

ESSENTIALS ONE

# The Self-Reset Model



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THE CAREER RESET

# The Importance of What You Think About Your Career



You're here to make a change in your career. It could be anything from improving your performance to improving relationships to finding a job to changing your career completely.

You've decided to take control of your career and turn the career you have into the career you want.

And I'm sure that you're more than ready to get started. You're ready to take consistent action. You're ready to DO STUFF.

But let me ask you a question first.

What do you think about your career potential?

Pause and think about that.

What do you really think you're capable of? What do you think you're not capable of?

Not smart enough to do?

Too old to do?

Too young to do?

What do you think other people think of you?

What thoughts do you have that are holding you back from achieving the success you deserve?

How we think about ourselves and our career is the most important factor impacting our success. We tend to think that the success we achieve is somehow separate from what we think. We don't realize, we're literally creating who we are and the success we achieve by what we think.

**What we think drives everything we do and every result we get.** If you want different results, you must first change how you think.

For instance, when I asked you what you think about your career potential, what were your initial thoughts?

What thoughts do you have that define your potential? Did you go to the past? Did you list off your achievements? Did you think about what your mom told you once? Or a boss? Or your last performance review? Did you think about what you like doing? Or what you think you're good at?

***You can change what you're capable of, by changing what you **THINK** you're capable of***

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So often we're convinced of who we think we are, and what we know we're capable of, that we don't realize that it's all completely changeable.

We can change tomorrow. It's totally within our control.

It doesn't matter what other people think about you or even what *they think they know* about you. It doesn't matter about past evidence of your accomplishments.

It only matters what YOU think now.

Today.

You get to decide how to define yourself.

That is the best news I have for you.

That is the most empowering and exciting news I have for you.

You get to decide how to define yourself! And how you define yourself will define your success.

That, my friends, is your superpower.

So for the next couple of weeks, I invite you to focus on your thoughts about your potential. I invite you to practice getting aware of the thoughts that are moving you forward, and the ones that are keeping you stuck. And I invite you to decide which thoughts you want to shift and then begin to shift them.

You may be surprised to find many *'truths'* about yourself are optional.

Thoughts like:

*I'm not qualified for anything else*

*I'm not good at... this job... a particular skill*

*I can't get along with people who are ...*

*I'm too old to start over*

*This is just who I am, I can't change it*

*I hate my job*

*I can't make this work*

These thoughts aren't harmful or bad, but they're also not very useful. They're just thoughts you think are true, but are actually optional thoughts you can change. Once you start to get aware of your thoughts, you can choose to think something different.

And different thoughts will lead to different results.

I know it sounds simplistic. And theoretically, it is. It's super simplistic. Which is what makes it great.

It's the execution that takes practice. It takes practice to first get aware of your thoughts, be OK with them, and then decide to change them.

**Mindset is 80% of success.**

Learning to manage your mindset, and to align your thoughts with desired results is 80% of success.

It opens doors.

It allows you to move forward and take action with more confidence and ease than if you were trying to take action and while fighting against your old thoughts at the same time.

I call that 'white knuckling' and it never lasts. It's not sustainable.

***What you think, drives a feeling,  
which leads to an action, which  
creates your results***

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To help you with this practice, I've introduced the concept of THE SELF-RESET MODEL.

As I mentioned in the video, this model is a proven cognitive behavioural model that says *what you think, drives a feeling, which drives an action, which leads to a result*. If you want to get a different result, you must start by changing what you're thinking.

It's just how the brain works.

It is a model that was popularized by Brooke Castillo of The Life Coach School.

And it's a model that works every time.

In fact, try it right now.

The action your taking is reading this workbook. **What feeling led to this action?**

*Determination?*

*Desperation?*

*Motivation?*

**And what thought led to your feeling?**

*I'm ready to take control?*

*I gotta do something about this career?*

## ESSENTIALS ONE | THE SELF-RESET MODEL

*Something has to work?*

*I deserve this?*

So it's time to practice taking control of your mind and your thoughts so you can take control of your career. Over the next two weeks, you'll start with getting aware of your thoughts, doing thought downloads and practicing models in the areas where you want to see shifts in your results.

