MOVING FORWARD STRATEGIES
Presents...

THE 1111 Reset™

My 1111 Reset

Journal

Reset Your Gratitude:

From Fear to Expansion

Date: _____

☐ I took this live

☐ I took this from the vault

What's My Fear?

What are YOU most afraid of? What are the fears that are holding you back?

My #1 overall fear is _____

If I was a person who wasn't afraid of this:

1. How would I feel?

2. How would I carry myself?

3. What would I be doing?

4. What would I be saying to myself?



F.E.A.R. = False Evidence Appearing Real

"Decide that you WANT IT… MORE than you're afraid of it!"

The TRUTH IS!:

Remembering that you ALREADY have the strength!



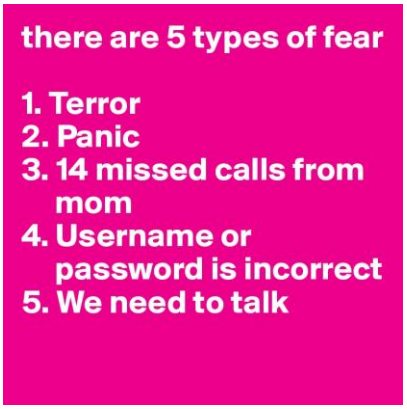
What is one difficult obstacle I've overcome in the past and how did I do it? What emotional resource did I access within myself to do it? (Ex. conviction, persistence, humor, courage, perspective, etc.)

...because sometimes we just need a good laugh!!!

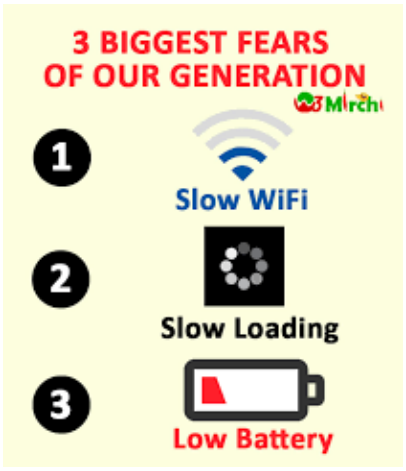














Six Additional Steps to Help You Break Your Fears



1. Take _____ _____.

   (They stimulate your body's relaxation response.)

2. Perform a _____ _____.

   (That way when you are faced with it, your brain is already familiar with it and it won't have such a large fear effect on you.)

3. **ASK YOURSELF:** Was there a time in the past where I did this or something like this and I wound up okay?

4. Stay in the _____.

5. Get a _____ to replace the fear chatter.

   Mine will be:

   _____

   _____

6. Break down what you want to be able to do in _____

   _____.

The Attitude of GRATITUDE...





Fear and GRATITUDE are two emotions that CANNOT exist at the same time!

What are three specific things that happened since you woke up today that you can be grateful for?

1. _____

2. _____

3. _____

Let's take time today to reflect on gratitude instead of fear. List below ALL that you have to be grateful for, all that you have been blessed with in your life...

_____

_____

_____

_____

_____

_____

_____

_____

_____

Our Greatest Fear —Marianne Williamson

It is our light not our darkness that most frightens us

Our deepest fear is not that we are inadequate.

Our deepest fear is that we are powerful beyond measure.

It is our light not our darkness that most frightens us.

We ask ourselves, who am I to be brilliant, gorgeous,
talented and fabulous?

Actually, who are you not to be?

You are a child of God.

Your playing small does not serve the world.

There's nothing enlightened about shrinking so that other

people won't feel insecure around you.

We were born to make manifest the glory of
God that is within us.

It's not just in some of us; it's in everyone.

And as we let our own light shine,
we unconsciously give other people
permission to do the same.

As we are liberated from our own fear,
Our presence automatically liberates others.

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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