

how to

RESET

your life in 31 days

a virtual guide to personal transformation

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BEFORE YOU BEGIN: A MESSAGE FROM ROSETTA

When I started the 31 Days to Reset Your Life Challenge three months ago on my blog, I had NO idea there would be such a huge response. Here's how it started. During the entire month of December 2010, I hosted a personal development challenge to help my readers brush off the dust of 2010 and become a better, happier, more successful person in 2011. Using some of the exercises I was doing in my own personal development journey at the time, I posted a daily "assignment" to help people get their lives back on track in ways that would benefit them in life, love and business. As of this publication, over 800 people have participated in the program so far. I am truly honored to be able to facilitate this personal development process for you!

In this workbook, you'll get exercises to help you:

- ✓Rediscover who you truly are
- ✓Develop a personal mission statement
- ✓Create a map for your ideal life
- ✓Get clear about your goals for the future
- ✓Envision and pursue your passion and purpose in life
- ✓Try new things and live outside of your comfort zone

This workbook is for anyone who wants to manifest a change in their life or simply gain more clarity about their path to happiness and success. This program will especially be of benefit to you if you've felt stuck or in a rut during the last year. To make this an **interactive personal growth experience**, I invite each participant to commit to doing each of the daily exercises and either blogging or commenting about the results (if some of the exercises don't really apply to you, no worries). You will notice a **big blue hyperlink** at the top of each assignment which will link you right to my blog so you can share your daily results with the rest of the 31 Day Reset community. Ready? Let's press reset ☺

DAY 1: CHOOSE A RESET NOTEBOOK & A PERSONAL MANTRA

Choose a Reset Notebook

To participate fully in the exercises for the month, you will need a dedicated, blank notebook for the exercises. You will be using it everyday to record your responses, insights and “aha moments” throughout the challenge. It can be a notebook you already have but haven’t used yet or it can be a brand new notebook that you buy specifically for this program.

If you already have a public blog, you can use your online space to keep track of the exercises, but due to the nature of the challenge, you may not want to share EVERY little detail of what comes to your mind during this self-discovery process. So, I recommend that you designate a physical notebook to go along with your online tools.

Choose a Personal Mantra

A **mantra** is a positive phrase or affirmative statement that you say to yourself for the purpose of motivation or encouragement. This could be your favorite quote, proverb, spiritual truth or religious saying. (If you don’t know where to look for inspiring quotes, I always find great ones on [The Daily Love](#) website and you can see a listing of [58 of my favorite quotes](#) compiled [here](#).)

For this exercise, you’ll want to choose a quote that represents what you hope to become or believe by the end of this challenge. Then, write it on the first page of your reset notebook as a kind of blessing on everything that will be written and accomplished this month.

DAY 2: CONDUCT A LIFE ASSESSMENT

Many of us have a love/hate relationship with the current state of our lives. There are some things that we love and appreciate about our circumstances, but honestly, there are some things we hate about them, too. (I know, hate seems like a strong word, but let's just consider it to mean a "strong dislike" for something.) Today's assignment will be a two-part exercise. Because before you can get clear about where you're going, you need to have a good sense of where you are right now. You need to assess your current reality. The purpose of this exercise is twofold:

1. To force you to own up to exactly what's lacking right now in your life.
2. To give you encouragement to build on what's already great about it.

To complete this exercise, you will conduct an honest assessment of the seven specific areas of your life:

- **Lifestyle** (satisfaction with where you live/living environment, how you spend your leisure time)
- **Work** (satisfaction with where you work right now, what you do to earn your living)
- **Education** (satisfaction with your educational attainment to date – college, vocational school and other learning goals)
- **Finances** (current state of your budget, salary, net worth, debt-to-income ratio)
- **Health** (current state of your mental, physical and spiritual health – mind, body, soul)
- **Family** (quality of your relationships with family members, siblings, children)
- **Relationships** (quality of your relationships with friends and romantic partners)

For each of these specific areas of your life, ask yourself two questions. The worksheet on the next page may assist you.

1. What do I LOVE about this area of my life?
2. What do I HATE about it?

LIFE ASSESSMENT WORKSHEET

Lifestyle

- What do I love?
- What do I hate?

Work

- What do I love?
- What do I hate?

Education

- What do I love?
- What do I hate?

Finances

- What do I love?
- What do I hate?

Health

- What do I love?
- What do I hate?

Family

- What do I love?
- What do I hate?

Relationships

- What do I love?
- What do I hate?

DAY 3: IDENTIFY YOUR VALUES

Yesterday, you conducted [a life assessment](#) to look at what was working – and not working – in the seven key areas of your life. You took an honest look at where you felt accomplished and where you found yourself lacking. I have to admit, I tear up reading many participants' assessments . . . and I dug deep in completing my own as well. Why? Because so many of us listed more “hates” than we expected and revealed that we really do need a major change in our lives. For most of us, yesterday was the first step in realizing that we are not living up to our personal values.

Today, we're going to address that disconnect by doing the first task in developing **a personal mission statement** over the next few days: identifying your values. What matters most to you in life? The answer to this question is called your **values**. Often we find that we've forgotten about that which we care about because we allowed ourselves to get stuck doing something else, on someone else's agenda. Take at least 15 minutes in your Reset notebook to jot down a free-for-all list of what means a lot to you.

Just a few examples of values include:

- Achievement, fame, advancement, leadership, money, power, authority, economic security
- Having a family, children, love, community, friendships
- Nature, religion, public service, ecological awareness, healthy living, physical challenge
- Democracy, civic involvement, wisdom, integrity, truth
- Location, privacy, country, adventure, fast-paced living

Remember, these are just examples. There are many more you can – and should – think of on your own. Most people come up with at least a dozen values once they get going. The worksheet on the next page will help you narrow them down.

