

MID-YEAR *Reset*



"Come to me, all you who are weary and burdened, and I will give you rest."

— Matthew 11:28

Simplify YOUR HOME

1. What area of my home feels most peaceful right now? Why?
2. What space or system feels chaotic or frustrating?
3. What's one small space I could declutter this week?
4. Are there routines or chores that could be simplified?
5. How can I make my home more restful for my family?

Care FOR YOUR HEALTH

1. How have I been feeling physically and emotionally this season?
2. What habits have helped me feel my best so far this year?
3. What health routines have fallen away that I'd like to return to?
4. What does rest look like for me right now?
5. What's one health goal I want to set for the next 3 months?

Renew YOUR MIND

1. What has been weighing on my heart or mind lately?
2. What truth from Scripture do I want to hold onto in this season?
3. What thoughts or worries do I need to release to God?
4. Where do I need more margin, peace, or boundaries?
5. What would it look like to live this summer with more intention?

✨ Final Prompt

What is one small action I can take this week to move toward a simpler, more peaceful life?