.

 Final Reflection

 What's ONE thing I'm choosing to focus on for the second half of the year?

Remember:

You don't need a new life. You just need a new lens. God isn't asking for perfection—He's asking for presence.

You've got this, sis. One reset, one prayer, one aligned step at a time. ❤️

☀️ **Want support as you reset and realign? The *Wake Up Pray Up Boss Up® Coaching Membership* is opening soon!**

👉 **Join the waitlist at margiruiiz.com/waitlist and connect with women who will walk alongside and support you every step of the way.**

God bless, Margi



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