MY “RESET 10”

Once you identify all of your values – all the things you care about, choose your “Reset 10” – a list of your TOP 10 values from your list. They don’t have to be in any particular order, though you may certainly rank them if you’d like.

1	
2	
3	
4	
5	
6	
7	
8	
9	
10	

DAY 4: ENVISION YOUR VALUES IN ACTION

Yesterday, you [identified your values](#) and narrowed them down to a list of 10 of the most important ones. Today, we're going to take that exercise a step further by completing the second task in developing **a personal mission statement** over the next few days: envisioning your values in action. We all know that actions speak louder than words. It's one thing to say what you care about, but much harder to walk your talk. Today's exercise involves two parts to help you dig deeper in thinking about how you can incorporate your values into your daily life.

Note: This exercise will take about 30 minutes to an hour to complete.

Part 1: Am I Currently Living Out My Values?

Now that you're clear on what you really care about, you want to compare your values to how you're currently living your life. For each value that you identified in your "Reset 10", **rate yourself from 1-10** on how you feel you're acting out that particular value in your life. Be honest with yourself – it's the only way to be able to improve upon the life you're living now to the life you want to be living in the future!

Part 2: What Do My Values Look Like in Action?

For each value that you identified in your "Reset 10", list out at least three actions that you currently take or that you *should* be taking in order to honor and fulfill that value in your life. What kinds of things would you be doing if you were living in full accordance with your values? What would it really look like for you to be able to rate yourself as a "10" on how you live out all your values?

DAY 5: WRITE A PERSONAL MISSION STATEMENT

Over the past few days, you've taken two important steps toward developing a **personal mission statement**: [identifying your values](#) and [envisioning your values in action](#). For many of you, it was truly an eye-opening process to write out your values for your life and then compare them to how you *actually* balance your priorities. Today, you will put the exercises from Day 3 and Day 4 together to complete your personal mission statement. But what, exactly, is a personal mission statement, anyway?

Personal development website [Dumb Little Man](#) offers this great definition:

Your personal mission statement should be a concise representation of what's most important to you, what you desire to focus on, what you want to achieve, and, ultimately, who you want to become. In its purest form, it's an approach to your life, one that allows you to identify a focus of energy, creativity, and vision in living a life in support of your inner-most beliefs and values. Also remember that your mission will change over time as you and your life change.

I developed a personal mission statement a few years ago and it literally changed my life. Since then, I have trained over 200 people in my personal development workshops to develop their own personal mission statements and it is often a life-changing process for them. There's something really powerful and empowering about being able to say YES or NO to opportunities that come into your life based on whether it fits within your personal mission and how you want to live out your values.

There are many ways to go about creating your own personal mission statement, but I will highlight my three-step formula that I use in my workshops here.

WRITE A PERSONAL MISSION STATEMENT...

Values + Values in Action = Personal Mission Statement

Now that you've identified your values and what your values look like in action, you should now take at least 30 minutes to write your personal mission statement. Take as much time as you need to reflect and write out your mission statement. It can be short-term or long-term, and should encompass your values and how you'd like to express them in your life. You don't have to use ALL the values in your Reset 10 if you don't want to. It may serve you best to only include your top three or you could include all 20 of the ones you came up with during your brainstorm.

The statement itself can be as short or as long as you think it needs to be, but the process and the final statement should serve to help you make different kinds of decisions about how you will live your life from now on. And remember, it will continue to change as YOU change over time, so don't worry about it being perfect and final. This should be a work in progress, just like you!

As an example (please don't feel like you have to do yours this way), here is what my updated personal mission statement looks like:

I value learning, independence, travel, creativity, achievement, and social change. I deeply appreciate laughter, good food, music and poetry in my life. I especially value authenticity and love in myself and others. Before I die, I want to have made a positive impact on the world for young people, women, and people of color. As a writer, speaker and coach, I will use my one life to affect many lives by helping people realize their goals and dreams. In my work and life, I will always tell my truth and make space for others to tell theirs. In my journey to empower others, I will not neglect my own family, friends, finances, health, or spirituality. I will remember that love is the only religion and that forgiveness is the highest form of love. And that fear means GO. I will remember that failure is only failure if you don't learn anything and that nothing is ever so bad that you can't get up and dance when the music comes on. And I will always, always choose love over fear.

Your turn ☺

DAY 6: CREATE A LIFE MAP

Over the past few days, you've reflected about the current state of your life through assessing your values and actions. Today, you'll get a chance to begin to go in-depth about your goals for each of the seven areas of your life identified in [Day 2's life assessment exercise](#). Today, you will create a **life map**.

But first, let me clarify what a life map is. A life map is essentially **a visual/text representation of what your ideal life looks like**. It's really and truly one of the most powerful personal development tools for both envisioning and creating a "map" for the path to your own happiness.

I recently made [a video about how to create a life map](#) and how the process actually led my mom to start her own "side hustle" three years ago, which has since blossomed into a profitable, full-time fitness consulting business. This is powerful stuff!

Keep in mind that your life map should be in accordance with [your values](#) and [your personal mission statement](#). The idea is that now that you've got a sense of where your life is, you can begin to think more clearly about where exactly you want it to go. Ready?

Today's exercise will take about an hour to complete. Please download the [Life Mapping Workbook](#) below to assist you in creating your life map. It's a 13-page easy-to-use PDF guide to creating your own life map with colorful worksheets like the one you see above. You will want to print it out and follow the instructions inside.

[Download the Life Mapping Workbook](#)

DAY 7: WRITE YOUR IDEAL LIFE NARRATIVE

One of the most powerful ways to get clear about your goals and dreams is to visualize them. It can be incredibly motivating and inspiring to really be able to see your desired path in your mind's eye, to go to sleep dreaming about it and wake up thinking about it. Yesterday, you started to do a bit of visualizing on paper [by creating a life map](#). Today, we're going to take that exercise further and get even more specific in your visual by imagining what your ideal life would really look like once you put it all together. Today, you are going to write your **ideal life narrative**.