I know you have networking calls to make and resumes to write and a day job on top of that.

I'm not suggesting you stop everything and focus only on THE SELF-RESET MODEL. But I offer you the idea that making this work your #1 career development priority in the next two weeks will make everything that comes after A LOT easier.

Do this work first.

The exercises in the workbook are broken down into small bites every day. It's built to take you no more than 10 minutes a day.

Commit to doing each exercise every day to experience this change for yourself.

And if you need support, sign up for a class, post in the FB Group or leave a question in the Q&A.

ESSENTIALS ONE

# The Exercises



# The Exercises

It's time to practice THE SELF-RESET MODEL for yourself. We're going to take it in small steps.

The exercise section is designed to help you take small consistent steps forward EVERY DAY. The intention is to make career development part of a daily ritual. That's how our brain develops strong habits and gets comfortable with new behaviours.

This is particularly true with mindset work. It's not something you can power-through on a Saturday morning and then check off your to-do list. Well... I guess you can. But you may not be happy with the result.

So to help you get started with the model we're going to build your muscle over the next two weeks. Every day there is an exercise designed to take you about 10 minutes. However, I invite you to take as long as feels right for you.

## DAY 1: THOUGHT DOWNLOAD

Today is all about getting aware of what you're thinking. All you have to do is download all your thoughts associated with this question;

### WHAT DO YOU THINK ABOUT WHERE YOUR CAREER IS TODAY?

Try and fill up a whole page in your journal or in this exercise book. If you get stuck, try asking yourself one of these questions;

- » What else?
- » What do I think about myself?
- » What do I think about the people related to the circumstance (in this case '*your career*')

Just do a big brain dump. Let it flow freely and try to be compassionate and accepting of whatever comes up. Just write it down.

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### DAY 3: THOUGHT DOWNLOAD

Another thought download day, except this time, you're going to choose a circumstance and download thoughts about that circumstance.

Pick a circumstance you're facing in your career right now. Make it a circumstance that's a challenge for you, or somewhere you're not getting the results you want.

It can be big or small. **But it has to be a FACT**, e.g.

- » *I have 6 hours of meetings on my calendar every day.*
- » *I miss deadlines.*
- » *I'm unemployed.*
- » *I've been looking for a job for 5 months.*
- » *My boss told me I'm ready/not ready for a promotion.*
- » *An item on my development plan is building trusted relationships.*

There is no room for opinion in these statements.

Here are some common challenges that are **not** circumstances. They may feel like facts, but they are thoughts or opinion;

- » *I don't know what I want to do in my career*
- » *I hate my boss*
- » *I don't like the culture where I work. I don't align with the culture*
- » *I'm not qualified for anything else*
- » *I'm too old to find a job/change careers*
- » *I'm not good at my job*

**STEP 1:** Choose a circumstance that your facing in your career right now

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**STEP 2:** Download your thoughts on that circumstance.

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## DAY 5: TIME TO BUILD YOUR FIRST UNINTENTIONAL MODEL

Using the main thought you chose yesterday, do an UNINTENTIONAL MODEL. Remember an *unintentional model* is the model that's driving your current result. It's the model that is happening when you're not thinking on purpose.

**C**

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*List the circumstance from Day 3*

**T**

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*List the thought from Day 4*

**F**

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*What is the feeling this thought creates? Pick one feeling. Remember feelings are one word.*

**A**

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*When you feel this way, what action (or inaction) are you taking?*

**R**

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*What result does that create? Remember the result has to be about you (not other people).*

Congratulations! This is a brag-worthy win! You did it. Take a picture and post your first unintentional model in the FB Group. And remember to add the #selfresetmodel.

