



My 1111 Reset

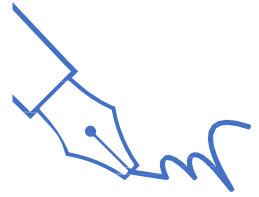
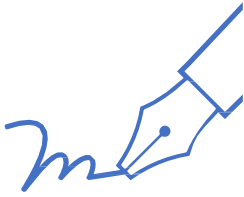
 *Journal*

Reset Your Stress:
From frazzled to free

Date: _____

- ☐ I participated live
- ☐ I watched the replay

YOUR OWN PERSONAL "STRESS DUMP"



1. Below, **list** all the people, circumstances and thoughts that are stressing you out in your life & business!
2. Next to each one, **rate** each thing listed from 1-10, 1 being not really that stressful at all to 10 which is, "I can't take it anymore! It's taking over my life!"

PERSON/CIRCUMSTANCE/THOUGHT BE SPECIFIC! RATE IT 1-10

1.	_____	_____
2.	_____	_____
3.	_____	_____
4.	_____	_____
5.	_____	_____
6.	_____	_____
7.	_____	_____
8.	_____	_____
9.	_____	_____
10.	_____	_____

*Stress is often caused by you
wanting to control the
outcome of everything!*

THINGS I CAN'T CONTROL VS. THINGS I CAN CONTROL

NOW...

**Cross out the things on the list YOU JUST
DECIDED you CANNOT control!**



www.The1111Reset.com

LETTING GO...

Here's 3 ways to do it!



1. **“Holding up an object”** activity

2. **Forward Pacing:** Reflect - If I don't let it go, how will it affect my work, life and everyone I love 5, 10, 20 years from now?

When I **DID** let go, how did that affect my work and life for the better?

3. **CONTROL** what I **CAN** control!

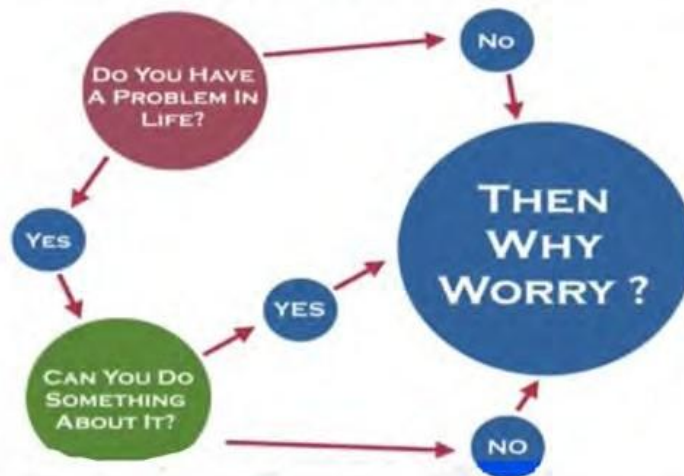
Circle each item left on your “kick stress list” that you did NOT cross out and write **ONE** action step that you will take for each item so that the *stress* turns into success! (Yeah, I know, that rhymes ;)



Items I did NOT cross out <i>(I was stressed by this ONLY because I wasn't taking action on it!)</i>	One Action Step I will take on this to get back my power!
1.	
2.	
3.	
4.	
5.	



WHY YOU NEVER HAVE TO



WORRY IN LIFE AGAIN

WORRY IN LIFE AGAIN

- 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

www.The1111Reset.com