

2026 RESET: UNSTUCK STARTS NOW!

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Welcome: Stepping Out of Stuck

“If you walked into 2026 carrying the same frustration, the same hesitation, or the same ‘I’ll start later’ energy from last year — this workbook is for you. Feeling stuck doesn’t mean you’ve failed. It means you’re standing at the edge of a decision. And today, we’re choosing to move beyond that impasse, and deciding to make a choice to move!” This opening call-in is your permission to pivot. Consider this page your on-ramp into decisive momentum, crafted for those who have waited long enough to begin. *The year has already started; so has your next step.*

Why This Matters in Midlife

Midlife is an intersection—clarity meets consequence. You know yourself more deeply than ever, and that clarity can be both empowering and intimidating. Wisdom elevates your discernment and simultaneously raises your awareness of risk. This can make decisions feel heavier. There’s also a heightened urgency: you don’t want to waste time, energy, or heart. Especially around relationships and covenant choices, the weight of choosing “right” can feel paralyzing.

- Midlife brings clarity and fear – you understand yourself better, and that’s sometimes daunting.
- You’re wiser now, but more aware of risk – which can stifle necessary decisions.
- And at this time in life, we don’t have time to waste — but we’re scared to choose wrong.

And this is why: “Midlife isn’t a pause — it’s a pivot.” Pivot into your destiny and purpose. The difference between stuck and steady is not luck; it’s leadership—self-leadership that aligns your habits with your hope. As we move through this reset, you’ll be invited to acknowledge what’s real, name what’s blocking you, rewrite the story shaping your future, and practice one brave step at a time—with people beside you.



#1 — Admit Where You Are

Key Truth: **You can't heal what you won't acknowledge.** Before God moves you forward, He invites you inward. This is the foundational pivot. Honesty is a spiritual accelerant; denial is a spiritual sedative. When you begin with truth, momentum follows.

Scripture: Psalm 139:23–24 (NKJV) — “Search me, O God, and know my heart; Try me, and know my anxieties; And see if there is any wicked way in me, And lead me in the way everlasting.”

This isn't a punishment prayer—it's a permission prayer. David isn't afraid of what God might uncover; he's asking God to reveal what he may be overlooking. Midlife demands honesty. Not with Instagram. Not with your girlfriends. But with yourself and God. Because denial delays deliverance. There's a song lyric that says, "Search me, search me Lord, shine the light from heaven on my soul. If You find anything that shouldn't be take it out and strengthen me. I want to be right, I want to be saved, and I want to be **whole**."

- You stop pretending.
- You stop performing.
- You stop blaming the season.

And God can finally lead you forward instead of circling you back. This is where the cycle breaks: truth-telling creates traction. You don't get unstuck by rushing. You get unstuck by telling the truth. If you feel tender or exposed, that's an indicator you've put your heart where God can heal it.



#2 — Identify the Real Blocker

Key Truth: Most of the time, you're not stuck—you're scared. Fear often masquerades as wisdom, sounding like caution when it's actually control. It whispers logic so quietly you call it stewardship while it quietly stalls your calling.

Scripture: 2 Timothy 1:7 (NKJV) — "For God has not given us a spirit of fear, but of power and of love and of a sound mind."

F.E.A.R. = False Evidence Appearing Real

Fear doesn't always scream. Sometimes it whispers logic. It says: "Wait until you're more certain." "Protect yourself." "Don't risk being wrong again." But the Bible doesn't say fear disappears—it says fear is not from God. And if fear isn't from God, it doesn't get to govern your decisions. Some of the walls you built to protect yourself are now blocking the very help God sent.

- Fear of being seen.
- Fear of failing again.
- Fear of choosing wrong—especially in love, purpose, or calling.

But God didn't give you fear. He gave you power to act, love to risk connection, and a sound mind to discern wisely. You're not weak. You're guarded. And God is asking you to loosen the grip. Trade hyper-control for holy courage; exchange delay for decisive obedience. The path clears as you move.

no fear



#3 — Rewrite the Story You're Telling Yourself

Key Truth: Your future responds to the story you believe. Narratives shape choices. If your inner script insists you're late, lost, or left out, your actions will submit to that story. But heaven writes redemption into timelines you thought were too tangled to repair.

Scripture: Joel 2:25 (NKJV) — “So I will restore to you the years that the swarming locust has eaten, the crawling locust, the consuming locust, and the chewing locust...”

Notice—God didn't say things. He said years. Time. Momentum. Joy. Confidence. Fruit. And He didn't mention one locust—He named four kinds. That means it wasn't one bad season. It was wave after wave. Back-to-back disappointment. Stress stacked on stress. Loss on loss. But God says, I restore all of it.