## DAY 6: TIME TO BUILD YOUR FIRST INTENTIONAL MODEL

We're going to break this down step by step.

The first thing to do is put the same circumstance in the C-Line.

And then you can start anywhere. You don't have to go to the thought. You may decide it's easier for you to focus on the result you want.

You may decide it's easier for you to focus on the feeling you want to feel, then fill in the model from there.

You may decide you know the action you want to take and then you can fill in the model from there.

You can work the model in whatever way works for you. And you will likely find that depending on the circumstance, you may start your intentional model in different places all the time.

## ESSENTIALS ONE | THE SELF-RESET MODEL

**C**

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*Same circumstance as yesterday*

**T**

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*Make sure whatever thought you choose is believable to you. Focus on only ONE thought in each model*

- » *If you're starting with a thought, ask yourself what believable thought do I want to think instead?*
- » *If you've already identified a feeling, ask yourself what would I need to think to generate that feeling.*

**F**

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*Remember that feelings are one word. Stay focused on one feeling in each model*

- » *If you're starting with a feeling, ask yourself what feeling do you want to feel?*
- » *If you've already identified a thought, ask yourself what feeling would that thought generate?*
- » *If you've already identified the action, ask yourself how would I need to feel to generate that action?*

**A**

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*This is an action that YOU will take. You can't control the actions of other people.*

- » *If you're starting with a action, ask yourself what action do you want to take?*
- » *If you've already identified a feeling, ask yourself what action would that feeling generate?*
- » *If you've already identified the result you want, ask yourself how would I need to act, or what would I need to do, to generate that result?*

**R**

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*This is a result about you.*

- » *If you're starting with a result, ask yourself what result do I want?*
- » *If you've already identified an action, ask yourself what result will I get from that action?*

Well done to you. You have your first intentional model. What do you think about it? Does this model feel do-able to you? Is the thought you chose something that you can think on purpose to drive the feelings, actions and results you want to see?

Share it in the FB Group. And remember to add the #selfresetmodel.

## DAY 7: PRACTICE A MODEL A DAY

Do one model a day for the next 8 days. Pick a situation where you want to show up differently, or move forward, or get a different result for yourself.

Identify the circumstance, do a thought download, choose a thought that resonates and start your unintentional model.

Then move the same circumstance to the intentional model and run a model that feels comfortable to you.

If you're stuck, you know what to do. Join a class. Post in the FB group and tag it 'selfresetmodel'. Or post a question in the Q&A.

Don't worry about getting it right. Just try it. Share it and refine it over time.

### UNINTENTIONAL MODEL:

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T \_\_\_\_\_

F \_\_\_\_\_

A \_\_\_\_\_

R \_\_\_\_\_

### INTENTIONAL MODEL:

C \_\_\_\_\_

T \_\_\_\_\_

F \_\_\_\_\_

A \_\_\_\_\_

R \_\_\_\_\_

## DAY 8: PRACTICE A MODEL A DAY

Pick a situation where you want to show up differently, or move forward, or get a different result for yourself.

Identify the circumstance, do a thought download, choose a thought that resonates and start your unintentional model.

Then move the same circumstance to the intentional model and run a model that feels comfortable to you.

If you're stuck, you know what to do. Join a class. Post in the FB group and tag it 'selfresetmodel'. Or post a question in the Q&A.

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### UNINTENTIONAL MODEL:

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T \_\_\_\_\_

F \_\_\_\_\_

A \_\_\_\_\_

R \_\_\_\_\_

### INTENTIONAL MODEL:

C \_\_\_\_\_

T \_\_\_\_\_

F \_\_\_\_\_

A \_\_\_\_\_

R \_\_\_\_\_

## DAY 9: PRACTICE A MODEL A DAY

Pick a situation where you want to show up differently, or move forward, or get a different result for yourself.

