Set & Reset

When you find yourself in situations where you are not showing up in a way that you want and/or not able to stick to desired behaviors, it's time to create a set point within yourself.

⬜ SET:

1. Decide _____.

2. Put that desire into an _____:

   - "I am a calm and loving mother with Hunter" or "I am confident when I'm speaking"

   - "I am the kind of person who weighs 130 pounds"

3. Say _____.

   - Post the affirmation in areas like: _____ ,_____ ,_____ ,_____.

When you've realized that you've left your set point, it's time for the reset.

🔄 RESET:

1. When dealing with that certain person or situation, and you have found that you are not at your set point, reset by _____:

   - "If_____?"

     - This statement works because it brings you immediately brings you back to the _____.

       _____

       _____

       _____

     - The _____ answer you receive is the correct one.

       _____

       _____

       _____

- o If you start _____, you will most likely leave the present

  moment.

  _____

  _____

  _____

- o Notice what the answer is.

  _____

  _____

  _____

4. Remember, no one else needs to know you are doing this. You can do it quickly, in your mind during the situation, or excuse yourself for a moment to ask the question. The key is to do exactly what comes up as the answer immediately, without analyzing or judging it. Trust the answer is the right way back to your set point.