

RESET

*Yourself for
Confidence and Fulfillment*



by Connie Jo Holmes

A close-up, high-contrast photograph of a person's face, focusing on the right eye and eyebrow. The image is in black and white with a blue tint. The eye is looking slightly to the right, and the eyebrow is well-defined. The skin texture is visible.

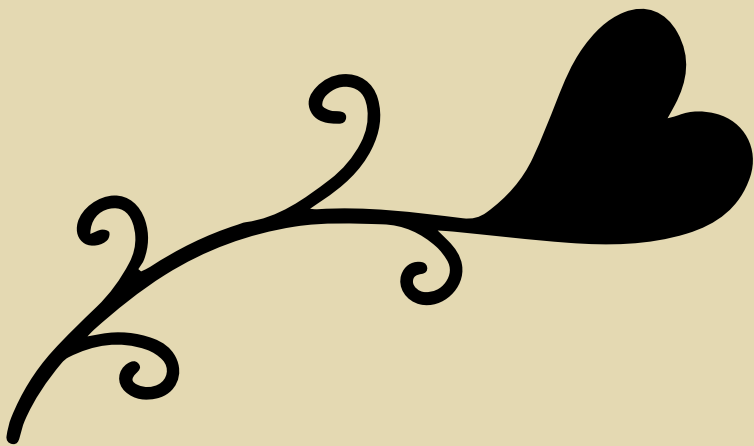
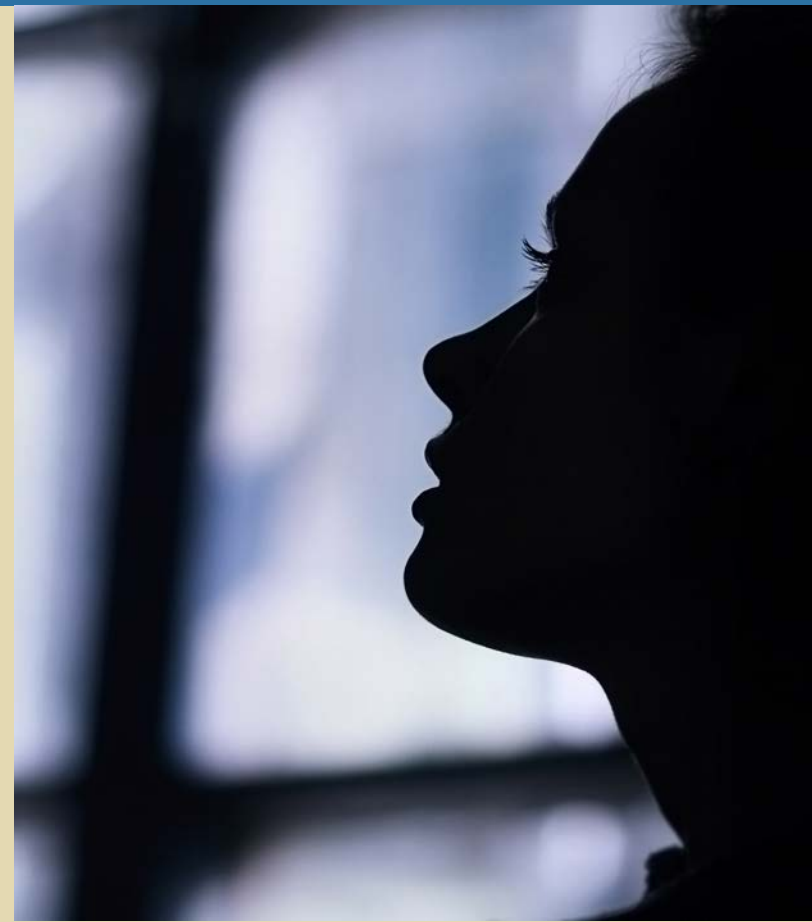
RESET YOURSELF FOR CONFIDENCE AND FULFILLMENT

BY CONNIE JO HOLMES

Life is very similar to a roller coaster. Ups, downs, flips, screams, laughs, tears, excitement, sickness, and picture-taking at the most surprising moment. No matter what roller coaster you were on, and whether you loved it or hated it, you still need a moment to reset yourself before you go on to the next one.

This is very similar to what happens in life. we all have high highs and low lows. Both should make us always stop and self-reflect. For the high highs you want to evaluate what went well and how you did it so you can do it again. For the low lows, you want to evaluate so you can learn from it and grow. Sometimes the low lows can be low enough or last long enough that we find ourselves in a bit of a slump. I have found that when I am in a slump, the best thing I can do is to RESET myself.

I have developed the RESET Method to (re) build your self-esteem and self-confidence. Unfortunately, when we get into a slump and stay there too long, our self-confidence can take a hit. Our self-confidence is our backbone, our heart, positive attitude, and open mind, so it is nothing that we want to risk losing! RESET was purposely chosen for the acronym because it is also a friendly reminder to reset your thinking to reset yourself.



I have found in my life that this RESET method works for most setbacks in life. Losing a job, becoming an empty nester, having a breakup, not getting that promotion, taking longer than you thought and planned to reach a certain goal, or anything in between.





*Here are the steps to
RESET yourself:*

**R = Remind yourself
where you are and
where you want to be**



This is taking a break from all that is buzzing around you. Your questioning mind, the negative thinking, and the spinning of your thoughts. When you take a break for a moment you can slow down and give yourself time to assess the situation, do some self-reflection, and learn and grow from the experience. If you have simply been in a funk lately and can't tie it to a specific situation, that is fine. No matter the reason, it is important to stop and think for a moment. No matter the situation, here are some basic steps to take:



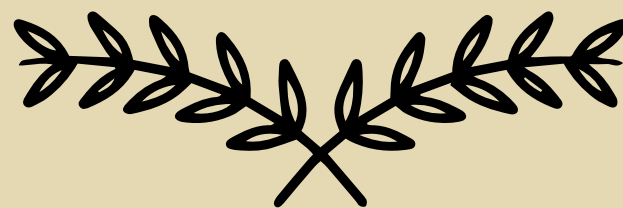
RESET Yourself for Confidence and Fulfillment

1. *Stop and notice that you are “off” and sit with it for a while.*
2. *Write down what is going on. What are you thinking? What are you feeling? What do you want to say to whom? What led to how you are feeling? How do you feel about how you are feeling?*
3. *What do you want/where do you want to be?*
4. *Why do you want what you want and why do you want to be there?*
5. *What can you do to move forward?*
6. *Write down how you want to feel differently after you have done #5 above.*
7. *Write down what your next steps are to move forward and beyond the current situation.*



Once you have your thoughts and feelings down on paper and have taken the time to really think and feel, you can better assess the situation. It is important to remind yourself of where you are, where you want to be, and why you want to be there. Remember that your why is what drives you, especially when you are tired, unmotivated, and not seeing the progress you would like.

Bottom line: your why needs to be stronger than any excuse you can make. Also, you have to know where you are going so you know when to celebrate your arrival!



When thinking about where you want to be, remember to think big, knowing that nothing is too crazy. Also, it is important to talk and act as though you already have whatever it is you desire. Do you desire to be a published author? Then speak it into existence rather than speaking it into lack. Use words such as, "I am a published author" or "I am on my way to become a published author" instead of, "I am trying to write my book."