Identify the circumstance, do a thought download, choose a thought that resonates and start your unintentional model.

Then move the same circumstance to the intentional model and run a model that feels comfortable to you.

If you're stuck, you know what to do. Join a class. Post in the FB group and tag it 'selfresetmodel'. Or post a question in the Q&A.

Don't worry about getting it right. Just try it. Share it and refine it over time.

### UNINTENTIONAL MODEL:

C

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A

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R

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### INTENTIONAL MODEL:

C

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## DAY 10: PRACTICE A MODEL A DAY

Pick a situation where you want to show up differently, or move forward, or get a different result for yourself.

Identify the circumstance, do a thought download, choose a thought that resonates and start your unintentional model.

Then move the same circumstance to the intentional model and run a model that feels comfortable to you.

If you're stuck, you know what to do. Join a class. Post in the FB group and tag it 'selfresetmodel'. Or post a question in the Q&A.

Don't worry about getting it right. Just try it. Share it and refine it over time.

### UNINTENTIONAL MODEL:

**C**

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**T**

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**F**

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**A**

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**R**

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### INTENTIONAL MODEL:

**C**

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**T**

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**F**

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**A**

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**R**

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## DAY 11: PRACTICE A MODEL A DAY

Pick a situation where you want to show up differently, or move forward, or get a different result for yourself.

Identify the circumstance, do a thought download, choose a thought that resonates and start your unintentional model.

Then move the same circumstance to the intentional model and run a model that feels comfortable to you.

If you're stuck, you know what to do. Join a class. Post in the FB group and tag it 'selfresetmodel'. Or post a question in the Q&A.

Don't worry about getting it right. Just try it. Share it and refine it over time.

### UNINTENTIONAL MODEL:

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### INTENTIONAL MODEL:

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## DAY 12: PRACTICE A MODEL A DAY

Pick a situation where you want to show up differently, or move forward, or get a different result for yourself.

Identify the circumstance, do a thought download, choose a thought that resonates and start your unintentional model.

Then move the same circumstance to the intentional model and run a model that feels comfortable to you.

If you're stuck, you know what to do. Join a class. Post in the FB group and tag it 'selfresetmodel'. Or post a question in the Q&A.

Don't worry about getting it right. Just try it. Share it and refine it over time.

### UNINTENTIONAL MODEL:

C \_\_\_\_\_

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F \_\_\_\_\_

A \_\_\_\_\_

R \_\_\_\_\_

### INTENTIONAL MODEL:

C \_\_\_\_\_

T \_\_\_\_\_

F \_\_\_\_\_

A \_\_\_\_\_

R \_\_\_\_\_

## DAY 13: PRACTICE A MODEL A DAY

Pick a situation where you want to show up differently, or move forward, or get a different result for yourself.

Identify the circumstance, do a thought download, choose a thought that resonates and start your unintentional model.

Then move the same circumstance to the intentional model and run a model that feels comfortable to you.

If you're stuck, you know what to do. Join a class. Post in the FB group and tag it 'selfresetmodel'. Or post a question in the Q&A.

Don't worry about getting it right. Just try it. Share it and refine it over time.

### UNINTENTIONAL MODEL:

C \_\_\_\_\_

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A \_\_\_\_\_

R \_\_\_\_\_

### INTENTIONAL MODEL:

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A \_\_\_\_\_

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## DAY 14: PRACTICE A MODEL A DAY

Pick a situation where you want to show up differently, or move forward, or get a different result for yourself.

Identify the circumstance, do a thought download, choose a thought that resonates and start your unintentional model.

Then move the same circumstance to the intentional model and run a model that feels comfortable to you.

If you're stuck, you know what to do. Join a class. Post in the FB group and tag it 'selfresetmodel'. Or post a question in the Q&A.

Don't worry about getting it right. Just try it. Share it and refine it over time.

### UNINTENTIONAL MODEL:

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### INTENTIONAL MODEL:

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