

# **Reset Chapter 1 (It's a choice)**

## **Questions for discussion**

### **1. Where in time would you like to return to and why?**

By yourself or better yet, in a group, talk about why you regret not doing something better in the past. If you did change the past what does that say about the future? I think recounting our footsteps is ok but only for amusement more than regret because you can't change it. You can however, learn from the past. A reset loves to see where we have been but yearns for the future of discovering an improved you.

*"We can't go back but we can reset. There is a chance to start over a little older and a little smarter. Part of the going back idea is that we could make things right the first time. Have you pondered the question: "Do I go back as a young person or as who I am now" A little experience comes from the things we screwed up in days gone by. Usually it's the only way to make better decisions (the second time). I'd say the mistakes we make redeem knowledge, but the decisions we have made are mixed with luck, randomness, and fate. A reset brings perspective." Chapter 1, p, 1*

### **2. What is true to you?**

Do you see the whole picture in life? I like the thought that God is outside of time. He can see the big picture. His wisdom in navigating life can be helpful because he sees forks in the road before we do. The truth is always in the moment. What I believe today might not be true tomorrow. Are there real truths? A person jumping off the ledge of a building usually results in death yesterday, today, and even tomorrow. Seriously, what is true to you and why?

*"My thoughts and convictions were solid: in everything I had become up to that point. I was certain I knew firmly what I believed in. In our early years we learn so much. We take in everything. We also ignore everything. What is true on the surface seems so real when you're young. I didn't think deeper about life, nor had reasons for what I believed. Everything was just true to me. I believed there is no God; that people are nice all the time; and that if a girl comes back it's for life." Chapter 1, p, 4*

### **3. Is there another side to you?**

Who are you? Do you have hopes and dreams you have never experienced? Why not? Is what you became individually not the person you really are inside? A man decides he is a woman. He just had to let it out. We all have strong feelings on this topic. The fact remains that the man needed to be himself. Are you a painter, writer, or some other talent

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you have never expressed but desired to do so? What is that other side of you which you are secretly passionate about? It just might make a better and more complete you.

*“One night another friend of mine gave me a tape by Dr. Laura called “Ten stupid things men do to screw up our lives.” Yup, that was me in a nut shell. However, number 5 caught my attention more than any other “Men you need a spiritual side.” Then she said “Come on now, you know you do.” I knew one thing for sure, I needed something because what I had been doing till now was not working. I was thinking of killing myself. The fight had almost been kicked out of me. From 18 till 33, I experienced two family breakups, and to my dismay had to start over twice. Where are the instructions for that? I wasn't just baked at 33, I was fried. Then Christianity reset me.”*  
Chapter 1, p, 6

### **4. Can failing be fun?**


An artist creates to get a picture out of their head. Michelangelo looked at the block of stone and saw David. We all usually start at the beginning. Failing is just part of getting to the finish line. “Oh that didn't work but it can be fun if we let it.” The goal is to express who you are. What people think or feel about you is truly irrelevant. How you live and work on “You” is relevant. The finished product of “You” is a creation that came from failure and success.

*“The point to the “Swing Effect” is that we try and try until we fail. There is something special about finally getting it right. That is what I really call euphoria. I sat at the edge of the Grand Canyon several years ago with 2000 feet below me. There was no railing or rope just a ledge and fate. The cool part is that 50 other people were doing the same thing. Sure there where one or two just hanging back but not most of us. We wanted to experience the place between life and death. Its why many of us try until we succeed or until we fail. How close will you get before you get burned. We all do it. I know because at the Grand Canyon I witnessed it day after day.”* Chapter 1, p, 7

### **5. Is your life worth someone else living it?**

I was told to live a life that others would find worth living. Be an inspiration to exist. That has been my purpose since my divorce. I just existed before 33 years old. Today I yearn to exist and inspire others. There is a big difference. Do amazing things with the passions you have. What is it about you that “You” are not exploiting?

*“The swing effect reminds us that we get on this scary thing called life and try and stand up. Life is scary but we have to try. Yes we will fall off but there is always a better way to stay on. To hold on tighter first we have to fall off. Sure we see others doing life better than us, but we are not them. They might take risks like standing up on a swing,*



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*but that might not be us. What we can learn from them is to know our limits and challenge our boundaries. Life is meant to be lived not just experienced. Sitting on a swing is no fun, but swinging is. It's all about how "Will" we swing? How "Will" we live?" Chapter 1, p, 8*

### **6. Do you have value?**

One thing is for sure. One way or another I exist. Why? Some say God made you while others say it was random chance we exist. Yet, we think, feel, and have opinions on this life we have. Doesn't that make your life worth something if you have an opinion on it? Things that I don't care about I have little opinion on. We all have thoughts on ourselves and the world around us. That means something.

*"There is a time and place to start over. The most important lesson I have learned is that yes we change, but we are still who God baked us to be. Religion adds to us and in some ways changes us. Religion takes who we were and makes us better models. I know many of you have had very bad religious experiences. Some people in religion have given religion a bad name. I will address that in a bit, but for this chapter I wanted you to see that you are who you are. You have value before you change. You have value if all seems lost. Luke 12:7 says "Indeed, the very hairs of your head are all numbered. Don't be afraid; you are worth more than many sparrows.""* Chapter 1, p, 11