Lastly - and arguably most importantly - ALWAYS show gratitude when you begin to see forward movement. Then, when you get to your end destination, really show your gratitude!

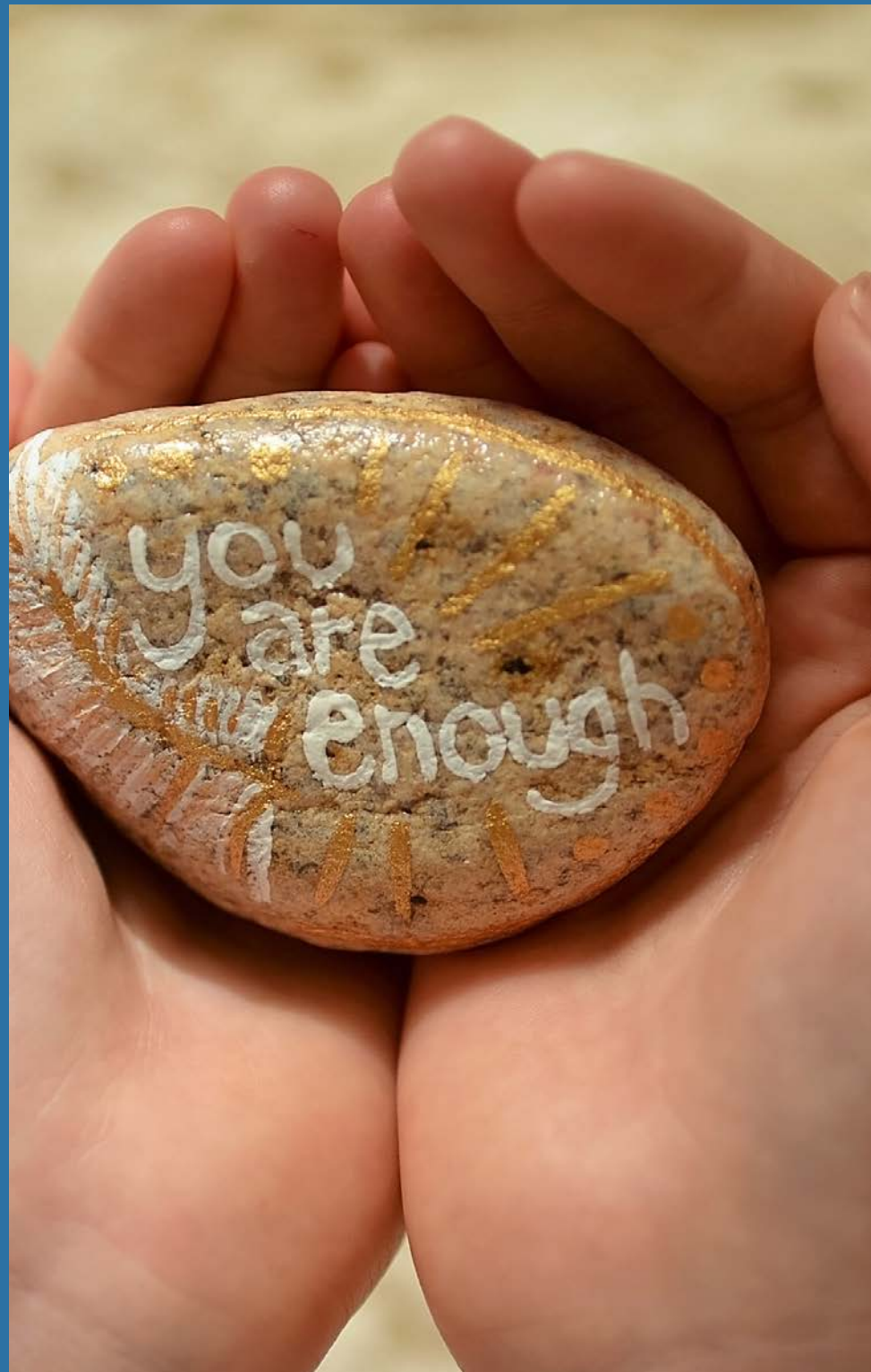




**E = Edit the voice in
your head to remind
you that you are
enough**


It has been reported that we have up to 70,000 thoughts a day. I really don't know how you can measure such a thing, but from my personal experience with my own monkey mind, I know it is A LOT and that number is certain to be pretty close to accurate! Therefore, you MUST make sure these thoughts are positive, productive and empowering! You have to be your own biggest cheerleader in life.

When you may be facing a setback, it is important to remember a few things. You are NOT a failure. Truly, whatever happens in life is a blessing or a lesson. We also have to trust in divine timing and remember that when a window closes it is because a door will soon be opening. Everything that happens, happens for a reason. Temporary setbacks do NOT define you. Your comeback defines you!





Much like if you wanted to create a lean, muscular body, you would eat well and you would lift weights. Eating well cleanses your body and nourishes it for good health. Lifting weights is a repetitive practice that, over time, builds a strong muscle. The same is true for your mind. Eating well is equivalent to having much more positive thoughts than negative, having a hopeful and optimistic attitude, and having a curious outlook. Lifting weights is equivalent to developing daily habits that strengthen your mind for positivity and joy, remembering that what you focus on is what you see.



Today I am
grateful for

A way to develop a daily habit to strengthen your mind is by listing daily several things you are grateful for. How does being grateful give you a life of self-acceptance that leads to confidence and fulfillment? Once you train yourself to always find the positive in life, it brings you joy, and joy leads to fulfillment. When you find reasons to be thankful in your life, even if things are not going well at the moment, it is easier to accept your current situation. Being grateful leads to confidence because you begin to see, after showing gratitude every day, that you have more in your life to be thankful for. The ability to not only manifest this but also to have a positive perspective gives you self-confidence. You trust that you will always be ok.



To help edit the voice in your head, there are two exercises. The first one is to daily list 5 things you are grateful for. You can do this whenever you desire, but in the decade plus that I have been doing it I find that right before I go to bed is the ideal time. Not only is this a natural reflection time part of my day, but it is also a positive way to go to bed at night and to leave my subconscious mind with several things to be grateful for.



The purpose of doing 5 things is because, after the “obvious” things to be grateful for such as [hopefully] a roof over your head, food in your refrigerator, a car in your driveway, a job, and friends and family, coming up with 5 things every single day forces you to dig deep and look around you and find all the little things in life to be thankful for. Do you have a cat that sits near you while you drink your morning coffee? Does that bring you joy? Did you catch all green lights on your way to work and you weren’t so rushed before your first meeting of the day? Was your favorite food on sale this week at the grocery store and that saved you some money or allowed you to buy more?

You get where I am going with this. The point of remembering the small, every day details that put a smile on your face is so that you train your mind to notice everything that occurs in life and not just the big, exciting things. Yes, when you get a promotion or a raise, for sure that goes on your list! However, those things don't occur every day, so it is important to look around and find what else makes you happy and your life a little bit easier or joyful.



