

Free Library Guide #001

Mindset Reset Starter

DonDada The Resetter™

A Quick Transformation Guide • Free Library

Welcome

This guide introduces the Reset philosophy: lasting change begins with awareness, followed by intentional action. Instead of trying to transform your entire life overnight, focus on one decision you can improve today.

DonDada Quote

"Transformation does not begin when life changes. It begins when you choose a different response."

— DonDada The Resetter™

The Reset Framework

1. **Pause** – Interrupt autopilot.
2. **Notice** – Observe your thoughts, emotions, and habits.
3. **Decide** – Choose the response that aligns with who you want to become.
4. **Act** – Take one small action immediately.
5. **Repeat** – Consistency creates transformation.

Example

Instead of saying 'I'll start next week,' pause, notice the excuse, decide on one action, and complete it today—even if it only takes five minutes.

Your Reset Workbook

- What area of my life needs a reset the most?
- What belief is slowing my progress?
- What is one action I will complete within 24 hours?
- What habit do I want my future self to thank me for?

3-Day Reset Challenge

Each day complete one small action you've been avoiding. At the end of each day, write one lesson you learned.

Key Takeaways

- Awareness comes before change.
- Small actions create momentum.
- Consistency beats perfection.
- Every reset begins with one decision.

Continue Your Reset

Mindset: Building Healthy Habits

Emotional Wellness: Emotional Awareness

Business: Business Vision Blueprint

Relationships: Communication Basics

Continue Your Journey

Free Library – Explore resources across many categories.

Individual Libraries (\$11/month each) – Dive deep into one subject.

Creole Library (\$25/month) – Resources in Haitian Creole.

All-in-One Library (\$55/month) – Includes every \$11/month library plus standard online courses.

VIP Membership (\$250/month) – Everything above, premium online courses, and one monthly consultation.

Resetter's Inner Circle (\$500/month) – Everything in VIP, the exclusive Emotional Reset Library, and four monthly consultations each month.

Library Information

Series: Starter Guides • Guide #001 • Reading Time: 10 Minutes • Beginner