

## **Reset Chapter 8 (How to begin a reset)**

### **Questions for discussion**

#### **1. Is it time for a new chapter in your life?**

All I can say is the past is the past. We can run from it or learn from it. Things happen and they do affect us, but they don't own us. You are who you are and don't need to change for anyone. That said, you might need a tweak here and there. Change is good, but only to adjust and improve. Life is about evolving into more than you know. Are you curious who that person is?

*There is a time and place to moan about the past. These first seven chapters do a lot of moaning. I tried to put a positive spin on the last chapter. We are more than we know. The past can be like an anchor weighing us down. We might drown and never know the truth about us. A reset brings us back to the surface for air. Coming up for air is a scary thing but a welcome end. We can learn and reflect on past events, but somewhere in time it's time to move on. So, let's do that now in the pages ahead.*

*A forced reset is not the way to go. To be thrust into something you don't want to do is ugly. How often do we see evil people looking into a cracked mirror? Their image looks twisted and splintered. The hearts of evil people are black, splintered, twisted, and sad. Something has gone terribly wrong within their lives. Along their life path has been heart break, disappointment, and failure. Within some people, that is a nuclear bomb just waiting to go off. Chapter 8, p, 1*

#### **2. If you could reset your life what would that look like?**

I love the thought of going back in time and making some things better. Still, I might lose my kids, or change a habit that I love now. We have been molded by the things we have experienced in the past. How do you know if trouble has not molded you in a good way? We are the sum of our experiences. Maybe God used these times to shape you. I would love to go back, but I'm not so sure I want to risk it.

*I have often wished for a do over (haven't we all). A reset gives us a sort of do over. We clean house and begin again. On the days we really clean the house we move the furniture all over the place. Ok, the wife asks me to move it over and over till we (she) gets it right. Its' new for a while but somewhere down the road we look for a change. A reset begins the do overs.*

*Have you ever gone back and returned the furniture to the original position? It works but something is not the same as it was before. Often we say "Hey" what was I thinking when I did it that way before. At Canada Post they move the machines and sorting cases around every year looking for a better way. 10 years later those very things*

## **Reset Chapter 8 (How to begin a reset)**

*are back in the same spots they once were, but with one difference: a new perspective. It's about tilting your head and seeing the same stuff differently. Chapter 8, p, 3*

### **3. Who are you?**

We don't just exist. We have an opinion on who we are. That means something. Animals don't have an opinion on themselves, but we do. If we can change, grow, and influence then we are important to someone. We affect others just as much as they affect us. Who are you? Is it possible we might need you? I sleep better knowing and trusting in who I am.

*God flooded a few memories into my head during those times in the mirror. Two types of voices argued over me. One said failure while the other said untapped potential. In a marriage we can leave and try someone new. It's the "You" who needs work not the marriage in many ways. If I had a dime for every person I have met through divorce who changed, I'd be very rich. The way we do marriage needs to change but the relationship remains. The "You" remains but the way you view yourself changes. God held out his hand and asked me plainly "Do you want to live."*

*The reset begins in the mirror. Do you want to live? Before you decide, ask yourself this important question: why? Why am I here? Why would God make me? If life is so darn important to choose to end it then it must have had expectations. Yes, God does have expectations about you. You are unique, not junk, and special. Admit it; you are certainly different than anyone else. This is not just for people choosing to end their life. I want everyone to see that just existing is worse than death. To just exist is like never existing at all. Who are you? Chapter 8, p, 6*

### **4. What are your traits?**

Can you describe yourself? If others describe you what do they say? Do you believe those descriptions? There are tons of questions about you. Are you funny, happy, introvert, or curious. What describes you? Your traits are what we see and receive from you. Do you love to inspire or are you nervous and perspire. To know your traits is like blowing a dam. Self-revelation is uplifting and inspiring. You need to know who you are. It brings out confidence in you.

*In the mirror I began to think. If I'm not junk then what am I? I kept hearing my grade 8 teacher saying: "You are more than that Pat Green." It begins with the choice of trying to find me. Remember "Finding Nemo" is more about self-understanding than the search. Each character discovers something special about them. There is plenty that makes you special. For instance, I self-talk really well. That is useful. I can be positive to myself and others. I can have faith. I can bring hope and belief to others as well as myself. That is a great trait. Chapter 8, p, 7*

## **Reset Chapter 8 (How to begin a reset)**

### **5. Write your “Reset” list today**

On my website is an example page of who I am through my rest list. I also have provided that reset worksheet for you to download and fill in. I took a course years ago on spiritual gifts. They say God gives at least three gifts to us for service once we trust in Jesus. Those three things were me in a nut shell. Making a list of ten traits just expands you a little wider. The three gifts made me curious if there was more to me than meets the eye. I found out there is plenty more: hence the list of ten. Download and fill in your Reset list today, and see yourself like never before.

*Now it's your turn, take my example and make your own list. Write ten things down that you love about yourself. It can be as simple as a single song type to being nervous in lineups. All those things tell me something about you. Do you read in a quiet place or with music blaring? There is so much about you that you never saw before. Once the ten are finished then describe what that person looks like to you. Who would do those things and what are their traits. In the end this is you that you are describing.*

*In the movie beauty and the beast they sing “There is something there that wasn't there before.” The difference with you is that it was always there. We gain new talents like picking up a guitar, but you always wanted to do it. You might like coffee now but you always wanted to try new things. A reset just enhances what you already are inside. These traits have just been waiting in the wings for their chance to show themselves. Like I said before God will show you more about yourself if you will let him. Chapter 8, p, 10*

### **6. We need “You” to share “You”**

What would happen if Alexander Graham Bell never invented the telephone? I'm sure someone else might have done it if he didn't. Are you so sure? What if Colonel Sanders did not make Kentucky fried chicken. Maybe a famous food chain like Wendy's or Burger King would not be inspired. Why are motivational speakers so popular? We have something to share about ourselves. Our thoughts and dreams do inspire others. Is it possible you have something to share that might change the way we live? Are you so sure that you are part of this bigger picture to inspire the human race?

*There is nothing dirty or wrong with how you think or act. You are an individual. God does not make junk so he made you with purpose and desire. This is how I will end. Imagine God sitting at a drawing board making your design. He is laughing and giggling at all your intricacies and quirkiness. He loves the shape of your nose and tweak of a smile that only you have. When he decides it's time for you to grace (And I do mean grace) the world then there you are: a beautiful bundle of joy. That bundle opens up in time and becomes so much more than a baby. The joy is in the heart of God. What he planned and what he needed in this world is now on the scene for all to see. It's time to share “You” to the world is all I can say so begin with your list. Chapter 8, p, 13*