I have also found in my decade-plus of doing this nightly exercise that when things do make me angry or riled up, they don't last as long or they are a bit "softer" than they used to be. This is because I am able to see these moments as just that – moments – and not something that has to define the day, especially when I am surrounded by blessings constantly. Actually, we all are! We just need to start looking for them and remembering them and thanking them for making an appearance in our day.





The second exercise is to “flip the switch.” Every time you think a negative, unproductive thought, you catch yourself and change the thought to something positive and/or productive. I find that it helps even more to think or say out loud “STOP!” because that is a pattern interrupt, something to stop a thought in its tracks. After you say STOP! Imagine yourself flipping the switch similar to what you would do with a light switch. When you flip the switch in your mind, this is your time to change whatever negative and unproductive thought to something positive and productive.

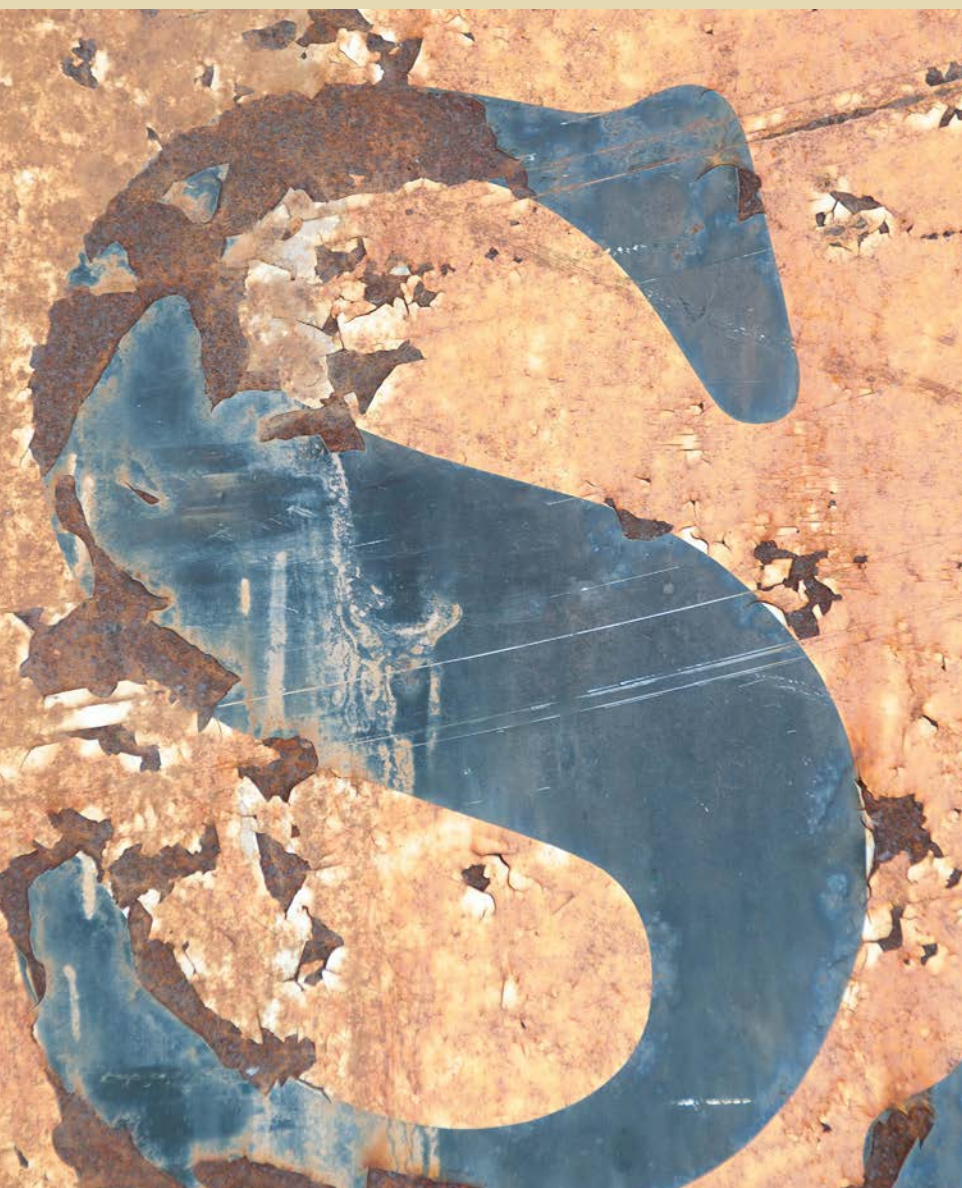
This is a good habit to get into. Not only does it change your mind and attitude from being negative to becoming positive, but it also changes what you put into the Universe. People underestimate the power of thoughts and the words we speak. What we think and what we speak become reality. Just think for a moment of the “Debbie Downer” that we all have in our life. She is hard-pressed to find much positive in her life and she is always complaining. When you look at it, she probably does have much to complain about. Is it bad luck, or is it the environment that she is complaining into existence time and time again? Compare this to the “Positive Polly” that we all have in our life. She is the most bubbly, happy person you have ever met, and you wonder if it is real or it is fake. Was she born lucky, or is her outlook and attitude allowing her to see life through a beautiful lens?

I cannot answer this question. All I can do is encourage you to do the “flip the switch” exercise for a minimum of 30 days, but preferably 66 days so you can see for yourself how Debbie Downer and Positive Polly have created their own environments.

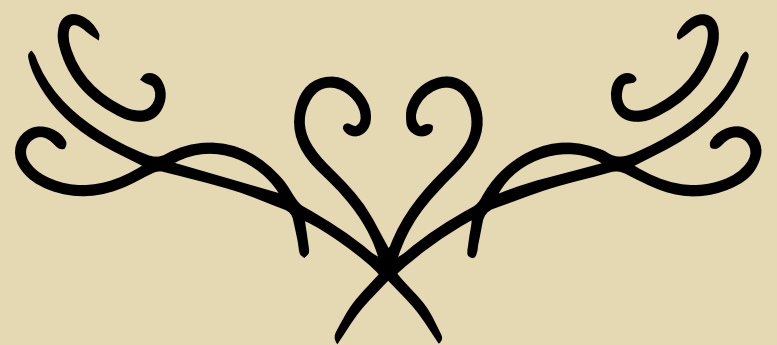
66
DAYS!



Are you wondering why I suggest 66 days? It is because, depending on the habit (easier or more difficult) you can develop a good habit in 21 or 28 days. However, for it to be an automatic habit, it will take 66 days or sometimes even longer.



**S = Structure your
life for success with
strong habits**



S is to structure your life for success. What does that mean? Only you really know, but a good place to start is to look at the main areas of your life: self-care, relationships, home, career, health, and free time. Would you be a bit happier if you lost 10 pounds and had more energy? Then build into your schedule time to walk for 30 minutes several times a week. Would you be happier if you talked with your spouse more? Then build into your routine a date night a couple of times a month. Do you need to make more money? Then schedule time to take classes or job hunt.

How do you do this?

1. Get it on paper.
2. Look at it daily.
3. Notice how you feel with success under your belt.
4. Use this momentum to hit the next goal.



