

Simba is a young lion in the Disney movie “The Lion King.” He was the next in line to become king. This young lion cub pondered and sang about that one day when he would be king. This future king had hopes and dreams of what being in control would look like. One day he decided to be brave, like his dad, and go beyond the boundaries of safety. On that day his perspective changed.

Years later Simba is standing before his good friend Rafiki (The Baboon) complaining about past mistakes. The monkey intentionally whacks Simba on the head with a stick.

The young lion says “Geesh, that hurts.”

Rafiki laughs “It doesn’t matter it’s in the past.”

While still rubbing his head Simba moans “Yeah, but it still hurts.”

Rafiki interjects “Yes, the past can hurt, but the way I see it, you can either run from it or learn from it.”

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.

There is no excuse for the wrongs we choose to do. Evil people do not have the right to be evil. I knew a woman who said “She was a bitch so live with it.” That’s nice I got to tell ya. All the harsh words and tough times don’t give us a right to be bitches. What it does do is leave us a footprint of where it went wrong. I knew a person that was abused as a little girl by a family member. Her life has never recovered, but she is getting by as a nice girl these days. I know another girl that was convinced that “Sexual touching by two 8 year olds” was abuse. Once she believed that; her life has gone upside down.

Two totally justified or unjustified situations changed lives. Abuse is horrible, but in the end it leaves one to think about life itself. You might say you are scared, mad, or hurt, but I say your left thinking. We all have to look in the mirror and say “What now.” Some might say “WFT.” Yep, life is certainly unfair, but life goes on. I wrote another book years ago I hope to develop one day. One of the chapters was called “Time.” In it I came up with an idea that time is like a road. It has its own agenda. We are born and land somewhere on that road of time. At that moment our life begins. We now exist but time existed before and after our life span.

Along the way we are affected by events and people that land on that road too. When you pass by people in a car we all look briefly at each other. We are two ships passing in the night. We see their eyes or face but that is all. At other times we hit the car or ship and lives are entangled. Events are like that too. They happen, but in a split second, different outcomes change everything. How often do people tell the story of missing a flight that had crashed? Where they lucky or did they miss a different outcome?

Chuck Swindol tells the story of getting mad at the drivers around him. He calls it his own private time to vent. In a way he loves it. One time he was delayed in traffic and saw an accident happen just ahead of him. It occurred to him that if he was not delayed it might have

been him lying on the road hurt. That perspective has changed his driving private time. Now he thanks the Lord for the time given as opposed to time taken.

That brings me back to this “Reset” thing. “Sin happens” but we are all still here. A friend told me that life gives us a big old sloppy crap burger to eat. We need to smile while eating (and swallowing) what we hate. The “Thinking” part in life is a choice. Like I said chapters ago, life is about two choices, live or die. In the mirror we either hate or love the image. We have been given time to think on this road called time. In everything we do there will be a next move. It’s like chess. They make a move and then hit the clock. On our next turn, time will be running as we ponder that move.

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 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.

That’s why I say that leaving a troubled marriage is not the answer. You deeply loved that person at one time. How could “I do” turn into “I don’t” so quickly? It’s because we become creatures of habit. We love doing it the same way and in time we settle for “My way.” A reset moves the same stuff around while throwing out and adding bits and pieces. I am amazed at how

every year the wife and I have to go to the garbage dump with so much stuff. We are constantly changing things.

Some people say it's because we were never satisfied. I say, that as a couple, we are evolving. A reset takes you from one perspective to another. How often have I painted a wall and then the furniture looks all wrong. A reset never stops but keeps on evolving with no end. Ok, so let's talk about that. Some people think "At this point I will arrive." They say "My ship will come in." So many people hope and wish for that day. In the meantime many ships pass us by and we never notice. What if we embraced every ship as part of the whole experience? Maybe the big one is a bunch of little ones.

A marriage relationship is just like that. We encounter people and events throughout our time together. We get windfalls and bills along the way. There are private times and children times. A new job or a doctor visit changes our lives. I know two guys at work. The first wanted to retire and died before he did. The other did retire but got cancer. Both hoped for more than life allotted them. It's true and I never invented this saying but "Life is a journey." A reset just lets you make it interesting. It helps keep the boredom from creeping in. let's face it, boredom causes trouble.

I know my young son gets bored far too easily. He is way more productive in a busy job. My other boy likes to sit and reflect. He loves boredom to some degree. In my past marriage we never went anywhere really. A few concerts here and there, but as a couple, no, we just lived life as it came at us. We never tried to change the game. These days I have learned. My current wife and I do stuff together from coffee dates to small trips alone. I won't let our marriage go stale without a fight. A reset taught me that change is not only good but the very air we breathe; we need it to survive.

That road of time is long. God says it never began and it never ends. That is what eternity is. A boring life seems like an eternity of despair. A busy life went by way too fast. Each person had about the same amount of time. Time is not the focus, but a gift. We have been given time and it's what you do while you're on that road that's important. How do we make the most of our time? That is where the reset comes in.