Your ideal life narrative is basically you telling a story about the life you want for yourself. It answers questions like:

- What are you doing on a daily basis in your ideal life?
- Who are you spending your time with?
- How are you earning your living?
- Where are you living?
- How are you spending your leisure time?

The only requirement to this exercise is that you use nothing but **present tense** statements. You should say "I am" or "I have" to indicate that you are already living your ideal life. To complete this exercise, you will incorporate your goals, hopes and dreams from [your life map](#) using these seven specific areas of your life:

- Lifestyle
- Work
- Education
- Finances
- Health
- Family
- Relationships

WRITE YOUR IDEAL LIFE NARRATIVE...

As an example, I share with you my own ideal life narrative below.

Rosetta's Ideal Life Narrative

I am living in Washington, DC, though I spend half the year traveling. I have a large, luxury apartment in the city with a huge gourmet kitchen. Every month, I entertain various groups of friends with themed dinner parties and fundraising brunches. I spend the summer in Paris and the winter in Hawaii and Jamaica. I am a highly sought-after speaker for national and international conferences and conventions. I also have my own popular annual event where I bring together women of color from around the world for professional development and personal transformation. I have published several bestselling books and they have been translated in over a dozen languages. I earn a million-dollar income doing what I love – empowering people to find their purpose and live out their dreams. I have access to a private jet and a personal driver. I have close relationships with my immediate family. I visit my extended family several times a year to celebrate holidays, birthdays and sometimes “just because.” I have a handsome, loving partner who supports me in my goals and allows me to support him in his. I am healthy both physically and mentally. I exercise daily and have a good therapist who helps me grow and thrive. I am a lifelong learner and I invest in my ongoing education by attending seminars and reading at least one book a month. I also take cooking, writing and dance classes to feed my creativity. I meditate every morning to connect to the God in me. As a result, I spread as much love as possible on the streets of my journey. Every year, I give away at least 10% of my income to charity and I volunteer on a regular basis.

Your turn 😊 Don't be afraid to dream big! If you want to make it more official, use the worksheet on the next page to write out your life narrative and post it up somewhere where you can see it every day.

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

DAY 8: REFLECT ON THE PAST WEEK

Congratulations! You made it through the first week of the challenge. Do the Running Man, bust out a cartwheel, have a drink. You deserve it.

Today's assignment requires you to reflect on your learning and share in your fellow participants' progress over the past week. Being able to compare and contrast your experiences and offer encouragement to others can be extremely useful as you move forward in your personal development journey!

Reflect

- What was the most important thing you learned about yourself this week?
- What has been your favorite exercise so far? What did you like about it?
- Which exercise did you struggle with the most and why?

DAY 9: DO ONE THING

After a week of [thinking, reflecting and imagining](#) your ideal life, it's time to take some action! It's nice to take time to be dreamy and in your head (and we will do even more of that in the upcoming days of the challenge), but for you to really get reconnected to your dreams, you will need to start putting some real stuff out there in the universe. Right now.

Today, you will **do one thing** to move yourself closer to your ideal life. We will be embarking on some more in-depth action planning later this month, but today's exercise is meant to begin building some initial momentum for your journey.

Today's exercise is **not** related to your everyday to-do list. You are being asked to complete one task that is personally significant to you and your ideal life. This task should help you get started on a **specific goal** you've identified during the challenge, either from [your life map](#), [your personal mission statement](#) or [your ideal life narrative](#). Your one thing should meet at least one of the following criteria:

- Something you've been procrastinating on for a long time
- Something that terrifies you the most
- Something that inspires you the most

The main requirement for this exercise is that the action you take must be **tangible and measurable**. Basically, if I were there with you looking over your shoulder, I would be able to see clearly **with my own eyes** that the task was completed.

On the next page, you will find some examples to jog your imagination...

DO ONE THING...

You want to have better relationships with your family. Call that aunt you haven't spoken to for three years. Buy a plane ticket to visit your brother.

You want to go back to school. Research some programs online and call or email to request information packets from the ones you like the best.

You want to own your own home. Sign up for a homeownership class or buy a book about how to begin the process.

You want to be healthier. Throw out all the junk food from your cabinets. (I just threw away my Oreos!) Then go grocery shopping today and only buy healthy foods. Or sign up for a gym membership.

You want to save money. Open up a savings account. You can do that online now with most banks from your computer or phone. Then set up a recurring direct deposit from your checking account.

You want to improve your credit. Obtain your current credit report. If you haven't done it yet this year, you can get one free [here](#).

You want to start your own business. Complete the necessary forms and register your business name with your state.

You want to find a romantic partner. Approach someone you like or find attractive and ask for their phone number. Or sign up for [an online dating service](#).

The possibilities are endless! Whatever you do, make the task specific and **only** focus on that one thing for today. I know you're busy. But no matter how busy you are, you can always do at least one thing every day to move yourself closer to living the life of your dreams. And really, isn't life too short not to?

Just do it ☺

DAY 10: MAKE A BUCKET LIST

If you've seen the movie [The Bucket List](#) starring Morgan Freeman and Jack Nicholson, then you already know what this post is all about. If not, here's a synopsis:

"Corporate billionaire Edward Cole and working class mechanic Carter Chambers have nothing in common except for their terminal illnesses. While sharing a hospital room together, they decide to leave it and do all the things they have ever wanted to do before they die according to their bucket list."

Today, you're going to make your own **bucket list**.

Imagine you've just been told you're about to die in six months. Make a list of all the things you want to **do, see or accomplish** before you die. That's it.

Go.