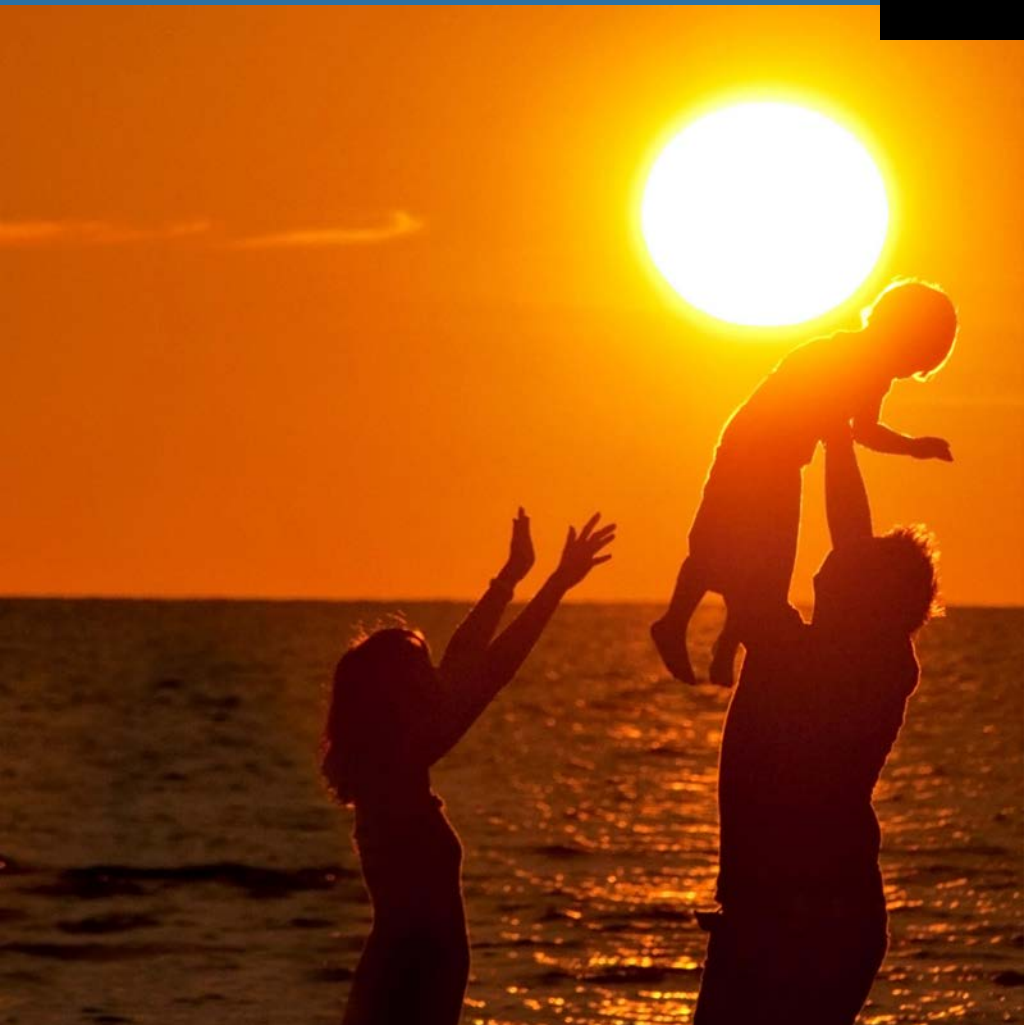
Ok, but HOW do you do this?
I have created a goal sheet to help you get started. A few things about goals and the form I use:



1 Start with the outcome because this identifies what the successful completion of the goal looks like for you. For the sake of explaining this goal sheet, let's use for the outcome, "By 12/31/2021 I will be an individual who lives a healthy lifestyle by moving my body regularly, eating mostly healthy foods, and has uplifting, positive relationships in my life."

Name:						Date:		
Outcome (what end looks like):								
Why (what drives you):								
How (very high level and measurable):	Strategy 1:	Strategy 2:	Strategy 3:	Strategy 4:	Strategy 5:			
Tactics (the details of how you will get it done):	1.	1.	1.	1.	1.			
	2.	2.	2.	2.	2.			
	3.	3.	3.	3.	3.			
	4.	4.	4.	4.	4.			
	5.	5.	5.	5.	5.			
	6.	6.	6.	6.	6.			
By when:								
Milestone 1:				Milestone 2:				
Milestone 3:				Milestone 4:				
Milestone 5:				Milestone 6:				

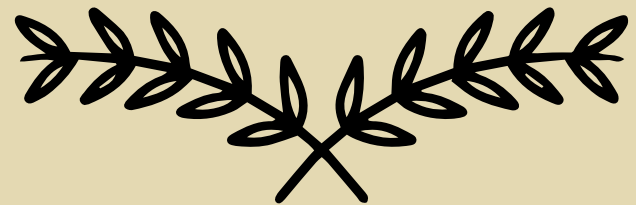
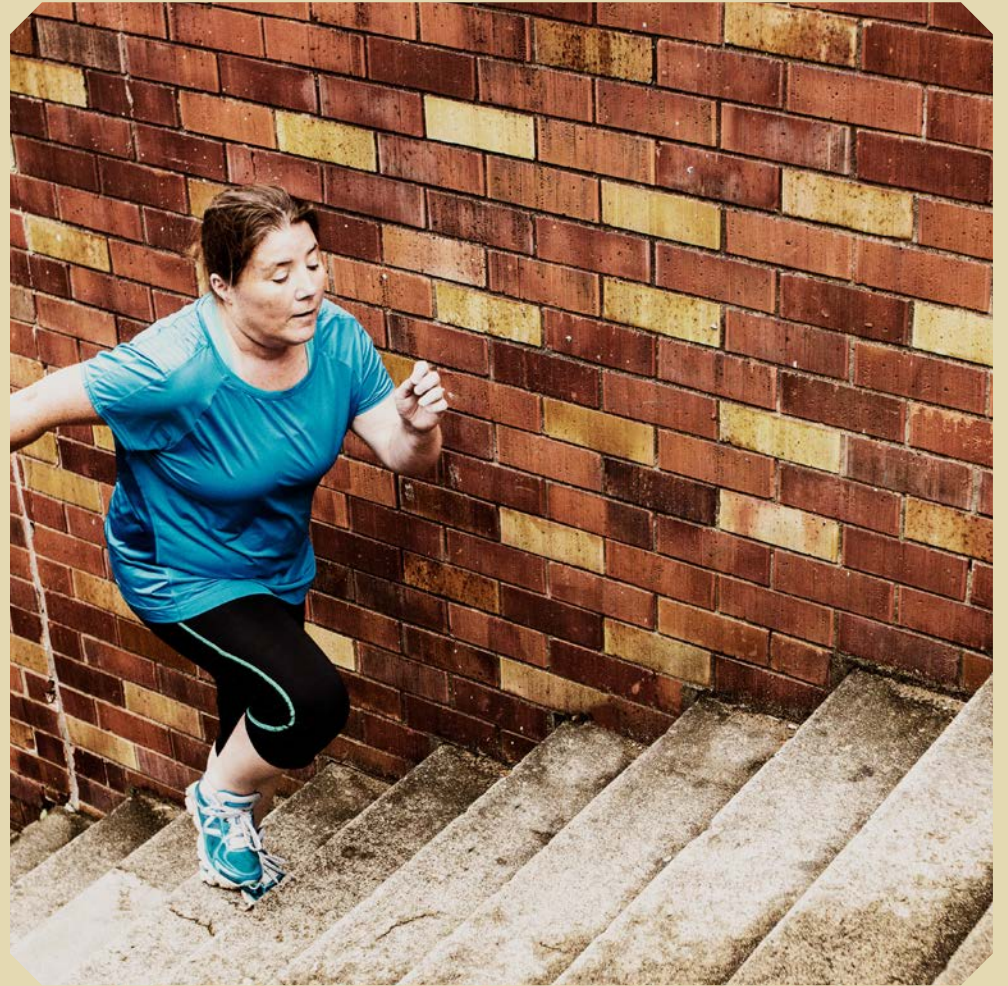
2. *Identify why you want this goal. Dig deep with this to get to the real reason you desire the goal. Rather than saying, “I want to live a healthy lifestyle because I want to be fit and have more energy” consider drilling down to the why of that why. “I want to live a healthy lifestyle because a healthy mind, body, and spirit is important to me since I know they are all connected. With healthy relationships I will be uplifted and inspired to be my best self and with a healthy body I will have the energy and stamina to be, do, have, and give all that I want to in my life.” Can you see how much richer this why is? With it being richer it will help drive you even more on days when you aren’t feeling like working towards your goal.*



