

DRIVEN BY THE JOURNEY™

Mindset Reset Workbook

Simple exercises to help overcome setbacks, strengthen confidence, and stay focused on your goals.

THE E3M MINDSET: EMBRACE IT. ERASE IT. EXECUTE IT.

This workbook is for the moments when life does not go according to plan. Use it to slow down, tell yourself the truth, separate facts from fear, decide what needs to change, and move forward with an intentional next action.

A setback can interrupt your plan without becoming your identity.

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Driven By The Journey™

Before You Reset

A mindset reset is not pretending that something did not hurt, disappoint, frustrate, or scare you. It is deciding that the experience will provide information without controlling your next move.

Coach Jackson's Gem: You cannot always control what happened. You can control what you allow it to teach you and what you do next.

What brought me to this reset?

Describe the setback, disappointment, conflict, fear, or loss of focus that you need to address.

What am I feeling?

Name the emotions without judging them. Examples: disappointed, angry, embarrassed, afraid, confused, tired, rejected, frustrated.

STEP 1 — EMBRACE IT

Embrace It means recognizing reality with honesty and courage. You cannot reset what you refuse to acknowledge.

What actually happened?

Write only the facts first. Avoid assumptions about what other people think or what the event supposedly means about your future.

What part of this is outside my control?

List the people, decisions, timing, circumstances, or outcomes you cannot control.

What part is within my control?

Identify your effort, preparation, communication, boundaries, attitude, habits, decisions, and next actions.

Reality Check

Statement	Fact	Fear / Assumpt
	■	■
	■	■
	■	■
	■	■

STEP 2 — ERASE IT

Erase It does not mean erasing the experience. It means challenging the limiting belief, fear, excuse, or unproductive story you may have attached to it.

What story am I telling myself?

Complete the sentence: Because this happened, I have been telling myself that...

What evidence challenges that story?

List facts, past successes, strengths, support, lessons, or alternative explanations that make the negative story incomplete.

What do I need to release?

Identify one belief, excuse, comparison, resentment, habit, or expectation that is no longer helping you.

Rewrite the Belief

Old thought	More useful, truthful thought
I failed, so _____	This result tells me _____
I am not ready because _____	I can prepare by _____
They do not believe in me _____	I will focus on _____
I am behind _____	My next measurable step is _____

STEP 3 — EXECUTE IT

Execute It turns reflection into disciplined action. A reset becomes useful when it changes what you do next.

What is the next right move?

Choose one action you can complete within the next 24–72 hours.

What preparation does that action require?

List the information, conversation, practice, resource, boundary, or support you need.

My 7-Day Reset Plan

Day	One intentional action	Completed
1		■
2		■
3		■
4		■
5		■
6		■
7		■

My accountability person

Who can ask whether you completed what you said you would do?

Confidence Rebuild

Confidence is strengthened by evidence. Instead of waiting to feel confident, collect evidence that you can prepare, adapt, learn, and follow through.

Three things I have already survived or solved

What past experiences prove that you can adapt when circumstances change?

Three strengths I can use now

Name the qualities, skills, relationships, knowledge, or habits that can help you move forward.

Evidence Log

Date	Action I took	What it proved to me

Focus Reset

When everything feels urgent, focus becomes a decision about what matters most now.

My most important goal right now

What outcome deserves your attention during the next 30 days?

Why does it matter?

Connect the goal to your values, future, responsibilities, or purpose.

Stop / Start / Continue

STOP	START	CONTINUE
What is distracting or draining me?	What action will move me forward?	What is already working?

My focus boundary

What will you say no to, reduce, delegate, delay, or remove so that your priority has room?

My 30-Day Mindset Reset Commitment

Use this page to turn the workbook into a personal commitment.

Area	My commitment
I will EMBRACE...	
I will ERASE...	
I will EXECUTE...	
The goal I will protect...	
The habit I will practice...	
The support I will use...	
How I will know I am progressing...	

Signature: _____ Date: _____

YOUR NEXT STEP WITH DRIVEN BY THE JOURNEY™

Return to this workbook whenever a setback, disappointment, transition, or loss of focus begins to control the story you are telling yourself. The goal is not perfection. The goal is to regain clarity and move with intention.

For additional mindset resources, E3M tools, workshops, and coaching support, visit
www.coachrhondajackson.com.

Embrace It. Erase It. Execute It.