DAY 11: ELIMINATE A LIMITING BELIEF

You may have found it difficult to really envision yourself living your ideal life. Some of you have a hard time believing that it can happen for you because you don't deserve it or feel there's something else lacking about you that will make it impossible to achieve. So, what I wanted to share with you today is a technique that I have used recently thanks to a post by [Steve Pavlina](#).

Steve shared the Morty Lefkoe method of **eliminating limiting beliefs** on his blog. Basically, it is a free, online, video-based program that helps people rethink the beliefs that may be holding them back from living life to the fullest. The program addresses three of the most common limiting beliefs:

- I'm not good enough.
- I'm not important.
- Mistakes and failure are bad.

Go to [Morty Lefkoe's website](#) and sign up to eliminate at least one of the limiting beliefs listed. Once you do that, you will get instant, free access to the online video program designed to help you eliminate that particular belief.

Note: Today's exercise will take about 45 minutes. You will also need to keep an open mind during the program to make progress. The idea is to choose one or more of the limiting beliefs that may be holding you back from either envisioning your ideal life or keeping you from taking the necessary steps to make it happen.

DAY 12: CREATE A VISION BOARD

Today, we're going to get even more visual with our goals and dreams by creating a **vision board**. A vision board is a powerful visualization tool that you can create as inspiration for your journey toward your ideal life. Some people refer to it as a "dream board." No matter what you call it, it's basically a collage of pictures and quotes that serve to remind you of your passion and purpose. But don't worry, you don't have to be an artist to make one!

Today's exercise will require you to assemble some art supplies. **Note:** This exercise will take about an hour. You'll need:

- a cork board, posterboard or small canvas
- some magazines
- markers or paint
- some thumbtacks, pins, glue or tape

Step 1: Cut out images from magazines (or draw your own) that represent your [ideal life narrative](#), your [personal mission statement](#) or simply inspire you.

Step 2: Paste or tack the images on your corkboard, posterboard or canvas.

Step 3: Use your markers or paint to write your personal mantra or other favorite quotes onto your vision board.

Step 4: If you like, frame your vision board and hang it on your wall. (Mine is up on the wall near my dining room table, facing me as I eat breakfast every morning!) Make sure you display your vision board somewhere you'll see it everyday and be inspired!

An alternative: You can also create your vision board **online** with the [O Dream Board program](#) from Oprah.com. I haven't used it yet myself, but it looks like a cool way to utilize technology to put together your vision board. Plus, it's free!

DAY 13: LIST 100 THINGS THAT MAKE YOU HAPPY

Yesterday, you worked on [your vision board](#). Today's exercise continues on the inspirational theme of reminding yourself of what you want to see more of in your life. Today, you will make a list of 100 things that make you happy. The idea is that by verbalizing them, you will consciously (or subconsciously!) seek them out more often. And, if you like, you can add a few of your favorite items from your list to your vision board as text or pictures!

What makes you happy? What kinds of things, people, activities, music, memories, places, foods, smells, make you feel alive? Sit down for about half an hour and come up with a list of 100 things. I know, it sounds like a lot, but once you get going, you realize that there are actually hundreds of things that make you happy! Nothing is too small or silly to put on this list. It's YOUR list. Don't think. Just write. Whatever first comes to mind will be real and true for you.

Oh, and here is my list. I made it earlier this year and everything still holds true. I often refer back to it when I need a pick-me-up or a reminder of all the little things I want to experience in my life.

<http://happyblackwoman.com/100-things-that-make-me-happy>

Your turn 😊

DAY 14: IMAGINE YOUR PERFECT DAY

After thinking about [100 things that make you happy](#), it can be useful to also think about how you can bring forth more of those things into your everyday life. Today's assignment takes the 100 things exercise to the next level by allowing you to imagine them incorporated into **your perfect day**.

Think about your life as it is right now. What would be a perfect day for you? What would you be doing? What would you NOT be doing? Who would be with you? What would your perfect day look, smell, taste, feel and sound like? Read through [your 100 things list](#) again and then take 30 minutes to jot down your first thoughts (don't think about it too much, just write!) about your perfect day. Just like in [your ideal life narrative](#), keep your sentences in present tense. Also, remember to keep your perfect day within a 24-hour period to make it seem as real as possible for you.

Follow-up questions for reflection:

- How often do you have what you would consider "perfect days?"
- What can you do to make sure you have more of them?

DAY 15: WRITE YOUR OWN EULOGY

OK, so before we get started, I just want to acknowledge that today's assignment may seem a little morbid. Especially after [the bucket list exercise](#). But hear me out. We're all going to die at some point. Point blank period. The hope is that we will live full, enjoyable lives while we're here on earth. And one way to do that is to get clear on how you want that life to look to other people. So today, you're going to **write your own eulogy**. A eulogy is the speech given about a person at their funeral that tells what kind of life and impact the person had. This exercise should pull together elements of [your personal mission statement](#), [ideal life narrative](#), and maybe even [your bucket list](#).

So imagine you die at age 77 (which is about the average age people live to these days). Think about how you want to be remembered. What mark do you want to make on the world before you die? What do you want to contribute or what do you want to be known for in your life?

Here's an easy format to follow, adapted from [the Art of Manliness](#) (random, I know – but I loved their approach!):

- Your geographic history (keep this brief). Where did you live? Did you travel all over or did you retire in one place?
- College and career. Where you went to school, what you majored in, what jobs you had. Include any awards or honors you won or accomplishments you made.
- Family and relationships. Did you get married? Have kids? How many?
- Your hobbies and interests. What did you do for fun in your life?
- The qualities and characteristics that set you apart and made you memorable. What did people like or admire about you?
- What people will miss about you. What impact did you have on people? How did you help them?

DAY 16: REFLECT ON THE PAST WEEK

Congratulations! You made it through the second week of the challenge. Thanks for sticking with me thus far.

