

## Your Midyear Reset

Hello Beautiful Woman,

Can you believe we're already halfway through the year? July has a funny way of sneaking up on us — one minute it's January and we're setting intentions, and the next, we're six months in wondering where all that energy went.

Here's the good news: the halfway point isn't a deadline. It's a doorway. A quiet, welcome chance to pause, check in with yourself, and reset — without guilt, without starting over, and without waiting for January to "do it right."

*"There is a time for everything, and a season for every activity under the heavens."*

— Ecclesiastes 3:1

This is your season to reset. Let's do it together.

### 3 Ways to Reset This July

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#### 1. Recognize — Notice Your Summer Stress Signals

Summer isn't always the easy season it's supposed to be. Travel, house guests, kids home from school, disrupted routines — they all add hidden stress, even when it looks like "fun." This week, take five quiet minutes and ask yourself: where am I holding tension right now? Naming it is the first step to releasing it.

#### 2. Ease — The 5-Minute Poolside Reset

You don't need a spa day to feel calm (although if you get one — enjoy every second). Try this anywhere, even with your toes in the pool:

- Breathe: in for 4 seconds, hold for 4, out for 4 — repeat three rounds
- Hydrate: summer heat makes this non-negotiable, not optional
- Affirm: "I am allowed to rest without guilt."

#### 3. Establish — Protect Your Peace at the Family BBQ

Summer gatherings are wonderful — and they can also be where our boundaries get tested the most. It's okay to leave early. It's okay to say, "I can't host this year." It's okay to protect your energy, even from people you love. A kind, firm "no" is still an act of love — for them, and for you.

## Featured This Month

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### **Meal Planning and Recipe Bundles — Now Available, customizable to your needs or requests.**

— Created for busy women who want to simplify mealtime and spend more quality time enjoying meals with their families.

I created this recipe collection to help my coaching clients go from feeling overwhelmed in the kitchen to feeling confident and in control. Each recipe includes easy-to-follow preparation steps, a complete ingredient list, prep and cooking times, and helpful tips to make cooking simple and enjoyable.

Click the links below to access a sample of one of the meal plans and recipes now available at [New Life Health Coaching](#). I hope they make your time in the kitchen easier and your family meals even more enjoyable!

**7-days Meal Planning:** <https://app.wellnessvault.com/shares/rb/2273f523-5a76-4f37-a107-4b36140e4a0e>

**Desert:** <https://app.wellnessvault.com/shares/r/7a86dde7-ea0f-4f1c-b323-7b32da481516>

## Let's Stay Connected

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I share helpful resources and tips across all my platforms. Feel free to connect — I'd be happy to support you on your journey toward a Healthy Happy Life!

<b>Website</b>	<a href="https://newlifehealthcoaching.com/blog">https://newlifehealthcoaching.com/blog</a>
<b>Linktree - Digital resources</b>	<a href="#">Linktree</a>
<b>Pinterest</b>	<a href="https://www.pinterest.com/newlifecoaching7/">https://www.pinterest.com/newlifecoaching7/</a>
<b>YouTube</b>	<a href="#">New Life Reset - YouTube</a>
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*Sending you peace, love, and midyear grace,*

**Susana Gonzalez, MBA, HC**

*Founder, New Life Health Coaching*