

MASTER RESET

A 40 - Day Journey



MR

Legacy

Restore your mind to its original default settings

NIGEL BROWN

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40-DAY MASTER RESET

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As we grow older and experience the ups and downs of life, we tend to lose our childlike wonder, passion, curiosity and desire to learn and experience new things. We get stuck in a routine or pattern of life that's not really working for us. We know that change is necessary, but because of the bad habits and limiting beliefs we've developed over the years, we feel that we simply don't have the strength, motivation or desire to make that crucial change.

I realised that the first step to transforming my life, is transforming my mindset, or the way I interpret life. After reflecting on my own personal journey of transformation, I created what I call the *40-Day Master Reset Journey*.

Master reset is an I.T. term, that refers to the restoration of an electronic device to its original default settings (or to the state it was in when it left the factory). A default setting, is the way a device was originally configured to operate by its creator or manufacturer. This process removes all settings, applications and data, that were added by the user. The term is often heard in reference to smartphones and tablets. Technicians normally advise a *master reset* of a device for the following reasons:

- it's malfunctioning
- to remove a file(s) or viruses that are difficult to remove
- to clear the memory space on the device
- to remove personal information from the device before selling it or giving it away

In the same way, the *40-Day Master Reset Journey* was designed to restore your mind and heart to your Creator's original *default settings*, or to the way your Creator originally configured you to think. We all grew up in different environments and have diverse experiences. The environment(s) you were



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raised in and all the things you've experienced up to this point, have shaped you into the person you are today. If you've ever thought, "There must be more to my life than this", this *40-Day Master Reset - Legacy Journey*, will be very useful and meaningful to you. This journey will set you on the path to:

- discover and clarify your personal vision and legacy;
- discover your area of specialization in terms of your career;
- value your uniqueness;
- develop good habits that will move you closer to your personal vision and legacy;
- destroy limiting beliefs and replace it with empowering beliefs;
- discipline yourself and overcome procrastination;
- make informed and empowering decisions;
- become focused on what really matters the most to you;
- take responsibility for your life and eliminate excuses;
- find true mentors;
- become who you were created to be.



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GUIDELINES FOR THE MASTER RESET JOURNEY

1. Write your reflections of the daily thoughts and questions in a journal, or in the notes sections provided. What you'll be writing is for your eyes only, so feel free to be completely honest and transparent.
2. Summarize your daily discoveries by answering these two questions:
 - In one sentence, what was your main discovery today?
 - What physical symbol did you choose as a trigger, to remind you of today's main discovery? (The physical symbol you choose should be what's relevant to you.)

Let me give you an example:

"Today I discovered that I need to face the truth and not live in denial. My physical symbol is a mirror, because mirrors don't lie."

3. This journey or process can also be done with a group of people. If you are open to this, I would recommend that you create an online chat group of up to 5 people (max), who are fully engaged and committed to the process. Feedback is critically important in order for this process to be effective as a group and is also great for accountability. As a group, decide what would be the best time to give daily feedback. Alternatively, each person in the group can give their daily feedback at any time that suits them. The feedback of each person in the group, should only be a summary of their main discovery for the day (in one sentence) and their physical symbol (look at my earlier example).
4. At the end of this 40-day journey, you will have forty symbols that will trigger your memory of specific discoveries you made during the journey.



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DAY 1 • Legacy

What I'm about to ask you to do may sound a bit weird and awkward, but work with me, it's an interesting exercise.

If you die today...

- Write down what the most important people in your life would say about you, if they were brutally honest.

Key people in your life:

- Spouse
- Children
- Grandchildren
- Great-grandchildrens
- Parent
- Siblings
- Aunt(s) / Uncle(s)
- Cousins
- Friends



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- Mentors / leaders
- Employers
- Colleagues

- Are you satisfied with your answer to the previous question? If not, how do you really want to be remembered? In your journal, summarize (in one sentence) how you want to be remembered by each key person.
- In one sentence, how do you want to be remembered by your:
 - Spouse
 - Children
 - Grandchildren and great-grandchildren
- What hobbies or activities produce the greatest joy and fulfilment in your heart?
- If your level of confidence and courage, became a thousand times stronger than it is now, would you do anything different to what you are currently doing? Why?
- If you had no limitations and all your excuses were eliminated, what difference would you want to make in the world?
- Describe what your life would look like ten years from now, if (from today onwards) you start doing what's truly on your heart.
- When you stand before your Creator, what would you want Him to congratulate you for?



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DAY 2 • Habits

A habit is something you do repeatedly, that eventually becomes something you do without thinking.

Scenario:

Sarah has approximately R150 000 student loan debt. It is her goal to settle her debt in two years.

- In your journal, make a list of some good habits you would advise Sarah to get into, that will help her accomplish her goal.
- Looking back at your legacy (or how you want to be remembered) on [Day 1](#); what good habits do you want to start developing from today onwards, that will help you fulfil your legacy?



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DAY 3 • Bad habits

A bad habit moves you away from your goal; a good habit moves you towards your goal.

Looking back at your legacy (or how you want to be remembered) on [Day 1](#); what bad habits do you currently practice, that's hindering your progress toward your legacy? What thoughts are you thinking, that's causing you to practise those bad habits?

True story:

I ate slabs of chocolate whenever I felt stressed. The thought that produced this bad habit was: "I need a chocolate, so that I can feel good again and calm down." My need was to calm down and I regarded eating chocolates as a way of fulfilling that need. My need was not wrong; I just needed to find healthy ways to meet that need. I replaced the bad habit of eating chocolate, with a good habit of taking a walk (to clear my mind) whenever I felt stressed or anxious.

We inherently believe that our bad habits meet specific needs. If we didn't



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believe this, then we wouldn't be practising them.

- What deep needs do your bad habits seem to fulfil?
- How can you meet those needs in healthy ways, that move you closer to your legacy?



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EXTRAS

In 2017, we facilitated the *Legacy - student edition* course with a group of youth and young adult volunteers and leaders. Click on the following link to listen to some of their feedback for each day in the process:

www.rebrand.ly/YTlegacy



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ABOUT THE AUTHOR

Nigel Brown has functioned in leadership and pastoral ministry for over two decades. During this time, he has raised up leaders and volunteer leadership teams in various areas of ministry.

Nigel and his wife (as a couple) have mentored married and unmarried couples. He has helped many people discover their life's purpose and vision, and set them on the path to fleshing it out. He is a life coach, mentor, pastor, an author of 4 books, a leadership developer, cultural architect, change manager, mediator, trainer, facilitator and a public speaker.



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Nigel is a life long learner, always seeking to sharpen his skills and character by reading and allowing his mentors to speak into his life. He does this with the goal of accurately representing Christ, and to better serve others - starting with his family.

Nigel is married to Zulené and they are proud parents of two children - Caleb and Daniel. Nigel's greatest calling in life is to be a faithful Christlike husband to Zulené, and a loving father to his children.



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NOTE FROM THE AUTHOR

It is my hope that this 40-day journey was meaningful and life-transforming to you. I would love to hear your feedback about the effect of this process on your life.

Please send your feedback to: feedback@masterreset.co.za



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