

The Reset List

Below is a blank space for ten things your most passionate about. They can be anything from music to your favorite hobby. Once you have your list go for a walk with them by yourself. This is a “You only” exercise. Take the time to see what you love in your life. Now, below each one of those write down a description of who would does those types of things. If you are unclear on the process check out my downloadable example on the website. After you’re done, take that full description with you for another time alone. It might take weeks for you to truly accept that this is you. Good luck and have fun discovering more about who you are.

1. I love all music
 - a. That makes me diverse. I accept different things easily.

2. I love sports
 - a. 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 being the DJ at a party
 - a. 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 was the goalie in Hockey
 - a. 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 books
 - a. 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.

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6. I love women too much

- a.** 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

- a.** 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

- a.** 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

- a.** 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 love roller coasters

- a.** 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.