3. *The how should be the high-level things or areas you need to focus on. Using the example that we have, the strategies could include: a) movement; b) food intake; c) time with family and friends; d) alone time.*



4. The tactics are where the details come in to play and these are what you will do daily or close to daily to reach your goal. An example of tactics under the movement strategy would be: a) walk for a minimum of 30 minutes/day 4 days/week; b) take the stairs at work rather than the elevator; c) do squats while I brush my teeth in the morning; d) take 5 minutes nightly to stretch before I go to bed. An example for the alone time strategy could be: a) listen to podcasts while I walk; b) read a book a week or a month.



5. The milestones are intended to keep you on track. When you have a deadline that is by year-end and it is only March, it could be easy to stall your progress thinking you have 9 more months. When you have milestones it keeps you on target, ensuring that you are making regular progress to ultimately reach your year-end goal. Remember, deadlines are deadlines. You can alter these, and you also should not beat yourself up if you miss one by a few days or even a few weeks. The point is that you are working on them and working towards that date the best you can. An example of a milestone is: a) by [date] I will be 5 pounds lighter as a result of my movement and healthier eating; b) by [date] I have two date nights on my calendar and commit to them. One is with my partner and the other is with my friends.



To help people even better with reaching their goals, I suggest two things. One, place them in plain sight where you will see them every day. If you have a medicine cabinet in your bathroom, tape them to the back of your medicine cabinet mirror so you can look at them while brushing your teeth or combing your hair. Seeing your goals often is important to keep you motivated and moving forward. You can also place them on your desk, tape them to your computer or laptop, anywhere you can see them every day.



My other suggestion is to either utilize your electronic calendar and/or paper calendar and actually reserve time with yourself to work towards the goal. Is walking at 6am every morning in the summer an option? If so, put 6-6:30 am on your calendar. Date night with partner? Put it on your calendar. Is grocery shopping once a week and doing food preparation as soon as you get home the best routine for you? Then put it on your calendar.

You get the picture. The point is, what is documented gets done!





E = Establish personal values so you know what you stand for and why

If you have never spent time thinking about your values, I strongly encourage you to do so. We all have things that drive and guide us, so actually putting words to them and knowing them is very powerful. They almost become your way of life and your mantra for how you want to live. It is a bit freeing.

For what it is worth, mine are:

- 1. Integrity*
- 2. Thankful*
- 3. Openness*
- 4. Drive*
- 5. Commitment*
- 6. Capable*



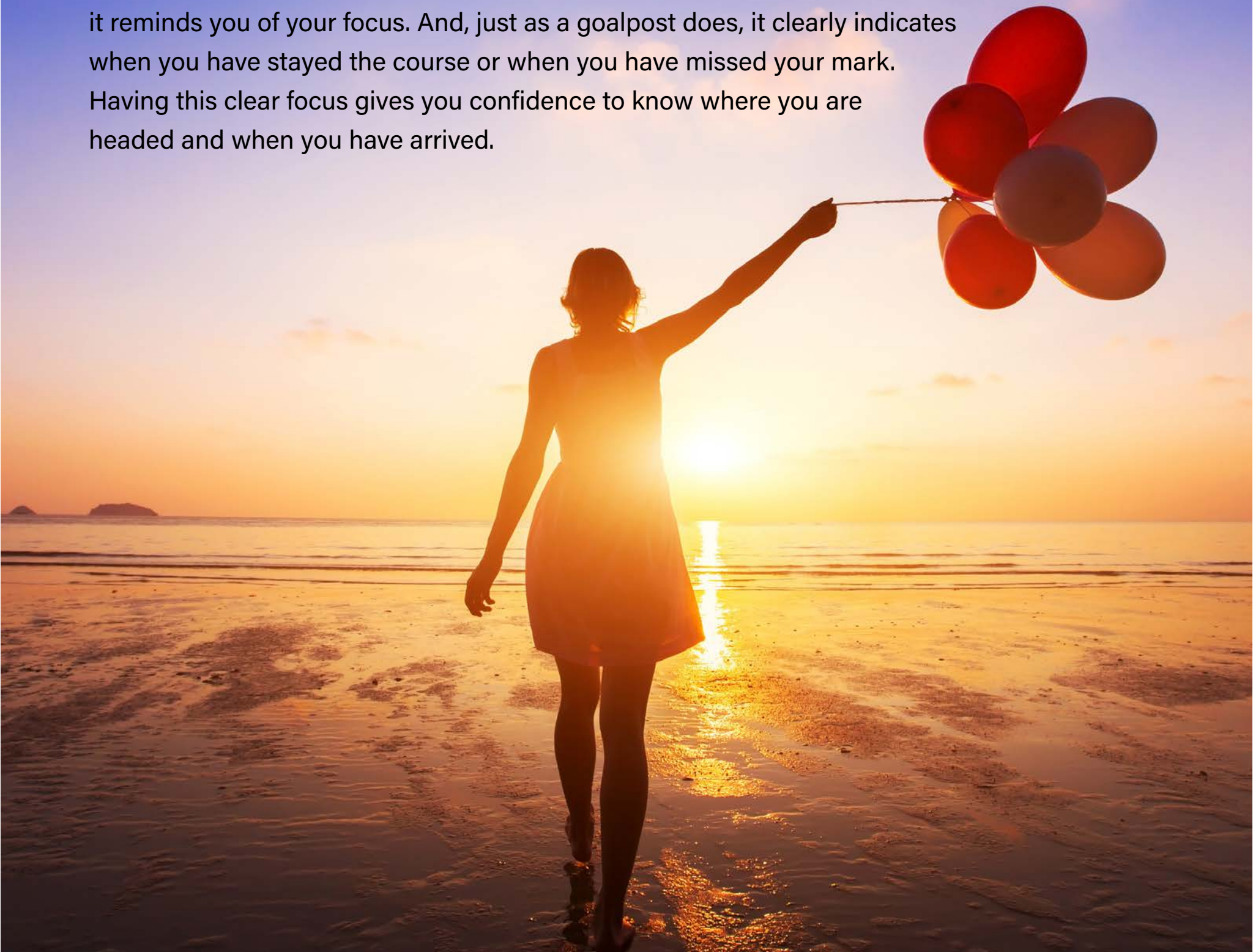
A major step toward a life of self-acceptance is to be comfortable with who you are. Even if there are things you may want to change and improve about your life, loving and accepting who you are at this very moment is vital for being fulfilled. This means not comparing yourself to anyone else. Comparing yourself to others is the gateway to depression. The only person you should ever compare yourself to is yesterday's you. If you are on a path of personal development and growth, only use yesterday's you as your marker for self-improvement.