I was standing in front of the mirror in that bathroom at work. It was midnight and my body, mind, and soul were spent. Here I stand being right where I didn't want to be. My friend who died before retiring was saying the same thing in front of God. My other friend was retired but staring at the options for chemo. Rarely are we exactly where we desire to be, yet here we are. I told you earlier that I thought about killing myself. The option is do or die. The "Do" is hard while the "Die" is easy.

I can invent ways to die but to reinvent my life? How do you take the person in the mirror and make the changes you need to live well? My life, to this point, might not be working well. Maybe the person in the mirror is part of the problem. So then, do we just check out or give up if things seem too complicated? I'm certainly not encouraging you to die. No, heavens no, I want you to live. My point is that the understanding of who we are needs to change in order to see ourselves differently. Like I repeat over and over: a new perspective on the same you. A reset asks you to stand back and look at yourself differently while asking the question "Who are you really"?

Yes people have opinions on you. Yes people have judged you. Yes, to this point, you might have been a failure (In your eyes). A rest says "Yes" what's happen has happened and what's been said has been said. However, nothing is ever what it seems. In the past I said "God does not exist." Today I say he does. In the past I knew disappointment, but today I have lived

success. The reset began in the mirror with a choice. In Terminator 3 John Connor holds out his hand and says “Do you want to live.” Aladdin says to Jasmine “Do you trust me.” That is what I am saying to you in the mirror. Here is my hand, will you take it?

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?

The pop band Wham had a video in the 80’s called “Wake Me Up Before You Go Go.” They all wore T-shirts that said “Choose life.” Put that shirt on in the mirror. Let’s take time to find out who you are. The marriage will be better with a more complete you. In my marriage counselling sessions the counsellor kept repeating “We need to focus on you first.” I hated that because my marriage was on fire. She repeated that it was on fire because I refused to let me breathe. I refused to choose life even at the risk of losing my wife which I lost in spite of that.

Listen, you are here for a good reason. Life is what you make it. So, together, let's make it a good one. That begins with you. My reset will look different than yours. You might need a different church or a different job. Maybe you have destructive relationships. A change of friends might be the answer. I refuse to say different marriage because I firmly believe we still love that person. The evolving marriage will hopefully fix that. If the relationship is abusive then that's a different fish. It might be time to change. Regardless, it begins with fixing your perspective on 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.

Pat, I have no traits. Really, you believe that? Ok, let's begin right where I did. I sat down and wrote out what I love the most about me. Here is some examples of what my reset began like:

1. I love all music
2. I love sports
3. I liked being the DJ in a party
4. I was the Goalie in a game
5. I love writing and reading books
6. I love women too much
7. I never take no for an answer (in a good way mostly)

8. I love listening to people
9. I gain energy from people
10. I love rollercoasters

Ok, that is ten things that I wrote down about myself in the beginning. Did you notice there was no mention of God, the Bible, or coffee? These days I love God, the Bible, and coffee, but before 33 yrs old I did not. Ok, now take a second look at my list. How did I get to God, Bible, and Coffee within those 10 things?

Here is how I went further into understanding who I am. I took each one of the things I liked and described them. Ask yourself what type of person does those things. Why do they like them? Once you start describing the things you love you will begin to see yourself in the words. I am all those things written above, but I am also so much more than that. Below is my description of who does those things. Afterwards I can honestly say “Yeah” that is me isn’t it. This is self-revelation time.

1. I love all music. That makes me diverse. I accept different things easily. I was narrow in my old life. Once I knew I was diverse things changed for me.
2. I love sports. Again I am diverse. I don’t do any sport well but I’m having fun trying them all. Sport is fun to me. That means I like competition, variety, a challenge, people, and fun
3. I like to be the DJ at a party. Yes I was the guy playing the music. I was also a real DJ for a time. What it means is that I like to lead. I like to be noticed. I control and share who I am. I like seeing people laugh and dance.



4. I liked to be a goalie. Again I love being different. A goalie is nuts and adventurous. I stand out. I am clutch with a save. I love to watch the game unfold before me more than just playing in it. I'm a team player that works best on the outside.
5. I love writing and reading. I always love a good story. Writing is so easy for me even if I'm not the best at it. These chapters are usually written in a day. It means I express myself. I share with others. I'm willing to expose myself to people (in a good way). I love English and other people's thoughts.
6. I love women too much. The reason this is here is because of divorce. I loved being married. I kept it in my heart to be married once again and I did. I love relationships. I love sharing and giving to others. I love encouraging women to be women.
7. I never take no for an answer. There are times to give in. The most successful people never quit until all avenues are exhausted. Most of what we have today comes from stubborn people. It means you can trust me and rely on me. I will help till it's finished.
8. I love listening to people. I like counselling those who need a lift. I can learn so much from others. You can learn so much about people if you listen. I have found I care more, listen more, and learn more from others.
9. I gain energy from people. There are two kinds of people called extroverts and introverts. The extrovert gains excitement from being in crowds while the introverts lose power. I get excited with people. People make me smile, laugh, and want to live. I guess I like people.

10. I do love roller coasters. You see the thrill is the best. I love excitement of an adventure. The risk is always worth it. That's me a risk taker, adventure lover, and new mountain climber.

