

mind set

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R.E.S.E.T. FRAMEWORK

Recognize:

notice the critic/
gremlins

Evaluate your
Thoughts

Story:

Change your
personal
narrative

Enough:

Decide Enough
is enough

Take Action:

Lead Your
thoughts to align
with God's Word

Recognize

your inner critic and negative self talk. Notice thoughts that set themselves up against you and be honest with the mindset that is causing you to feel emotional distress, frustration, worry, fear, etc.

What has my inner critic been saying about:

- My identity (who I am)?
- My Significance (my value)?
- Who loves me (my relationships)?
- Where I belong (my sense of acceptance)?
- What I can do (my abilities)?
- What I am capable of doing (my potential)?
- My future life (my destiny)?

Evaluate

your mindset and determine if it aligns with God's character, promises and plans for your life.

- What limiting beliefs have been keeping you stuck in worry, fear, anxiety, depression, doubt or despair? What are they costing you? What are you losing out on?
- What irrational thinking patterns have been holding you back from experiencing self-confidence, peace of mind, joy, contentment, self-love, self-acceptance and hope?
- What mindset has most influenced your mental health and interpersonal relationships?
- What does God's Word say about how to approach worry, fear, doubt and despair?
- What does God's Word say about what you need to be thinking about? What should your mind and thoughts be focused on?
- What would life look like for you to renew your mind in God's word everyday? What will you need to stop doing? What will you need to start doing to transform my mind to the mind of Christ?

Story:

- Replace the negative story/script you are telling yourself with God's story/scripture. If your story contradicts God's story, you're in the wrong story.
- Replace the negative story you are making up about others by choosing to give the benefit of the doubt, believing the best in others, and asking questions.

Enough:

- Make the decision to take captive every negative thought that sets itself up to steal, kill and destroy your joy, peace, purpose and potential. Don't allow negative thoughts to run freely in your mind. Notice them. Take them captive. And replace them with truth found in God's Word.

Take Action.

- Retrain your thoughts and mindsets so they align to God's truth concerning who you are and what you are capable of doing through Him. Meditate on God's promises. Memorize His word. Hide His word in your heart so it will guard your heart and mind. Remember. You have the power to control your thoughts.

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*Adapted from "Reset Framework" by Natalie Eckdahl

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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R.E.S.E.T. FRAMEWORK

Recognize:

Notice your negative automatic thoughts—raise your awareness.

Evaluate:

Identify your negative thinking patterns and how they are impacting your social, emotional and professional wellbeing.

Story:

Challenge your story. Drop all negative thoughts, assumptions and beliefs.

Enough:

Decide to think on what's good and positive.

Take Action:

Take responsibility for your thoughts. Create a plan for how you will combat future negative thoughts. What story will you tell yourself? What will you remind yourself of? How will you be kind and compassionate toward yourself?

Change your mindset

Recognize:

Notice the voice of negativity

- Recognize what triggers your negative automatic thoughts
- Recognize your types of negative thought patterns
- Recognize how your thoughts are making you feel
- Recognize how your thoughts are impacting your relationships
- Recognize how your thoughts are making you respond/ behave

Evaluate:

Identify your thinking patterns and the impact on your wellbeing and relationships

- Do you experience “all or nothing” thinking?
- Do you experience “negative self-labeling”?
- Do you experience “catastrophizing” thoughts?
- Do you experience “mind reading” of others?
- Do you experience “pessimism” toward your personal life and future?

Story:

Challenge and Capture your thoughts. Change the script you're in

- Replace thoughts of hopelessness with thoughts of hope
- Replace thoughts of pessimism with thoughts of optimism
- Replace thoughts of self-defeat/doubt with thoughts of God-confidence
- Replace catastrophic thoughts with thoughts of success
- Replace negative self-labeling thoughts with biblical God-labeling thoughts

Enough:

Make the decision to shift your thoughts to what is good and positive

- Resolve to take every negative thought and assumption captive
- Resolve to think on things that are good and positive
- Resolve to think about life from God's perspective
- Resolve to renew your mind daily with God's Word
- Resolve to take on the mind of Christ

Take Action:

Decide to take personal responsibility for your thought life

- Start writing down all the things that are good in your life daily. Include what you are grateful for.
- Write down a scripture or promise of God to think on when negative thoughts come to steal you joy, peace of mind, hope, gratitude, potential and purpose.
- Focus on what God can and will do for you and through you.
- Align your thoughts to God's character, truth, power, purposes and perspective
- Flip your mental script by writing down all the good and positive lessons learned from a “bad” decision, life-experience, relationship, set-back, loss, challenge, stressor, trauma, injury or pain. Think about how God can and will use it for your good.



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