Today's assignment requires you to reflect on your learning and share in your fellow participants' progress over the past week. Being able to compare and contrast your experiences and offer encouragement to others can be extremely useful as you move forward in your personal development journey!

Reflect

- What was the most important thing you learned about yourself this week?
- What has been your favorite exercise so far? What did you like about it?
- Which exercise did you struggle with the most and why?

DAY 17: FIND A GOOD THERAPIST

In addition to personal development, working with a trained mental health professional is one of the most valuable investments you can make in yourself.

"Courage is not limited to the battlefield. The real tests of courage are much quieter. They are the inner tests, like enduring pain when the room is empty or standing alone when you're misunderstood." – Charles Swindoll

This is all just to say that if there are issues you're struggling with in your life right now that are hard to handle on your own, it may be beneficial for you to see a therapist or counselor. Friends and family are nice, but they do not have the professional skills to really provide mental healing.

If you don't yet have a therapist, find one. A good therapist will be someone you feel comfortable talking to. It also helps if their office is in close proximity to your home, work or school. It shouldn't be a hassle for you to get there for your sessions and you certainly don't need the additional stress.

Here is a helpful tool for finding a good therapist in your area. You can search by state or by the specific issue you need help with. The directory also lists the type of insurance the therapist will accept.

[Therapist Directory from Psychology Today](#)

If you have health insurance, it is likely that your visits will be at least partially covered. And if you are a college/grad student, you can probably visit your campus counselor for free. (I worked with a very good counselor when I was in college right after my grandfather died, and it was the best thing I could have done at that time.)

Please hear me when I say that **therapy is not just for people who suffer from depression**. It helps *everything* in your life come together when you understand yourself and why certain things don't seem to "click" together as they should. Therapy can help you work through personal issues that are preventing you from having healthy relationships with others. It can help you get back on track with your career. It can also help you [eliminate some of the limiting beliefs](#) that may be holding you back from pursuing your ideal life.

DAY 18: SPICE UP YOUR LOVE LIFE

Like the old Bobby Womack song goes, “everybody needs someone, something to love.” So today, you will take steps to **spice up your love life**. Today’s assignment actually has two options: one for those who already have a partner and one for those who are single and looking for a partner.

Option 1: If you *already* have a partner or spouse, do something out of the ordinary. Do something you used to do when you first met or do something you’ve never done before. Do something romantic for no reason except that it’s Saturday. If you’re looking for ideas, I always find good ones on [Lovingyou.com](#) pertaining to love, romance, passion and sex. They also have [a really fantastic list of date night ideas](#) whether you want to stay in or go out. There are a million ideas out there to bring more spice into your relationship. Try one!

Option 2: If you want to *find* a romantic partner, you can approach someone you already like or find attractive and ask for their phone number or ask them out on a date. Or, you can sign up for **an online dating service**. If you’ve never tried online dating before, I’ve written about [nine reasons why you should give it a chance](#). After experimenting quite a bit with different online dating sites over the years, I have two favorites:

- [Match.com](#) (7-day free trial)
- [OK Cupid](#) (always free)

For more online dating tips, check out my recent guide to all the sites you should try, plus a helpful list of do’s and don’ts.

[A Brief Guide to Getting Started with Online Dating](#)

DAY 19: GET RID OF STUFF YOU DON'T NEED

A lot of us have accumulated so much physical stuff over the years, that our closets [might resemble something from the TV show, Hoarders](#). The pressure to consume and buy more and more stuff to fill our homes is all around us, which makes it tough to figure out what we really want and need in our lives. [But what would your life be like with less stuff?](#) Probably more meaningful and less cluttered. Today, you're going to **get rid of all the stuff you don't need.**

Go through your living space today and be ruthless in getting rid of ALL the stuff you don't need. Every single bit of it. Go through closets, bedrooms, shelves, storage rooms, even your home office and ask yourself the following questions for each item: **Do I really need this? Do I even want it anymore?** If yes, keep it and love it. If no, kick it to the curb by throwing it away, giving it away or recycling it. If you have a roommate, live-in partner, spouse or kids, you can also ask them to do the same.

What are some of the kinds of things you might get rid of?

- Clothes
- Shoes
- Papers and magazines
- Knick-knacks
- Broken appliances/electronics
- Anything you haven't used or worn in six months
- Things you've never used or worn

Happy purging 😊

DAY 20: PLAN YOUR RESET PROJECT

Yes. After all of our lovely dreaming and visioning and imagining, today is the day we finally get down and dirty with developing an action plan for your success and happiness in the new year. To complete this exercise, you will choose one specific area from [your life map](#) to make progress on within the next month. Of course, your reset project will be focused on one of these seven specific areas of your life:

- Lifestyle
- Work
- Education
- Finances
- Health
- Family
- Relationships

How to Structure Your Reset Project (the worksheet on the next page may assist you)

- Brief description of the project:** What area of your life map did you choose to work on? Be specific.
- Why the project was selected:** How will this project help you get closer to your ideal life?
- Goals:** What do you hope to achieve?
- Results:** How will you measure success?
- Assistance/advice needed:** What will you need to get your project completed or underway? How do you plan to get it?
- Obstacles:** What obstacles might you encounter and how do you plan to deal with them?
- Next steps:** What do you need to do **now** in order to see results within the next month?

MY RESET PROJECT

Brief description of the project: What area of your life map did you choose to work on? Be specific.

Why the project was selected: How will this project help you get closer to your ideal life?

Goals: What do you hope to achieve?

Results: How will you measure success?

Assistance/advice needed: What will you need to get your project completed or underway? How do you plan to get it?

Obstacles: What obstacles might you encounter and how do you plan to deal with them?

Next steps: What do you need to do **now** in order to see results within the next month?

