MOVING FORWARD STRATEGIES Presents...

THE 1111 Reset™

# My 1111 Reset

## Journal

## Reset Your Beliefs:

*From limited to liberating*

Date: _____

☐ I took this live

☐ I took this from the vault

# Life is_____.


Belief Quote
It's not what you look at that matters, it's what you see.
~ Henry David Thoreau

# Identifying your Beliefs

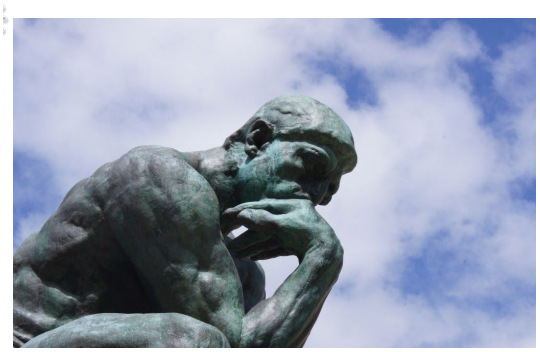


What is your strongest belief for each area below?

Check off whether that belief is empowering or limiting.

| | | Empowering | Limiting |
|---|---|---|---|
| Family: | Family is… | | |
| Health: | Health is… | | |
| Challenges: | Challenges are… | | |
| Money: | Money is… | | |
| Success: | Success is… | | |
| Love: | Love is… | | |
| My self-worth: | I am… | | |
| Relationships: | Relationships are… | | |
| Other: | | | |

# How to find my subconscious limiting beliefs…



Think about something you want, that you don't have yet….

As you are moving toward the thought of what you want, feel for ANY resistance that comes up…

It might sound like this in your head:
*"Yeah, but"* ……. *"But if"*

1. What do I want that I don't have *yet*?

2. What are my excuses?

3. What are the limiting beliefs that support those excuses?

Changing a LIMITING belief into an
EMPOWERING belief!






## Changing limiting beliefs into empowering beliefs

1. Choose the strongest limiting belief from the exercises you did above. *(It is a belief not a truth by the way)*:

_____

Do I want to hold on to this belief? Yes or No? _____

**What's "B.S." about this belief!?**

Since I NOW know the TRUTH, how will it change my life for the better 1, 5, 10, 20 years from now? What did I accomplish now that I know the truth? How was I a role model for the people I love- how did I positively affect them? What new experiences were I able to create? As I look back on my life, what am I now most proud of because I dropped the old limiting belief and decided to live in my TRUTH?

*****THE TRUTH IS…**

**Three action steps I will now take based on the truth!**

1.

2.

3.

# ***Let's Stay Connected!***

- If you'd like to have others join you on your 1111 reset journey, please have them go to the link below to learn more:

https://www.The1111Reset.com

- If you'd like to learn about the different professional development services I offer for your company/firm, I invite you to go to the link below to learn more:

https://www.MovingForwardStrategies.com

- *Be sure to stay connected with me on social media as well! -Donna xo*

@DonnaSirianni and @MovingForwardStrategies

@DonnaSirianni and @MovingForwardStrategies

@DonnaSirianniSpeaker

TikTok @DonnaSirianni

YouTube @DonnaSirianni