That is me in a nut shell. Soon after, I evolved into also liking other things like God, the Bible, and coffee. How you might ask? Well when I really began to know myself within this list I began to open up. I began asking if that is all I am. Is there more to me? I began to meet new people and try new things. I was like a flower that opened up and became a beautiful rose. Coffee dates seemed daring. Bible study was learning. I began to read ferociously gaining new insights into life. That list helped me come alive for the first time.

God is so much more than a concept. I believe I have purpose. Knowing that this invisible spirit does not make junk had value to me. If he does not exist then what am I worth? J Vernon McGee tells the story of preaching 4 times in a day for one church event as a rookie Pastor. Afterwards he received 30 cents for his effort (It was in the 1930's). He was riding back home silently with a friend a little dejected. The friend finally spoke up and said "I guess we know what your preaching is worth." They laughed because the whole day was ridicules. He said "I know God has more than 30 cents in store for me." That is his God.

To know God is to know him better. I understand how this spiritual thing works (Mostly). The more I seek him the more I am fuelled with his powerful spirit. It just works that way. That power changes my perspective on things. It's the same with me. The more time I invest in me the better I know my limits. I know my quirks and character. People have said I'm worth about 30 cents. I know better than that because God has done better than that in my life.

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.

You are like a computer in a way. When Microsoft makes an upgrade program the computer stays the same but the new program can do so much more. We’ve got some special traits inside, now it’s time to get at them, and improve upon them. This can be the most exciting time in your life. It’s a chance to take yourself out for a spin like a brand new car so to speak. What is your limit? Some call it a ceiling. Is there more to you than was there before?

Let’s take Sean Monahan of the Calgary Flames hockey club for instance. He was a rookie 2 years ago and scored 22 goals. They debated after the season about what his ceiling was. Will he score more or less next year? Will he do more with his skills or is this the best he will be? This season he had over 30 goals and is practically the best player on the team at 20 yrs. old. The new talk around town is about the possibilities rather than a ceiling. Will Sean hit new heights? Time will tell.

Once you get your list down things will become exciting. I bet there are more than ten traits too. Take that list and describe what a person looks like while doing those things. If you

like coffee then do you like people and café's? Do you like to talk or read in a café? Is coffee time at home or out on a date. Do you like your coffee black or do you prefer a double of cream and sugar. Is that person, who you are describing passive, aggressive, introvert or extrovert?

I found that once I realized there was more to me, I began to like me. To read what is on this list made me realize there was more to me than meets the eye. Gee, I never knew I liked that. Wow, I am an extrovert. There is so much more I want to talk about that I will save that for the next chapter. It's time to breathe and take a break. You need to digest the words before you. Who are you? Do you like what you see? At first you might not like it, but give it time for "You" to grow on you. For so long, you and others have bashed your qualities to death. They were wrong about you. God does not make junk.

I went for many walks trying to wrap my head around a real me. For so long I was defined by my work or wife. I was a dad or a nerd. In reality I am all those things and more. I want to keep this book fairly clean but to get a point across sometimes you need to use real thoughts and real words. Meredith Brooks in 1997 wrote a song called "Bitch." In many ways it sums up what we are inside. Read these words:

I'm a Bitch, I'm a lover, I'm a child, I'm a mother

I'm a sinner, I'm a saint, I do not feel ashamed

I'm your hell, I'm your dream, I'm nothing in between

You know you wouldn't want it any other way

We are angry and lovely all at the same time. There are times were lonely, but other times we are the life of a party. People are so much more than they think. These words above have really struck my heart. People want to pigeon hole us into a certain role far too often.

Insecure people want to keep people where they can control them most of the time. I want you to break out and try the world.

Does that mean you do drugs and have sex with anything you want? If that is it then you miss read my aim. It's not about what you do but why you do it. If you party all the time it means something about you. Maybe you're running from life's responsibility. Possibly it means you like people and are an extrovert. You flirt and love sex might mean you have a need problem. On the other hand it might mean you just want to be loved and cared for. Maybe you are a loving touching person. In the end the actions are the result of the heart. They always have and always will.

We are not defined by religion. We are not defined by work or a spouse. Those things come and go but what remains is you. I know because after my Ex left, I was standing there holding only one thing: me. I was defined as a husband: gone. I was defined as a dad: gone. I was defined by my possessions: gone. When you die all that you take with you is your soul and nothing more.

Write that list today. Take a week if you want to really think about you. This is your greatest investment. Joshua Harris wrote a book called "I Kissed Dating Goodbye." His conclusion was that he needed to be the best Joshua to attract the best girl. He is bang on with that thought. As a spouse right now, are you the best you for her or him? As a single person are you the best you for your work or friends.

In the next chapter I want to explore what to do with this list. It tells us many things but we need to explore the possibilities. The perception of you has to change, and to do that we need to see you in action. We need to show everyone they were wrong about you. A reset takes the

basics and works on them. In any sport we train. We grow our skills to be a better athlete. These traits you have need to be exploited and worked on.

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 quirks. 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.