

2026 Relationship Reset Workbook

A Guided Faith-Based Journal to Release, Realign & Rebuild Your Relationships

Designed for reflection, prayer, and growth throughout 2026. Use this workbook alongside your journey in the 6-week Inner Circle Reset coaching program.

How to Use This Workbook

Move through this workbook prayerfully. Each section includes teaching, reflection prompts, journaling space, and prayer exercises. You may revisit sections throughout the year as God continues to refine your circle.

Step 1 – Audit Your Circle (Jan–Feb)

Proverbs 4:23 – Above all else, guard your heart, for everything you do flows from it.

Journal Prompts:

- Who currently has the most influence in my life?
- Who inspires me to reach my dreams?
- Where do I need to adjust access or boundaries?

Prayer:

Lord, guide me in evaluating and refining my relationships. Help me to guard my heart and honor You in every connection.

Step 2 – Raise Your Relational Standard (Mar–Apr)

Psalm 101:3 – I will set no wicked thing before my eyes.

Journal Prompts:

- Where have I lowered my standard to keep peace?
- What behaviors am I no longer willing to normalize?
- What does a healthy relationship look like for me now?

Prayer:

Lord, guide me in evaluating and refining my relationships. Help me to guard my heart and honor You in every connection.

Step 3 – Seek Alignment, Not Popularity (May–Jun)

Amos 3:3 – Can two walk together unless they are agreed?

Journal Prompts:

- Am I more afraid of loneliness or misalignment?
- Who sharpens me and who distracts me?
- Where is God inviting me to step deeper into alignment?

Prayer:

Lord, guide me in evaluating and refining my relationships. Help me to guard my heart and honor You in every connection.

Step 4 – Become Who You’re Praying For (Jul–Aug)

Luke 6:40 – Everyone fully trained will be like their teacher.

Journal Prompts:

- Who do I need to become to sustain the relationships I desire?
- How can I model faith, peace, and integrity in my circle?
- What inner work is God calling me to do?

Prayer:

Lord, guide me in evaluating and refining my relationships. Help me to guard my heart and honor You in every connection.

Step 5 – Protect Your Peace Ruthlessly (Sep–Dec)

Colossians 3:15 – Let the peace of Christ rule in your hearts.

Journal Prompts:

- Who or what consistently disrupts my peace?
- What boundary do I need to strengthen?
- How can I better honor peace as God's gift?

Prayer:

Lord, guide me in evaluating and refining my relationships. Help me to guard my heart and honor You in every connection.

2026 Monthly Journal Prompts

January

Who has God given access to my heart, and why?

February

What relationship adjustments is God asking me to make?

March

Where do I need to raise my standard in love and truth?

April

What unhealthy patterns am I ready to release?

May

Who am I walking with — and where are they leading me?

June

Where is God calling me into deeper alignment?

July

Who am I becoming in this season?

August

What inner work is strengthening my relationships?

September

What is disturbing my peace, and why?

October

Where do I need firmer boundaries?

November

Which relationships am I grateful for — and why?

December

How has God refined my circle this year?

Reflection / Prayer Page

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

[illegible]

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There are no margins, text, or other markings on the paper.