

The One More Time Reset Guide

How to get back on track when life knocks you down

A Simple Truth

There was a time in my life when everything felt uncertain. Direction was unclear, confidence was low, and the future felt distant.

What changed everything wasn't luck, or perfect timing, it was a decision.

A decision to try again.

One more time.

If You Feel Stuck

Maybe things haven't gone the way you planned. Maybe you've lost direction, confidence, or momentum.

That's more common than you think and it's not the end.

The One More Time Method

1. Breakdown - When things stop working.
2. Reality - Facing where you are.
3. Decision - Choosing to go again.
4. Action - Small consistent steps.
5. Momentum - Building confidence.
6. Transformation - Becoming the new version of yourself.

Your Reset

Ask yourself:

- What's not working right now?
- What needs to change?
- What's one small action I can take today?

Practical “One More Time” Hacks

1. **The 10-Minute Rule**
If something feels overwhelming, commit to just 10 minutes. Starting is the hardest part.
2. **Shrink the Goal**
Make the task so small it's impossible to avoid. Progress builds momentum.
3. **Change the Environment**
A new space or routine can reset your mindset quickly.
4. **Borrow Belief**
If you don't believe in yourself yet, borrow belief from someone who does.
5. **Focus on the Next Step**
Don't think about the whole journey. Just focus on the next step.
6. **Track Small Wins**
Write down daily progress. It builds evidence that you are moving forward.
7. **Reset Your Language**
Replace 'I can't' with 'I'm learning how to' before moving on to 'I will'

Final Thought

You don't need a perfect plan.
You just need to be willing to go again... one more time.

And don't forget to share your journey with me by DM on my social media channels. I'd love to hear how you're moving forward

Cheers

Noel