Those individuals who from a young age inherently know who they are and what they want to be, do, have, and give are extremely rare. It is almost as if they were born knowing their values. Most of us need life experience and trials and tribulations to determine what our values are. There is no right or wrong with what your path is. If you do not already have personal values identified we will do that together. If you already have personal values, we will review and confirm them. Either way, you will have a platform from which you make all decisions for your life. You will find that it is freeing and exhilarating.



RESET Yourself for Confidence and Fulfillment

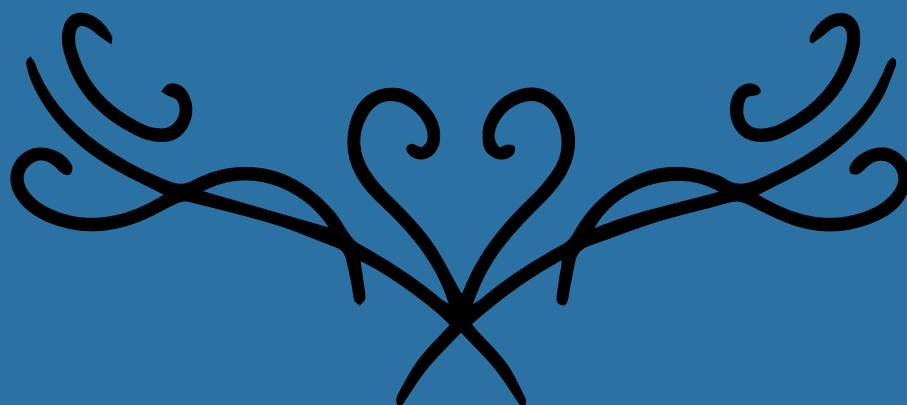
Having strong, personally defined values that guide all that you do is evidence of your self-awareness. Also, with values serving as your foundation, you have confidence in all your decisions and actions. The values serve as your personal goalpost, which is important because it reminds you of your focus. And, just as a goalpost does, it clearly indicates when you have stayed the course or when you have missed your mark. Having this clear focus gives you confidence to know where you are headed and when you have arrived.



An important step in knowing who you are deep in your soul is to know and understand your values. Values are defined as: “a person’s principles or standards of behavior; one’s judgment of what is important in life.” Once you identify your values and use them as the foundation on which all your life decisions and beliefs stand, you become strong in mind, body, and spirit. When you are strong in these three core areas of your life, your independence accelerates. Once you are an independent person, your confidence rises exponentially. With values, there is no question as to why you do certain things or not do certain things. Values help set the direction for your life. As an example, if your health is one of your values, you will structure your life around a daily workout, healthy eating, and time to rest and relax.

The process to identify your values:

- 1.** Find a comfortable location where you can be uninterrupted for one hour.
 - 2.** Take a glass of water with you, and have a pad of paper and a pen. You want no excuses for stopping the flow you will get into and stay in for one hour.
- 
- 3.** Have your cell phone and any other distractions in another room.
 - 4.** Set an alarm for 60 minutes.
 - 5.** Think of a time when you were extremely fulfilled at work, at a volunteer opportunity, or in another situation where you were working with people outside your home. Did you receive certain compliments or feedback that made you feel great? Did you feel a certain way inside your heart? What are the words that you were either told or words that describe your feelings? Write those down. To help get you thinking, were they words such as dedicated, smart, leader, driven, or efficient? Write these words down on the sheet of paper.



6. Think of a time when you were extremely happy at home. What was going on? What were you doing? Who was there? What are some words that describe how you felt deep inside your heart? To help get you thinking, were they words such as fulfillment, peace, organized, or grateful? Write these words down on the sheet of paper.

7. When you have an afternoon all to yourself with no outside responsibilities, what are you doing? If you decide to pick up a canvas and paintbrush, maybe you are creative. If you pick up a book and learn a new skill, maybe you are a lifelong learner or someone who values personal growth. If you decide to take a nap, maybe you value self-care. Write down the words or short phrases that you think of on the sheet of paper.



8. Who was the worst boss you ever had and why? Sometimes we have to learn through the negative, so identifying what you didn't like in a boss can give you an idea of what you do not want to value, and then you can identify the opposite of that. For example, if you had a boss who was a micromanager and watched every step you took with any project, maybe you have decided you want to be trusting or open-minded. If this boss was wishy-washy and slow to make a decision, maybe you want to value judgment or decisiveness. Write these words down on the sheet of paper.

9. Who was the worst boss you ever had and why? Sometimes we have to learn through the negative, so identifying what you didn't like in a boss can give you an idea of what you do not want to value, and then you can identify the opposite of that. For example,



