MOVING FORWARD STRATEGIES
*Presents...*

THE 1111 Reset™

# My 1111 Reset

## *Journal*

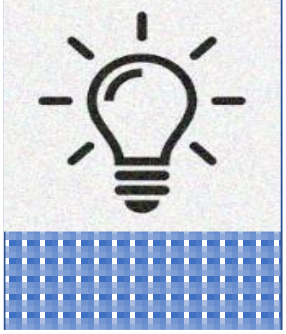
## Reset Your Identity:

*From uncertainty to certainty*

Date: _____

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

Activity



✓ **<u>Identifying and prioritizing your top 3 core values</u>**

What are core values?

"Traits or qualities that represent an individual's highest priorities, deeply held beliefs and core, fundamental driving forces."

# Identifying your core values

***Value:*** *a belief, mission or philosophy that's passionately meaningful to you.*

**LIST OF VALUES**: Circle your **TOP 10**, then star your **TOP 5**.

| | | |
|---|---|---|
| Abundance | Discovery | Love |
| Acceptance | Diversity | Mastery |
| Accomplishment | Education | Meaning |
| Accountability | Efficiency | Nature |
| Achievement | Empathy | Optimism |
| Adaptability | Enjoyment | Originality |
| Acknowledgement | Energy | Passion |
| Adventure | Excitement | Peace |
| Affection | Exploration | Perseverance |
| Appreciation | Excellence | Persistence |
| Ambition | Faith | Personal growth |
| Authenticity | Family | Practicality |
| Balance | Freedom | Productivity |
| Belonging | Friendship | Progress |
| Bravery | Fun | Quality of work |
| Calm | Fairness | Reliability |
| Challenge | Generosity | Resourcefulness |
| Charity | Gratitude | Respect |
| Cheerfulness | Hard work | Safety |
| Clarity | Happiness | Security |
| Collaboration | Harmony | Self-esteem |
| Commitment | Health | Sensitivity |
| Communication | Holistic living | Service |
| Community | Humor | Simplicity |
| Connection | Improvement | Spirituality |
| Contribution | Inspiration | Stability |
| Confidence | Integrity | Success |
| Creativity | Intelligence | Teamwork |
| Courage | Intuition | Tradition |
| Curiosity | Innovation | Trust |
| Determination | Joy | Unity |
| Dignity | Kindness | Variety |
| Dependability | Knowledge | Vitality |
| Discipline | Leadership | Wisdom |

# IDENTIFYING MY TOP CORE VALUES

*Why is it powerful to identify your top 3 core values?*

Because it gives you CLARITY about what's MOST important to you. If you incorporate these values into how you work, make decisions and spend your time during the week, you will feel alive and fulfilled. If these values do not show up during the week, you will feel a disconnect as if something is missing.

From the "List of Values" sheet, list your TOP 5 values that you starred:

1. _____

2. _____

3. _____

4. _____

5. _____

# MY TOP 3 CORE VALUES PRIORITIZED

- **1.** _____
- **2.** _____
- **3.** _____

4. _____

5. _____

Activity

## ✓Creating your personal mission statement

*Why is this so valuable to create?*

**It describes your convictions, what you stand for, and how you plan to create a life that embodies your values.**

In other words, it becomes your personal definition of success.






1. What are you most passionate about?
2. What legacy would you like to leave?
3. Who or what do you want to impact?
4. What unique qualities, abilities, skills and traits do you have to offer?

# MISSION STATEMENT STRUCTURE

My mission is to___ACTION___ for___WHO___ by___SKILLS___ to___DESIRED RESULT___.

## EXAMPLE



My mission is to inspire people through creating transformational experiencesin order for them to gain clarity about their true value and potential in order to create their most fulfilling personal and professional journey!

**Draft:**

To (action):

For (who):

By (doing what):

To (get what result):

## MY MISSION STATEMENT

**My mission is to**

# Aligning Your Values and Actions

|  | VALUE #1: | VALUE #2: | VALUE #3: |
|---|---|---|---|
| Actions or activities you can start doing that are aligned with this value | | | |
| Are there any areas in my life where I could be more intentional about incorporating this value? | | | |

## ***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*

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