

RESET

Reset? Already? But why now? Because this is the moment when most New Year's resolutions start failing. January started with high energy and determination but come February and we start falling into old habits. By now resolutions fall into three groups:

- **Going strong.** "I found my state of flow and I'm crushing it."
- **Difficult, but not impossible.** "I'm having a hard time finding my rhythm, but I will persist."
- **Abandoned already.** "I tried. I failed. I gave up. Again."

So, if you are in the first group, kudos to you. We are very impressed by your willpower and work ethic. But if you are in the second or third group, don't give up! Start again. And again. January doesn't have the copyright on goals and resolutions. In fact the remaining eleven months are a perfectly good time to set goals, find your resolve and follow through.

Whether you were trying to go to the gym more often, or cut down on sugar, or network more, or scroll less, this month's worksheet is dedicated to your goals. Before you go down the familiar path of negative narratives, discipline dialogs, or self castigation, ask yourself what really happened? Chances are that year after year the same promises are broken, the same resolutions fall apart. But we rarely stop to assess what keeps getting in our way.

We would like to believe that we are responsible, accountable people, capable of achieving what we set out to do. So if we are not able to reach our goal, it must be for a lack of adequate effort. Perhaps we need more discipline, or a better routine. Maybe we need to double down and try really hard. If this sounds familiar, STOP right here. Welcome to the cycle of RESISTANCE. It goes something like this:

- >> **Resolve** - I'm going to do _____.
- >> **Resistance** - Uhh, this is harder than I thought. It's not working out.
- >> **Double down** - I can do this! I just have to try harder, push through.
- >> **Self blame** - I didn't put in enough time/ effort/ resources.
- >> **Denial** - I am in control. I can start/ stop anytime. I can still salvage this.
- >> **Bargaining** - I am struggling, but maybe I can do it tomorrow, or partially, or change the goal.
- >> **Abandonment** - It's hopeless. I can't do this.

We don't abandon goals because we don't care about them anymore. We abandon them because something about the goal stops resonating. In the beginning we start out full of energy and excitement. But then life gets busy, our focus shifts, and accountability fails. We start questioning ourselves. "**Maybe I bit off more than I can chew.**"

When you find yourself down this familiar path, don't get stuck in the cycle of RESISTANCE. This time check in with your emotions. Instead of treating delays as a lack of discipline or accountability, ask yourself, "**How do I feel about my goal?**". Are you still excited about pursuing it, or has something changed? Where is the friction in your routine? What feels easy and exciting, and what brings down your energy? To help you examine and analyze your goals, we have two tools for you.

1. **Mark Brackett's Mood Meter** is a tool to build greater emotional awareness and develop strategies for managing feelings more constructively. Use this tool to describe how you feel about your goal and your progress. You can find more information about this [here](#).
2. Check out our **RESET** game on page 2. We thought we would have some fun while pursuing our goals. So we created this board game as a framework to help you identify where you are in the pursuit of your goal, what are some aids or **RESOURCES** that can ease your way, and what are some challenges, or **PITFALLS** along your way. Most importantly, when you falter, as we all invariably do, how can you **RESET** constructively, without punishing yourself.

Word of caution: *The game is not the objective. It's just a tool to help you navigate your path to success. Unlike a traditional board game, you don't play this in a sequential manner. The idea is to check in with your moods and feelings, to assess the status of your progress, as you try to successfully achieve your goal.*



RESET

DANGER



Watch out for these pitfalls

Planning for real or imaginary schedule?

You're stuck in **TIME FALLACY LAND**

What's pulling your focus away?

Wasting time in **DISTRACTION STATION**

Would you say that to someone else?

Exit the negative **SELF TALK SHACK**

RESET



Restart without punishment

INCENTIVE AVENUE

Make a list of realistic rewards to motivate yourself.

EXCITEMENT SPIKE

WHAT/WHO will make this fun? Tap into that energy.

HABIT STACK

WHERE can this goal fit naturally into your day?

TOOL TOWN

WHAT tools do you need to help you achieve your goal?

ALLY ALLEY

WHO can help you with this? Reach out to them & partner.

VISUALIZE VALLEY

HOW will you feel when you achieve this goal?

RESOURCES



Gather your resources

REALITY CHECK

Is your goal SMART? Are you setting yourself to succeed or to fail?

SIMPLIFY STREET

Break down your goal into smaller, simpler steps. Make it bite-sized.

SIMON SAYS

start with the why. WHY is this goal important? Are you chasing a trend?

START



State your goal

Welcome

to the RESET game. **START** by stating your goal clearly. Gather your **RESOURCES**. Beware the **DANGER** zone. Check in with yourself every day. Notice where you keep landing. That's where the work is. And when you falter, **RESET**.

The goal is not to finish the board in one go. The goal is to stay in the game without burning out.

CONSISTENCY DRIVE

Aim for progress, not perfection. Go back to **REALITY CHECK**.

PROMISES KEPT COURT

Difficulty keeping promises to yourself? Go to **ALLY ALLEY**.

PATTERN SPOTTING PARK

Where's the friction? Go back to **RESOURCES** for support.

REPEAT ACTION ROAD

What's 1 action you can take? Go to **SIMPLIFY STREET**.

CONFIDENCE BOOST

Celebrate the micro wins! Reward at **INCENTIVE AVE**.

STREAK FREEZE SUITE

Missed a day? No problem. 1 streak freeze every 30 days.

