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YOUR LIFE

RESOLUTION RESET

Masterclass

stephanie
—DODIER

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**COMING IN MASTERCLASS -
JANUARY 8, 2023**

SETTING THE GOAL - Constraint the goal

Instruction: Listen to audio Guide: Resolution Reset part 1 first, and then complete the below section.

New belief: I authorize myself to believe into something that I have no evidence for

In the past, most of our goals were based on trying to fix ourselves to avoid pain, judgment, suffering and being compliant.

- Weight loss - Fear of Fatness
- Health - Fear of being sick
- Money- Fear of not having enough

Creating the version of ourselves that create the goal is the new way. From a place of love instead of fear. You'll need to give yourself permission, to self-authorize to want anything that we previously inaccessible to you.

And by focusing on one goal through quality decision.

Powerful questions to reflect on what you really want

If you could have anything, what would you want?

In a perfect world, what would you want?

What do you really want if you remove doubt, lack of confidence that you can do it, the not knowing how to do it?

Constraint

Pick one goal by making a quality decision.

Which one goal brings me close to who I want to be even if I fail?

What goal would choose if you could be equally happy in each choice?

(Reminder: happiness is not created by achieving the goal but the thought you think day in and day out)

Selecting the goal

What sector of your life do you want to create something new? Change?
(ex: My mental health)

What is your ultimate desired goal?
(ex. Daily writing down my thoughts on paper)

Closing Thought: When I think about the goal... it's already done.

SETTING THE GOAL - Cleaning the goal

Instruction: Listen to audio Guide: Resolution Reset part 2 first, and then complete the below section.

New belief: I choose to believe in my possibility instead of my limitation

Liberating your goal means

that you understand the point of a goal is never to achieve it the goal perfectly. The point of a goal is to build the habit of taking consistent, imperfect action toward something you want to create. It's about shifting your beliefs about yourself and the world, and building an identity as someone who consistently builds habits aligned to their goal thoughts and action, that with time, will create the goal sustainably and permanently.

A dirty goal

will have you think that the point of setting a goal is to have the goal so you can finally access the fleeing hidden on the other side of having the thing. That until you have the thing achieved, you are not allowed to feel better. Therefore that taking imperfect action is basically the same as doing nothing.

I want you to ask yourself this: which is going to have more impact on your life?

Taking consistent imperfect action for a year, or clinging so tightly to taking "perfect" action toward your goal that you give up after six weeks because in your mind, anything less than perfection is worthless?

Creating new habits is how you actually change your life.

To do that, you have to be willing to learn a new way of thinking about the goal and the temporary dopamine rush that comes with creating dirty goal and instead go for habit formation.

The process of achieving a goal is actually not all that sexy.

Becoming the version of yourself who think the thought and feel in a way where the habit is second nature and automatic is boring. Creating new habits can feel boring and difficult. The commitment to the work isn't about fun and excitement. It's about showing up for yourself imperfectly, over and over again, in service of your dreams.

Clean Liberated Goal Checklist

If you checked any of the below boxes, your goal is dirty. Go back and make a goal that is clean of any attachments. Your brain will likely tell you “too easy” or “doesn’t count.” then you know you have got yourself a clean goal.

- ☐ You think or hope you’ll feel better when you accomplish your goal.
- ☐ You selected your goal based on external standards or expectations
- ☐ It’s vague and can’t be tracked (ex. I want to be more confident)
- ☐ You fantasize about how easier your life will be when you accomplish your goal.
- ☐ You see your goal achievement as the gateway to life being easier and safer.
- ☐ You have a deadline by when you need to achieve your goal.
- ☐ You are in a hurry to achieve your goal.
- ☐ The journey to your goal isn’t worth it unless you achieve the actual goal.
- ☐ You feel “high” when creating your “grand plan:” with lots of to-do’s & checklists.
- ☐ If you hit a roadblock in your “grand plan,” you spiral down and quit.
- ☐ You have set the same goal in the past and quit as soon as something didn’t go according to “plan”
- ☐ You think failure at your goal means you as a person are a failure.
- ☐ You can’t wait to tell everyone that you have achieved your goal.

