

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 do 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.

a. _____
b. _____
c. _____
d. _____
e. _____

2.

a. _____
b. _____
c. _____
d. _____
e. _____

3.

a. _____
b. _____
c. _____
d. _____
e. _____

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4.

- a. _____
- b. _____
- c. _____
- d. _____
- e. _____

5.

- a. _____
- b. _____
- c. _____
- d. _____
- e. _____

6.

- a. _____
- b. _____
- c. _____
- d. _____
- e. _____

7.

- a. _____
- b. _____
- c. _____
- d. _____
- e. _____

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8.

- a. _____
- b. _____
- c. _____
- d. _____
- e. _____

9.

- a. _____
- b. _____
- c. _____
- d. _____
- e. _____

10.

- a. _____
- b. _____
- c. _____
- d. _____
- e. _____