DAY 21: DITCH TV FOR 24 HOURS

What would you do with five extra hours in your day? Probably make more progress on your life goals, that's for sure! Yet, [this is the amount of time the average American spends watching TV](#). Everyone knows that [I don't watch TV](#). Well, I don't have any type of cable. Sometimes I catch The Office on Hulu, but for the most part, I have no idea what's going on in TV Land at any given time. I haven't paid much attention to TV for about six years now, and I attribute much of my productivity and success in my work and life to the fact that I have a lot more time on my hands to pursue my dreams. Today, I challenge you to **ditch TV for an entire day**.

Let's stop letting TV take away the time we could be spending on more productive pursuits!

Here are just a few things you can do with the extra time:

- Work on [your Reset Project](#)
- Catch up on the [31 Days to Reset Your Life Challenge](#)
- Read a book
- Listen to music
- Call or visit with a friend
- Make a home-cooked meal for you and/or your family
- Exercise
- [Declutter your living space](#)
- Work on [a side hustle](#)
- Get some sleep

What will you do?

DAY 22: PURGE NEGATIVE PEOPLE FROM YOUR LIFE

You may have heard this enlightening statement at some point in your life:

"You are the average of the five people you spend the most time with." – Jim Rohn

Do you agree? I do. The people you allow into your life can have a profound influence on your thoughts and actions. As a result, if you're surrounded by negative people most of the time, your progress in life can be hindered. In other words, what goes in is what comes out. What that means for me is that I try to surround myself with loving people in order to produce more love in my mind, and therefore more love in my life. When I hang around people that constantly live their lives in fear, it literally drags me down into the dumps with them as well. Whether it's negative food or negative energy or negative people, it ALL affects your body, your soul and your mind.

Make a list of all the people in your life who bring you down. These are the people you know or hang out with who are major Debbie Downers, who complain all the time and have nothing but bad things to say about other people. They are the cynics and the snarks who have nothing better to do than talk about how much everything sucks – people, work, life in general. This list might include all the folks you ignore when they call, text or email you because, well, just the thought of interacting with them is depressing. Get my drift?

- Friends
- Family members
- Current or ex-romantic partners
- Co-workers or colleagues
- Old high school or college buddies
- Facebook friends
- Twitter followers

PURGE NEGATIVE PEOPLE FROM YOUR LIFE...

Do what you have to do to remove negative forces from your life (or at least limit your exposure to them), whether that means not sitting next to them at lunch in the company cafeteria, declining their invitations to hang out or unfriending them on social networks.

The Elephant in the Room...

It is not lost on me that the negative person you need to purge from your life might be YOU. If you are your own personal Debbie Downer, here is a special modification for this exercise.

Take your notebook around with you today and make a list of all the instances where you express negativity or cynicism throughout the day – either with your thoughts, words or actions.

- For each instance, explain why you said, thought or did what you did. Be honest. Were you jealous? Feeling depressed? Angry or annoyed?
- For each instance, brainstorm what you *could have* said, thought or done instead. Could you have looked at the glass half-full? Saw the situation from the other person's point of view? Showed compassion instead of cattiness?

DAY 23: FIND A COMMUNITY TO SUPPORT YOUR GOALS

As Motivated Sista [points out](#), sometimes it can be difficult to share our goals and dreams with our friends and family, [especially if they're negative people](#). They may not mean to intentionally dash our hopes, but it can happen quite often. In those cases, it may be useful for you to turn to other communities of mutual support to help you along in your journey to reach certain milestones in your life. Today, I encourage you to find a community to support your goals.

Today's exercise requires you to explore different groups that you could join as part of your personal development journey. One thing you might do is to [take a look at your Reset Project](#) and think about what communities could support you in those specific goals.

Here are some examples of communities you might explore, depending on what area of your life you want to develop:

- Professional Associations
- Membership Organizations
- Places of Worship
- [Meetup.com](#) (type in a search topic related to your goal)
- [LinkedIn Groups](#) (type in a search topic related to your goal)
- Facebook Pages and Groups (type in a search topic related to your goal)

DAY 24: ASK FOR HELP. OFFER HELP.

Yesterday, you went looking for [a community to support your goals](#), either for [your Reset Project](#) or just to help you live your ideal life overall. But, here's the thing. Being a part of a community is only the first step. Simply aligning yourself with like-minded people may be a waste of time if you don't engage with them and form reciprocal relationships along the way. Today, I encourage you to **ask someone for help or offer to help someone else**.

Societal propaganda has done a very good job of programming us with the attitude that we have to “look out for ourselves” and “pull ourselves up by our bootstraps.” You may even hear or say yourself, “you do you and I’ll do me.” While these are popular sentiments, this mindset can cause two destructive outcomes:

- Perpetuate the “Superwoman Syndrome” where we feel like we need to know everything and do everything ourselves because we’re “strong” women (or men).
- Prevent us from showing compassion to others and helping them when they’re in need of our assistance.

Let’s change that.

If there’s something you’ve been struggling with in your life, ask for help. Even if it’s as simple as asking for business advice or job leads. And if there’s someone in your personal or professional community who needs assistance, offer your help. If you have some wisdom or knowledge or resource or skill that someone would benefit from, share it with them. That’s it. Just be as generous as you can.

DAY 25: STOP COMPLAINING FOR 24 HOURS

Some of us are actually addicted to complaining because it gives us an “out” from appreciating what we have. It makes us continue to seek and never be satisfied with our lives. In my own life, I’ve noticed that every time I resist the urge to complain, my body actually feels lighter, as if I just let go of a small piece of baggage. I’m convinced that complaining steals our joy, and today, I challenge you to **stop complaining for 24 hours**.

Most people do not realize that as they continue to find things to complain about, they disallow their own physical well-being. Many do not realize that before they were complaining about an aching body or a chronic disease, they were complaining about many other things first. It does not matter if the object of your complaint is about someone you are angry with, behavior in others that you believe is wrong, or something wrong with your own physical body. Complaining is complaining, and it disallows improvement. - Abraham

Today’s exercise requires you to monitor your own complaints and replace them with something more productive: gratitude.

