

Mindset



Reset



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R.E.S.E.T. FRAMEWORK

Recognize:

Notice the voice of scarcity

Evaluate your Thoughts

Story:

Change your personal narrative

Enough:

Decide Enough is enough

Take Action:

Practice gratitude and generosity

Do you have an abundance mindset or scarcity mindset?

Recognize:

Notice the voice of scarcity

- Recognize when you get into “not enough” thinking where you believe you don't have enough time, talent, money, opportunities, gifts, skills or energy.
- Recognize when you want to hoard your time, talent, energy, contacts, love and support
- Recognize when you want to avoid risk.
- Recognize when you hold yourself back because of fear and suspicion of others.
- Recognize when you focus on limitations and problems instead of possibilities and solutions.

Evaluate:

Acknowledge the true nature of your thoughts

- Are your thoughts primarily centered around abundance or scarcity?
- Do you believe your opportunities are limited or unlimited?
- Do you believe you don't have enough time, talent or treasure?
- Do you think BIG and take risks or do you think small and play life safe?
- Are you thankful and faith-full or do you feel entitled and fear-full?

Story:

Replace your scarcity script with an abundance script

- Replace thoughts of “I lack” with thoughts of “I have.”
- Replace fear based thoughts of “I won't because I'm afraid” with faith based thoughts of “I can because God has empowered and equipped me.”
- Replace suspicious thoughts of “I can't believe you” with thoughts of “I trust you.”
- Replace hoarding thoughts of “I don't have enough to give” with generous thoughts of “I always have something to give.”
- Replace limitation-based thinking of “It's impossible” with limitless thinking of “all things are possible.”

Enough:

Make the decision to shift your thoughts toward abundance

- Resolve to live by faith and not by fear.
- Resolve to focus on the good and not the bad.
- Resolve to think big, take risks and don't play small and hold back.
- Resolve to focus on possibilities and not on problems.

Take Action:

Decide to live an abundant life

- Start a daily gratitude practice by writing down 3 things you are thankful for each day.
- Look for opportunities to give your time, service and support to others every day.
- Focus on solutions instead of dwelling on problems.
- Practice being content no matter your situation or circumstance.
- Focus on the resources you have and leverage them for more growth and future success.



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