This isn't about going backward. This is about going forward with wisdom. **God doesn't just fix forward—He heals backward.** And when He restores, He doesn't give you the old version of you back. He gives you a wiser, stronger, more discerning version. You didn't miss your window. God just matured you for it. Let your new story sound like strategy, not scarcity—rooted in God's character, not your calendar.

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#4 — Take One Brave Step

Key Truth: Breakthrough starts with obedience—not confidence. Clarity often follows movement, it rarely precedes it. You do not need the map to obey the moment.

Scripture: Proverbs 16:9 (NKJV) — “A man’s heart plans his way, But the Lord directs his steps.”

God doesn’t require the whole plan. He requires the next step. You don’t need clarity for ten years—you need courage for today. Joyce Meyer says, “Do what you can, and God will do what you can’t.” And that’s biblical. The kingdom rhythm is: listen, obey, witness. Action becomes a runway for divine direction.

- Asking for help.
- Saying yes to support.
- Joining the community.
- Booking the session.
- Telling the truth about what you actually want.

Because pretending you’re okay is more exhausting than moving forward. Faith moves when feet do. Decide which single act will honor God and your future self today, then do it before doubts regroup. Momentum loves immediacy—give it something to bless.



#5 — Stop Doing This Alone

Key Truth: Isolation feels safe—but it stalls growth. The enemy of momentum is often private struggle without public support. Transformation was designed by God to be communal.

Scripture: Ecclesiastes 4:9-10 (NIV) — “Two are better than one... If either of them falls down, one can help the other up.”

God never designed transformation to be solo. Accountability isn't control—it's coverage. Community doesn't slow you down—it keeps you standing when life tries to knock you out. That's why I'm not just talking about this—I'm building spaces for it:

- Alignment Intensive. (MooreSolutionsNow.com/Alignment)
- Group coaching.
- Skool.com/SNDY.
- Weekly live Q&A.
- Real conversations, real progress.

Because you don't need more information. You need people who will help you move. You don't have to do this alone—and you were never meant to. Choose a circle that sees your calling and safeguards your steps. Your environment should make obedience easier.

I'm Personal Proof: From Stuck to Steady


I WAS stuck with my weight loss and health journey. I reached a point where the cost of staying the same surpassed the discomfort of change. So I began—with small steps, consistent choices, and honest evaluations. Over time, I rebuilt my confidence. I began leading and teaching with clarity in my calling. I launched She's Not Done Yet Podcast, My Skool SNDY community, and coaching that gather people who want movement, not just motivation.

“I didn't change because it was easy — I changed because staying stuck cost me more.” I couldn't remain unhealthy; I was declining in mid-age and I could not allow that to end me. This is not a victory lap; it's a map. The same God who met me in my start will meet you in yours. Progress came as I aligned appetite, attention, and accountability. It will for you, too.

Your testimony is in draft, not doubt. Let your daily decisions preach your future. Keep it simple: nourish your body, renew your mind, walk with others, and steward your yes. You are allowed to begin again, as many times as it takes. The reset is real because the repentance is real—turn toward the life God prepared for you.



Journal Jot: Pause and Write

 **JOURNAL JOT (LET'S FOR PAUSE MOMENT)** — “What am I afraid will happen if I finally move forward?” Take a quiet moment. Breathe in for four counts, hold for four, exhale for six. Then answer honestly. Name the fear, locate its source, and ask: Is this fear from God? What would courage do in the next 24 hours? Write freely, without editing.

Let the page catch your truth. If a specific scenario surfaces—relationship, career, health, calling—describe the first obedient step. Fear loses volume when given vocabulary. When you write it, you weaken it. When you plan a faithful action, you reclaim authority over your next move.

After journaling, share one insight with a trusted friend or inside the community for accountability. Celebrate the act of naming and deciding. Movement begins in minutes, not months. Your future self is already thanking you for this page. And if you do not have a journal, purchase yours today at SNDYPodcast.com.



Affirmations for 2026 Movement

Speak these aloud daily. Let them train your focus and frame your choices. Agreement with truth amplifies traction.

1. I am not confused, delayed or behind. God is ordering my steps!.
2. I have permission to begin again. 2026 is a walking it out year!
3. I refuse to stay stuck. I am stepping into everything God has prepared for me.

If you're reading this and you know you're ready to stop sitting on the edge of your next season, I want you connected to me this year. Through coaching, group experiences, and live events, we're going to do the work — **together**. Go to: Skool.com/SNDY community. I'm gathering those Interested in coaching and a group reset.

You don't need another year to think about it. You need a moment to decide. And if today is that moment — **welcome to movement**.



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IS ON