



The 1111 Reset Momentum Sheet

This month's 1111 Reset Topic: _____

Date: _____



I participated live



I watched the replay

Based on what you learned in this session, it's time to create your personal 1111 Reset Game Plan. To build momentum moving forward this month, define below: one new insight, one habit to stop, one action to start, and one empowering reframe—transforming reflection into clear direction and intentional action.

1

New
Insight

I learned...

1

Habit I
Will Stop

I will stop...

1

Action I
Will Start

I will start...

1

New
Empowering
Reframe

One negative thought/belief that I've been holding onto within this topic:

My new empowering reframe of that thought: