

LIFE RESET WEEK

Welcome to Day 2 of LIFE RESET WEEK

Welcome to Life Reset Week!

Graham and I are excited and honored to have you here with us.

You are here today because you want more. You are a leader, and your leadership matters.

And you know that your highest performance as a leader starts with you being the best version of yourself. When you are operating at your best, you create a ripple effect that not only improves your own life, but impacts your business, your family, and your world.

This has been a year full of challenges and so much has happened that is beyond your control. You may want to blame COVID, or the tough economy, or something else that you can't control.

The truth is, there is much you can control. You may not be able to control what is going on in the world, but you do have the power to control your own life. You just need a reset.

Times of immense challenge can be periods of your highest growth and opportunity. Sometimes though when things don't go as planned you can get stuck. In Life Reset Week we are going to help you evaluate where you are and gain clarity to reset yourself in *every area of your life*.

There are 7 main life areas that you need to focus on and bring together in order to grow and reach your maximum potential. Graham and I have completed this Life Reset with exponential results and are going to share our journey with you.

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Here is what we are going to cover with you over the next week:

- **Day 1: Physical Health.** Learn how to optimize your performance, have more energy, and get better sleep.
- **Day 2: Mental and Spiritual.** Identify your "Why", enhance your well-being, and build peace of mind.
- **Day 3: Relationships.** Learn tools to deepen your most important relationships and build your inner circle.
- **Day 4: Career and Financial.** Reignite your passion and purpose. Create your best financial future.
- **Day 5: Fun and Recreation.** Learn how to create a work life balance and truly love your life.

Each day of the challenge we will tackle another life area. If it is one you are doing well in, we will celebrate that and talk about how to sustain it. If you are struggling, we will provide resources and actionable steps that you can implement immediately.

So, whether you feel stuck and want to learn how to take your life back, or you want to take yourself to the next level of performance this challenge is for you!

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How to Get The Most Out of This Training

This is the time to **Reset** yourself for success. Be willing to create the time, space, and put in the work to make change happen. Here is how to get the most out of Life Reset Week:

1. **Schedule the time with yourself.** Set aside the time. Block it in your calendar. Print out the worksheets, grab some water, and get away from distractions. Schedule each day for the full week now.
2. **Do the work.** We will personally guide you through each day, but you need to do the work. The Life Reset Challenge is designed to help you evaluate where you are, gain clarity, and reset in each area of your life. Complete each lesson and exercise. Don't skip anything. There are no shortcuts to true success.
3. **Stick to it.** Stay with us for all of Life Reset Week. Your life is not just your career, or just your health, or another life area. All of the life areas work together for you to have the full and abundant life you deserve, and to leave the legacy you desire.
4. **Share your successes.** You are not meant to do this alone. By joining Life Reset Week you have joined a community of leaders who want to support you in your journey. Share your biggest takeaways in the Facebook group and on social media using #LifeResetWeek and #TheSuccessLife.

You are a high achiever and big transformations are waiting for you as you complete this process. Let's get started. Complete all the activities and you are on your way.

Reset and live the life you were meant to live.

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Day 2: Reset Your Mental and Spiritual Health

Life Area - Mental Health

Your growth and well-being are critical to your performance as a leader.

The best leaders are deeply dedicated to continuous improvement and life-long learning. When you look at the most successful people in the world, they are reading, learning, and trying new things. They are constantly seeking ways to grow and improve themselves.

The best leaders also care about taking care of their mental well-being. Your state of mind effects how you feel about yourself, your outlook, your actions and your outcomes.

Today, Graham and I are going to give you three strategies to reset in this life area. In order to get the most out of today's training:

Step 1. Block out any distractions.

Step 2. Take out your journal and grab a pen.

Step 3. Get ready for some fun!

Thanks again for joining us for Life Reset Week. Enjoy this training!

Janelle and Graham

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3 Powerful Growth Strategies

When you focus on your own self growth - it multiplies. Do you know that when you take the time to learn and grow as a leader it has a ripple effect on your team? They are looking to you as their example and when you grow your team will strengthen and grow.

Now think about the opposite - what if you don't grow? Lack of growth can prevent people around you and your company from growing.

Growth isn't automatic as I teach about in my award-winning book *The Success Lie*. You need to make an intentional effort to grow and expand your knowledge and skills.

Strategy #1 - Evaluate Yourself

Over the last year, what steps have you taken to improve yourself personally or professionally?

List it - what books did you read, what classes did you attend, what research did you do? What do you know more about today than you did one year ago? And then, even more important - what did you do with it to improve your personal or professional life?

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3 Powerful Growth Strategies

Strategy #2 - Identify Your Knowledge Gap

Think about what knowledge or skill would be helpful for you to have. With this knowledge or skill, you would expand your own thinking as well as move your company forward. Brainstorm ideas here:

Strategy #3 - Choose a Growth Path

From your brainstorm list, choose one knowledge or skill area that you will commit to growth in over the next year. List it here.

Identify what action steps will you take so that one year from now you can look back and feel great about your growth progress.

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Life Area - Spiritual Health

One of the most important things to keep you grounded in your life is the spiritual component and the alignment of your values.

It is critical to identify your values as they become the foundation you can build upon to design the life you want. When you are confident in your values, it is much easier to determine your purpose, and what will provide true satisfaction both professionally and personally.

Identify your "why" by asking yourself the following questions:

1. What is most important to you?
2. What are your gifts? If this is hard for you to answer, think about what others would say about you if asked. There is some area of your life (likely several areas) where someone has said to you, "How did you do that?" or, "You make that look easy."

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Life Area - Spiritual Health

3. You want to live a life of significance. You have been designed for a special purpose. How would you like to make an impact on the world?

4. What are you currently doing to stay grounded and aligned in your spiritual life?

Your Mental and Spiritual Health are critical to your overall health and performance.

By managing it you can:

- Minimize Anxiety
- Reduce Stress
- Improve Performance
- Be Happier
- Have More Fun
- Live Longer
- Contribute More

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Day 2 Complete

Well done! You made it through the second day and are moving forward. Just writing it down makes you ready to take on the challenge and live the life you always dreamed of.

Before you go:

- Go post on the FB Page for accountability.
- Invite a friend.
- Schedule the time for tomorrow.

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Additional Resources

Take the in-depth Core Values Assessment in The Success Lie Accompanying Workbook.

Go deeper by enrolling for the 21-Day Success Goals course here. If you want to change the way you set and achieve your goals to set you up for your best year, this is program will be transformative.

Join the wait list for the Virtual Leadership Mastermind. To learn more and fill out an application to be considered for this elite mastermind group email team@thesuccesslie.com.