



My 1111 Reset



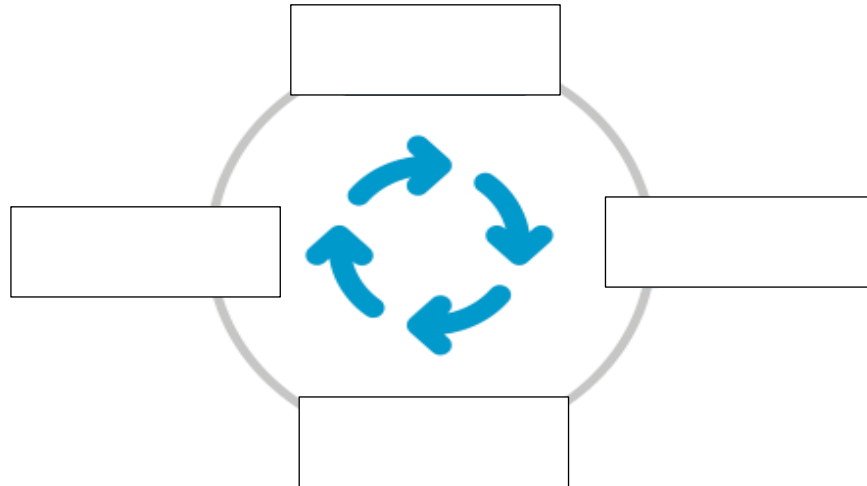
Journal

Mindset Reset:
From noise to clarity

Date: _____

- ☐ I took this live
- ☐ I took this from the vault

The Belief Cycle



What do you need to increase the belief in your potential?

YOU ROCK ACTIVITY



Brainstorm all your personal and professional achievements that you can think of starting from when you were born through today!

At the end of your list, ADD WHAT'S NEXT!

.....Now OWN it !!!

FOUR NEGATIVE MINDSET HACKS



#1 DEAL WITH YOUR INNER CRITIC

1. What is the one statement you sometimes hear your inner critic say to you about yourself in your mind?



2. Whose voice do you think it is? (You? A parent? A friend? A colleague?)
3. On a scale of 1-10 (10 having the worst negative effect on you) what is the impact of this negative statement on your life?

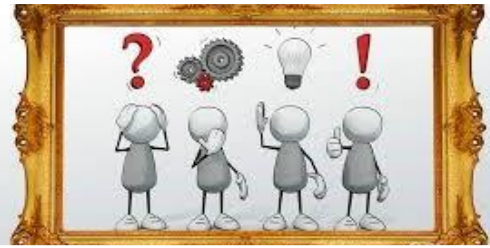
After the visualization, on a scale of 1-10 what is the impact on you from that voice that you hear now?

Now, what is the positive TRUTH about yourself in relation to that statement? Complete the sentence below:



THE TRUTH IS ...

#2 REFRAME



Reframing involves changing the meaning you give to a negative thought or situation to a positive meaning that serves you, which will change how it is experienced.

1. I AM OVERWHELMED ➡
2. I HAVE A PROBLEM ➡
3. I HAVE TO ➡

A NEGATIVE SITUATION I WENT THROUGH OR AM GOING THROUGH...

MY CHALLENGING SITUATION	MY REFRAME

#3 CHOOSE THE COMPANY YOU KEEP



List the top 5 people who you talk to/text the most:

1. _____
2. _____
3. _____
4. _____
5. _____

Choose to spend your time with people who will bring out the best in you, encourage you, support you and challenge you to grow in a positive way.

A. Star the people on your list who you should be spending even more time and whose relationships you should be grateful for (and tell them!)

B. Put a question mark next to those on the list who bring you down or are discouraging... think about how much time you should actually be spending with them, if at all.

"Love your family, choose your friends."

"Not my circus.... not my monkeys."

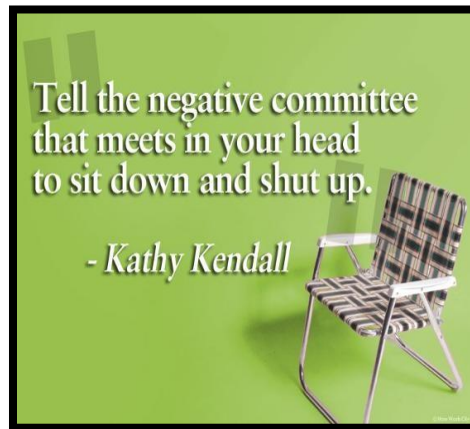
#4 FOCUS YOUR THOUGHTS



Remember: You feel what you focus on. You do not have to follow every thought.

The next time your mind starts going in a negative direction, what can you ask yourself and how can you shift your thoughts?

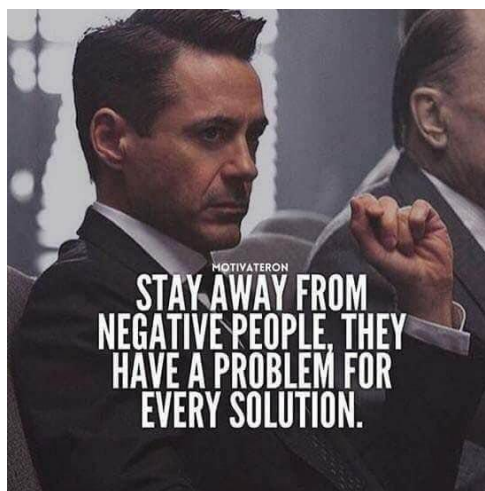
PERSPECTIVES



"Sometimes the thing that's holding us back..."



"Is all in your head."



- 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*



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