Step 1:

Take your notebook around with you today and write down every instance where you complain about something. It could be as small as complaining about the weather or the way your partner leaves hair in the sink. Example complaint: *At 3:05 pm I tweeted about how much I hate the traffic in LA.*

Step 2:

For each instance, write down a statement of gratitude to combat the complaint. Think about the “silver lining” in each of your complaints. Example gratitude statement (to combat the complaint above): *I’m grateful that I have a reliable car that I can use to travel back and forth on the highway.*

DAY 26: REFLECT ON THE PAST WEEK

Congratulations! You made it through the third week of the challenge. You're almost at the finish line 😊

Today's assignment requires you to reflect on your learning and share in your fellow participants' progress over the past week. Being able to compare and contrast your experiences and offer encouragement to others can be extremely useful as you move forward in your personal development journey!

Reflect

- What was the most important thing you learned about yourself this week?
- What has been your favorite exercise so far? What did you like about it?
- Which exercise did you struggle with the most and why?

DAY 27: START A SIDE HUSTLE

One of the biggest complaints that many people have is that they don't make enough money to live their ideal life. Even if you have a good-paying job these days, it can still be tough to do, especially if you have kids and/or student loans. If you desire to earn more money in addition to the job you have now, today I encourage you to **start a side hustle**.

If you don't necessarily want to find a new full-time job, consider starting a side hustle to earn more money in addition to your 9 to 5. **A side hustle is a job that you do on the side in addition to your full-time job.** Whether you take on a second job, do hair in your basement, provide consulting services or bake cakes to sell at the farmer's market on the weekend, a side hustle is when you provide products or services in order to make money *on the side*. Typically, you would take something you're good at (or passionate about) and offer it to people who want it. That sweet spot of skill and demand is your side hustle, baby! Many people eventually start making enough money with their side hustle to make it their full-time gig.

A few synonyms for a side hustle:

- Part-time job
- Second job
- Small business
- Side business
- Slash career

START A SIDE HUSTLE...

Examples of side hustles:

- Consulting
- Catering
- Tutoring
- Photography
- Blogging
- Public speaking
- Babysitting
- Avon/Mary Kay
- Ebay seller
- Crafting/jewelry

And the list goes on and on. What are some side hustle ideas you could try that align with your passion and [personal mission statement](#)? As you work on this exercise, you may find it useful to read some of my recent posts on biz and entrepreneurship with a focus on starting a side hustle.

- [How to Start a Side Hustle: An Overview \(and My Journey to a Consulting Career\)](#)
- [How to Start a Side Hustle: 5 Low-Cost Ways to Market Yourself](#)
- [How to Start a Side Hustle: 4 Ways to Find the Extra Time to Work on Your Passion](#)
- [How to Start a Side Hustle: Test the Waters](#)
- [How to Write and Self-Publish a Book in Three Months or Less](#)

You may also find it helpful to watch my free video training on “How to Start a Side Hustle” here:

<http://howtostartasidehustle.com>

DAY 28: WRITE A LOVE LETTER TO THE PAST YEAR

After 12 whole months, it can be easy to forget all the great things that happened to you this year. Here's your chance to reflect on all the goodness that came into your life in 2010. Consider this a stellar self-review. Today, you will **write a love letter to 2010**.

This exercise requires you to answer the following questions. Dig deep! It may be difficult to think back over the course of a year, but give this assignment about an hour so your mind can remember what was important.

Dear 2010,

This is what I loved about you:

- What personal growth milestones did you achieve in 2010?
- What professional accomplishments made you most proud in 2010?
- What were your favorite experiences with friends and/or romantic partners this year?
- What was your favorite family moment from 2010?
- What was the best book/album/movie/restaurant/city/country/etc you discovered in 2010?

DAY 29: LET GO OF THE PAST

Yesterday, [you wrote a love letter to the past year](#). Today, you're going to cement that good energy going forward by getting rid of everything you *didn't* love about 2010. Today, you're finally going to let go of the past. Literally. Today's exercise consists of three parts, and they are all equally important to the process of letting go of negative events and experiences from the past.

Step 1: Acknowledgement

Go grab your Reset notebook and write down all the things that you're still holding onto from the past year (or even the past 30 years!). The timeframe is up to you. Your list should include bad experiences, failed relationships, arguments with friends and family, people who hurt you, situations you regret, jobs you got fired from, etc. If you want to go back more than a year, you can also include situations from your childhood, people you still have hold grudges against from high school.

Step 2: Affirmation

For each item on your list, find a way to achieve closure, even if it is a small amount of relief. Think of an affirmation or personal mantra you can apply to the past event that will remove the painful or negative aspect of it and allow you to move on. You can either write them down in your notebook or say them out loud as you go down each item on the list. Here is an example from my own life:

Past event: A painful breakup with a man that I thought would be my husband.

Affirmation: I'm glad things happened the way they did. When we broke up, I finally became committed to living an authentic life and pursuing what really made me happy. Thank you for letting me go. I can appreciate it now. I am grateful and free.

Step 3: Absolution

Now, you're going to destroy your entire list. Tear the page(s) out of your notebook and do the following (and this is very important): Burn it. Go outside and do it with a lighter or a match. Stand in front of your stove and do it when you get a moment alone in the kitchen. I don't care how you burn it, just get rid of that list! And consider this a symbolic "reset ceremony" of starting off the year ahead fresh and unencumbered with your old pain and suffering.

DAY 30: MAKE 10 PERSONAL COMMITMENTS

I'm not a big believer in New Year's resolutions anymore and [here is why](#). But, I do think it's useful to make personal commitments instead. A personal commitment is simply a promise that you make to yourself to take a specific action that supports [your ideal life](#). A personal commitment is a serious promise and lasts *beyond* the beginning of the year because it's meant to help you achieve your lifelong vision.