Minimum Baseline

Where are you now in your current relationship to your goal?

Reminder honesty is key in order for you to build a relationship of trust with yourself.

(ex. goal: walk 5 km 2x/week and currently barely for a walk once a week)

How long will you need to work up to your goal with love and compassion for yourself?

Reminder: There's no rush to get "there" as your happiness and enoughness isn't on the line anymore. (ex: Three months)

What is the smallest commitment you can make and that you know you can follow up on?

Reminder the goal of setting a goal is to bring up all the thoughts and feelings in the way of you taking the action naturally with ease.

(ex. Walk 1 km once a week. Once it's comfortable for me to do 1 km / week - knowing that for me "time" and business " is my #1 " excuse thought" -Walk 1 km twice a week is the next minimum baseline. etc....)

Closing Thought: The purpose of my goal is to form the habits and learn to have my own back.

FOLLOWING THROUGH BETTER - Courting the goal

Instruction: Listen to audio Guide: Resolution Reset part 3 first, and then complete the below section.

New belief: The obstacle to my goals are my teachers

Planning for obstacles

What obstacles do you think will come that could get in the way of keeping your commitment top your minimum baseline?

(ex: I will find something more "important or urgent" to do, the weather won't collaborate, I will not want to wake up, I will not want to do it,etc..)

For each obstacle, you will need to come up with at least one strategy to overcome in advance the obstacle

Obstacles will come in all kinds. For external elements such as time, weather, and such you will need to come up with a strategy ahead of time. At least one of your obstacles is guaranteed to be your own thoughts (ex. I will not want to do it). We will go over a tool for this next but still list the main thoughts below as they come up as obstacles.

Ex: (I will get the minimum baseline done first thing in the day/week so it's done, for the winter I will find an indoor option and budget against it, I will go to bed 1 hr earlier the night before in order to get more sleep, I will buy some warm running tights or run on an inside track.)

Thought Download

As you encounter obstacles to your goal, one aspect of the solution is to look at the thoughts you have about the obstacle. The thought download is a tool you can use to start investigating the situation while supporting your goal to develop a new relationship with yourself.

Increase the awareness for the thoughts floating in your brain and then normalize the reason why you think these thoughts that get in the way of you creating the habits, thus, your goal.

Here's an example:

Neutral Event:

didn't go for a walk as planned today

Thought Download

I suck at this walking this

I'm doomed to always fail

I'm just lazy

If my kids didn't make the mess then I would have had the time

To help you here are some questions to ask yourself as you use the thought download tool:

Neutral Event:

- What would everyone in the world agree about this event?
- No judgment, criticism, or opinion.

Thought Download

- What is my personal opinion on the neutral event?
- How do I view myself in this neutral event?
- What is my viewpoint on the neutral event?
- What are my thoughts about the neutral event?

Thought Download #1

Use this space below for your first thought download. We recommended that you use a journal or notebook to keep your thought download in one space.

Neutral Event:

Thoughts Download

Normalization

A great way to develop self-compassion and love for yourself is to investigate your thoughts in order to understand yourself better. You will be able to access a lot more power over your thoughts when you can:

- Be curious instead of judgmental
- Respect the reason why your brain is creating these thoughts

Use these opening phrases for each thought in your thoughts download in order to validate yourself and your experience and create safety:

It makes total sense that my brain thinks _____ (Insert the thought from your thought download) because _____

Of course it's normal for me to think _____ (Insert the thought from your thought download) because _____

I have a human brain that it's trying to protect me from _____ (insert the root cause of your thought)

Here's an example:

Neutral Event:

Thought download tool

Thought Download:

Too complicated

Don't have time for this

It's stupid...

It makes total sense that my brain thinks it's too complicated because I have never done this before.

Of course it's normal for me to think I don't have time for this because I always think I don't have time in fact that's what I hear from my mom all the time

I have a human brain that it's trying to protect me from failing at this new way of achieving goal

by thinking it's stupid.

Your turn...

Closing Thought: It's safe for me to be nice to myself

Coming up in the Live Masterclass – January 8th, 2023, 10 AM EST:

How to create new habits