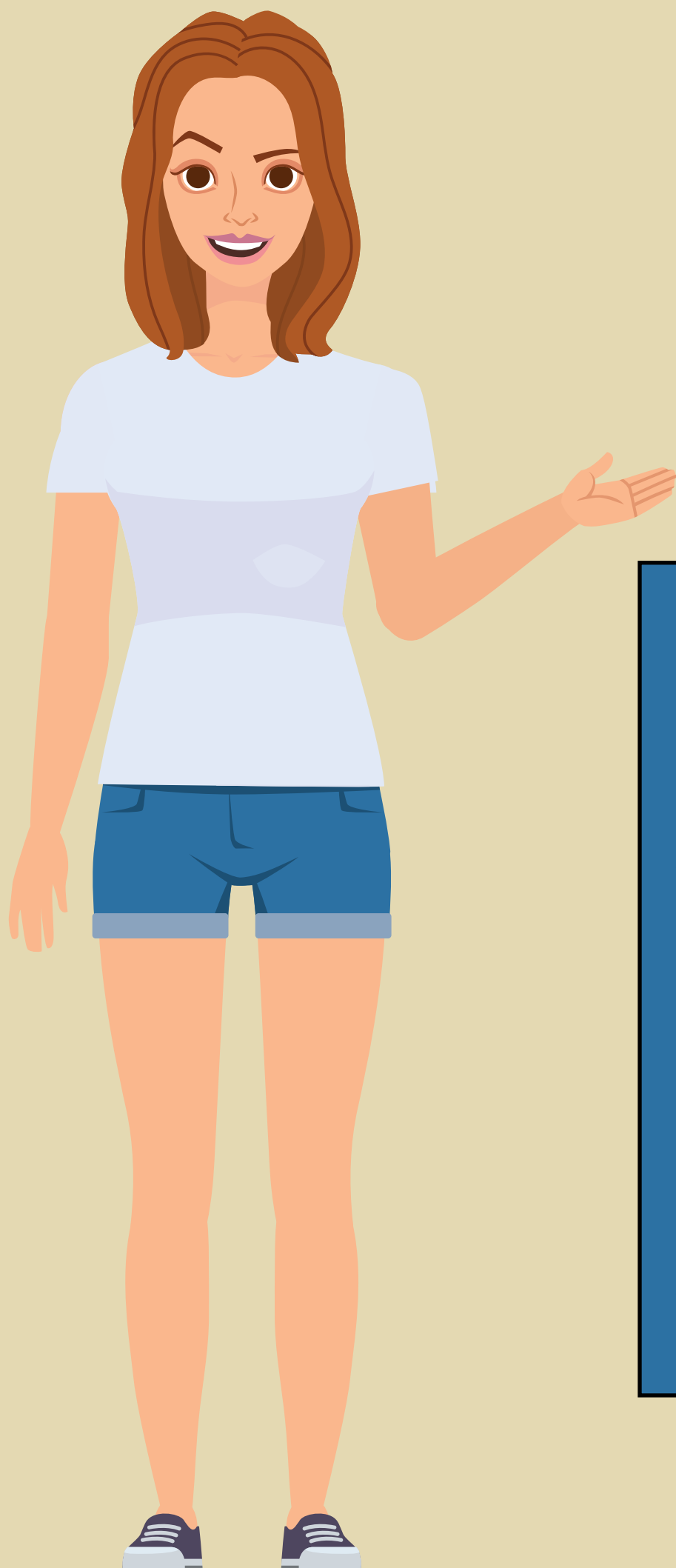
if you had a boss who was a micromanager and watched every step you took with any project, maybe you have decided you want to be trusting or open-minded. If this boss was wishy-washy and slow to make a decision, maybe you want to value judgment or decisiveness. Write these words down on the sheet of paper.

10. Think of an argument you had with someone that left you confused and bewildered. Why were you left confused, and what do you think started

the argument? If the other person reacted in anger, try to go down a layer or two and determine what was under the anger. If you find jealousy under the anger, then maybe a value for you is openness or acceptance. Write these words down on the sheet of paper.



11. Now, rank all of those words using the following as a guide, determining how vitally important these are in your life:



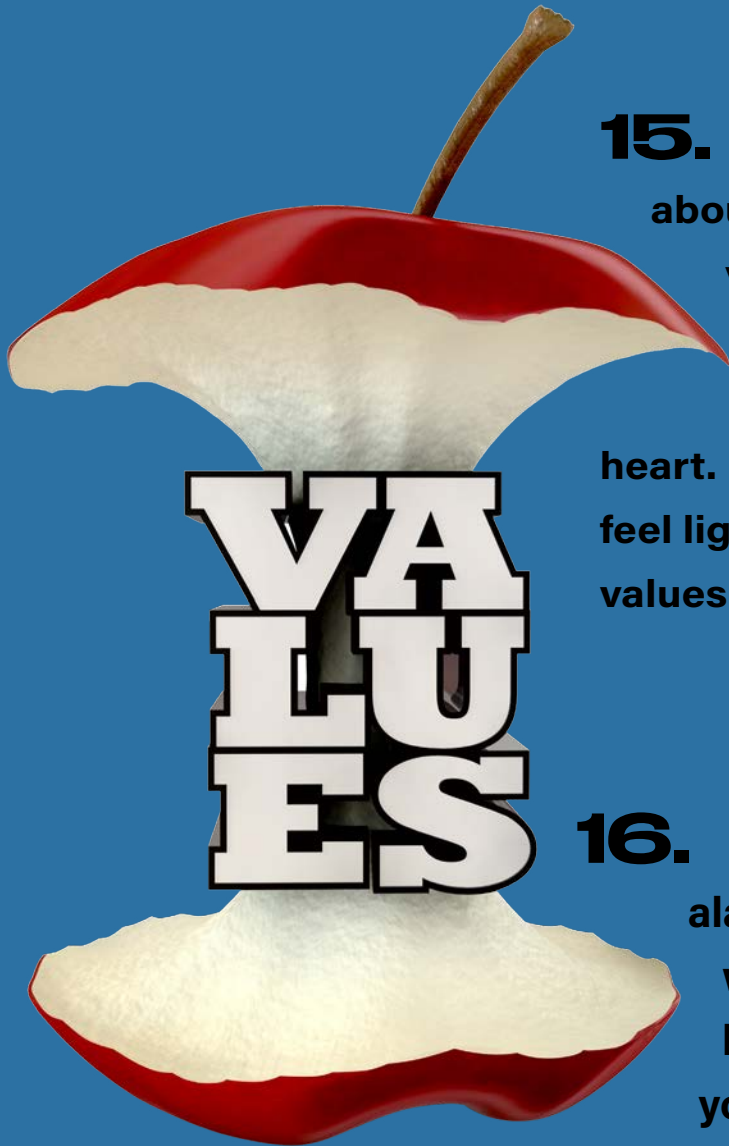
- a.** 1 = Always. Without a doubt, always!
- b.** 2 = Quite often, this is very important to me.
- c.** 3 = Sometimes. It might depend on the day or the situation.
- d.** 4 = Now that I am thinking about it, I could take it or leave it.

12. Take only the words and phrases that were ranked as a 1. Eliminate the rest.

13. If you have more than six words or phrases on your list, you will now need to work hard to reduce your list because you ideally only want to have between 3-6 personal values. You should have a minimum of 3 to give them balance, similar to a 3-legged stool. If you have more than 6, not only do they become hard to remember, but it may also make you less focused and clear on your overall values.



14. If you do not have at least 6 words on your list, you will need to add the words from your number two list and then follow the steps above to reduce to at least 6.



15. If you are struggling with reducing down to 6, think about what you strive to be in your life. Oftentimes your values drive you, so think about what you desire and why. When comparing values against each other, close your eyes and feel the word deep in your heart. Does it bring a smile to your face? Does it make you feel light and happy? Those are beautiful signs of which values resonate with you the most.

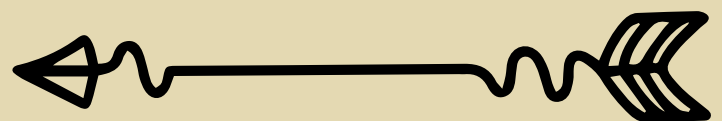
16. Now that you have your values identified, set your alarm for another 20 minutes, and use this time to define what these values mean to you personally. Doing this brings the values to life and makes them personal to you. If you want to consider adding an example to your definition, do that as well.

Nothing helps a person be more self-aware and confident than knowing and living your values. Congratulations on finishing this important step!