Today, you will **make 10 personal commitments** to yourself.

Sit down today and make a list of 10 personal commitments that you would like to keep for the following year. Remember, these are *serious promises* that you are making to yourself in order to live your ideal life. You can make as few or as many as you want (I suggested 10 here for structure), but a list of more than 20 commitments probably becomes unrealistic and unwieldy.

For instance, one of the most powerful personal commitments that I made to myself this year was to distance myself from all the negative people in my life. It was a conscious process that I had to do for myself (and my own mental health) so that I could begin to cultivate a new way of thinking within my own mind and make more progress on my goals.

What are the kinds of personal commitments you can make to yourself that will completely transform the way you live your life not just in the year ahead, but in the *years* ahead?

The worksheet on the next page may assist you.

MY 10 PERSONAL COMMITMENTS

1

2

3

4

5

6

7

8

9

10



DAY 31: PICK A THEME FOR THE YEAR AHEAD

Yes, the rumors are true. Today is the last day of the program! It's been an honor and a privilege to spend this month with you. Thank you for putting your goals and hopes and dreams out there for all of us to see. Thank you for sharing this experience with others just like you. But most of all, thank you for being here with me. Your presence is what keeps me writing day after day.

The final assignment for the challenge is to really look to the year ahead and think about what big picture theme you want to manifest most. We will do this in two parts.

Step 1:

Choose a theme word for the year ahead. What one word or phrase represents what you want to bring about in the next 12 months? (My theme for 2010 was "The Year of Happy" where I made a personal commitment to do everything that makes me happy and stop doing things that don't.)

Step 2:

Choose a theme song for the coming year. Imagine what song you would want following you around during your daily journey to live your ideal life. It should be a song that brings about some kind of motivation or inspiration for you.

Here's what I came up with for my theme:

- My theme word for 2011 is ABUNDANCE. I want to manifest abundance in every area of my life this year. I want to remember that everything I want and need is available to me through the power of love for myself and others.
- My theme song is "Closer" by Goapele. If you've never heard it, click [here](#). It's one of my favorites, and one that affirms me in my journey to pursue lifelong happiness and success. Every day of 2011, I'll be moving closer to my dreams of being fulfilled in life, love and business. And I wish the same for you! ☺ ☺ ☺

31 DAYS TO RESET YOUR LIFE: RECAP & REFLECT

Thank you so much for taking part in this personal development journey with me!

What was your experience?

Now that the program is over, it's time to do a final recap. I'd love to hear your reflections on the experience and what outcomes and results came about for you!

- How has the 31 Day Reset Challenge been for you overall? Were you able to complete all the exercises? If not, why not?
- What did you like the most about the 31 Day Reset Challenge?
- Which exercise gave you the biggest breakthrough or "aha" moment? What did you learn from it?
- Were there any exercises that you didn't find useful to your personal growth? If so, why?
- Did you meet, interact or connect with anyone new during the challenge? If so, how? (blog readers, commenters, Twitter followers, in-person meetups)

On the last page, you will find links to all the of 31 Days to Reset Your Life Assignments as a little recap. Feel free to visit them as often as you need to and continue to connect with your fellow participants!

P.S. I'd love to hear from you! If you've gotten value from this program, feel free to email me directly at happyblackwoman@gmail.com to share your story. All the very best to you in your journey ☺

Rosetta Thurman (a.k.a. The Happy Black Woman)

RECAP OF 31 DAYS TO RESET YOUR LIFE ASSIGNMENTS

[Reset Your Life Day 1: Start Here](#)

[Reset Your Life Day 2: Conduct a Life Assessment](#)

[Reset Your Life Day 3: Identify Your Values](#)

[Reset Your Life Day 4: Envision Your Values in Action](#)

[Reset Your Life Day 5: Write a Personal Mission Statement](#)

[Reset Your Life Day 6: Create a Life Map](#)

[Reset Your Life Day 7: Write Your Ideal Life Narrative](#)

[Reset Your Life Day 8: Reflect, Comment and Connect](#)

[Reset Your Life Day 9: Do One Thing](#)

[Reset Your Life Day 10: Make a Bucket List](#)

[Reset Your Life Day 11: Eliminate a Limiting Belief](#)

[Reset Your Life Day 12: Create a Vision Board](#)

[Reset Your Life Day 13: List 100 Things That Make You Happy](#)

[Reset Your Life Day 14: Imagine Your Perfect Day](#)

[Reset Your Life Day 15: Write Your Own Eulogy](#)

[Reset Your Life Day 16: Reflect, Comment and Connect](#)

[Reset Your Life Day 17: Find a Good Therapist](#)

[Reset Your Life Day 18: Spice Up Your Love Life](#)

[Reset Your Life Day 19: Get Rid of Stuff You Don't Need](#)

[Reset Your Life Day 20: Plan Your Reset Project](#)

[Reset Your Life Day 21: Ditch TV for 24 Hours](#)

[Reset Your Life Day 22: Purge Negative People from Your Life](#)

[Reset Your Life Day 23: Find a Community to Support Your Goals](#)

[Reset Your Life Day 24: Ask for Help. Offer Help](#)

[Reset Your Life Day 25: Stop Complaining for 24 Hours](#)

[Reset Your Life Day 26: Reflect, Comment and Connect](#)

[Reset Your Life Day 27: Start a Side Hustle](#)

[Reset Your Life Day 28: Write a Love Letter to 2010](#)

[Reset Your Life Day 29: Let Go of the Past](#)

[Reset Your Life Day 30: Make 10 Personal Commitments](#)

[Reset Your Life Day 31: Choose a Theme for 2011](#)