T = Take time for you to rest, rejuvenate and recharge





More often than not, neglecting yourself is what got you into a funk and made you lose your self-confidence to begin with. Could this be accurate? It is imperative to take time for yourself, whether it is a night out with friends, an escape to your bedroom to read a book for an hour, waking up 30 minutes early to take a walk, or carving time out in your schedule to take a weekly bubble bath to just sit in quiet and think.

It is important to know that this is not selfish at all. It is medicine for a healthy life. Actually, your family and friends will thank you because you will be much happier, joyful, fulfilled, and light-hearted when you are not stressed out, overwhelmed, and have taken some much-needed time for yourself.

I think by now everyone has heard the story of why the airlines tell you as a passenger that, in the case that we need to put on our oxygen masks, that you put yours on first and then help others. The logic with this is because if we help another person first who is having difficulty and we run into difficulty with putting theirs on, we could pass out from lack of oxygen before we get theirs on. The result of this would be two individuals who do not have oxygen. Whereas, if you put yours on first, you are not only assured that you have oxygen, but now you have a level-head to help the other person, something that you may not have had before if you were panicking and in a rush.

Always
take care of
yourself first





When you can look at this example as self-care and translate it into your daily life, you will

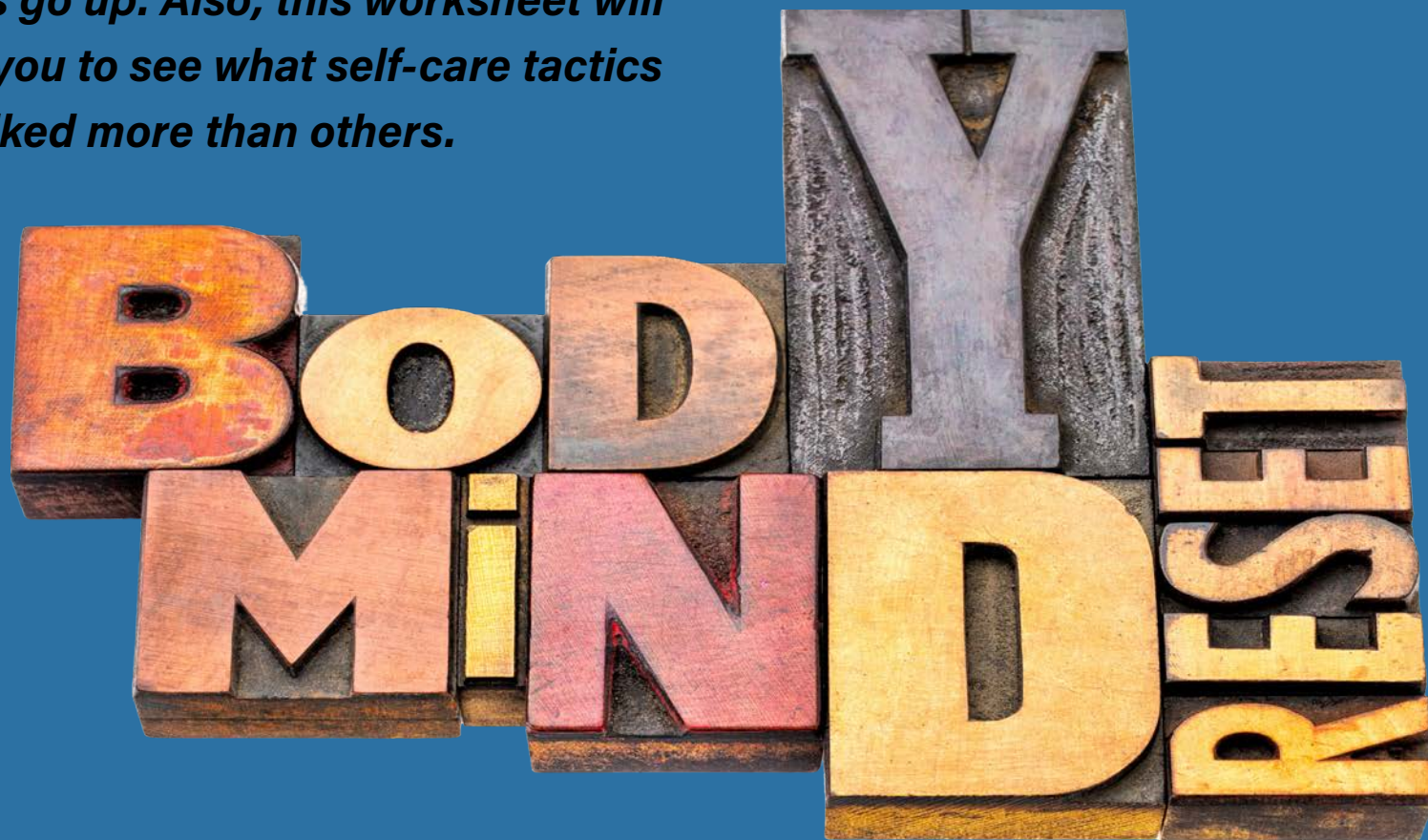


see that taking time to collect your thoughts, destress, and plan and organize your week is similar to putting on your oxygen mask. Without you taking the time to do this, you are behind schedule, have forgotten things, and are now stressed. With being in this state, you are not the best version of you for yourself and those around you. Now nothing good has been done for anyone. Opposed to, if you would have taken 30 minutes on Sunday night to

destress and collect your thoughts while relaxing in a hot bath, then spent 15 minutes writing down the highlights for the week once your mind was clear, none of the important things on your calendar was forgotten and they were done in a no-stress or less-stressed manner, and everyone wins.

I encourage you to begin to train your brain to think of it like this. We MUST move from believing that self-care is selfish and “fluffy” to knowing that it is vital and empowering and supports the entire household.

To help support this, I have a worksheet that is more of a tracker to help you see, over time and with your own eyes, how self-care makes a difference in your life. Do not be surprised when you see less time spent on self-care that your stress levels go up. Also, this worksheet will help you to see what self-care tactics you liked more than others.



**I
know
that
once**

you have implemented these

RESET methods into your own life, you will

find yourself becoming more confident and fulfilled. However, in order for this to stick and become your natural way of life, you need to do these exercises and stick with them. Do them long enough where they become a solid habit and a routine you look forward to. It is in the repetition that things change, and your life is transformed.



Since life is life, there may be an incident in the future that knocks you off your game for a bit. If this is the case, go through this process again, knowing how effective it is. The beautiful thing is that whenever you need to go back to it, the process will be more efficient and even more effective because you know how to do it and how to apply it to your life. Also, odds are you do not need to go through every single step each time. You will need to visit the situation to know where you are and where you want to go, possibly alter some of the voices in your head, and maybe write a new goal document. I would challenge you here to see if your self-care routine changed at all. If it did, possibly that led to life knocking you down again?

All of this is connected. All of it supports the other. Each step is important to a fulfilled life. You can do it!



With love and respect ~Connie Jo Holmes

**Connie Jo Holmes | Life Coach | Health
Coach | Hypnotherapist**

815-382-3274 | cholmes@bu2bfull.com