



# LIFE UPGRADE

## 29 Days to Happierness

## Course Details

### Module I: Personal Self-Discovery & Mindset

#### Perception Is

- Personal Values Assessor
- Perception Snapshot (Internal)
- Personal Beliefs Assessor (External)
- Perception Snapshot (External)

#### Earned Confidence

- Earned Confidence Inventory
- Worry Stopper
- Mindfulness Magnifier

#### Winning the Battle Within

- Personal Relationship Assessor
- Self-Kindness Instiller
- Forgiveness Freer
- Baggage Dropper

### Module III: Interpersonal Relationships & Interactions

#### Be Aware of Spiders

- Spider Spotter
- Web Evader
- Hater Handler
- Tribe Upgrade

#### The Elements in Motion

- Elements Personality Assessor
- Conflict Resolver
- Active Listening Exercise
- Interpersonal Skills Tip Sheets

#### Swim with the Current

- Intuition Trustor
- Domestic Pain Pinpointer
- Making Coincidences Matter
- Coincidence Tracker

### Module II: Well-Being Healthiness & Energy

#### Maintaining Mood Health

- Mood Scale / Clinical Symptoms
- Mood Health Resource Page Visit
- 3-Day Rule Contingency Plan
- Happiness Chemicals Grid

#### Being a Life Athlete

- Problem Preventer
- The Destressor
- Self-Care Report Card
- Mind-Body Connector

#### Managing Energy

- Energy Management Quiz
- Time-to-Energy Shifter
- Interpersonal Alerter
- Assumption Stopper

### Module IV: Legacy Purpose & Enrichment

#### Harnessing Gratitude

- Gratitude Inventory
- Gratitude Practicer
- Gravity Connector
- Mindfulness Amplifier

#### Inevitability

- Purpose Pinpointer
- Intention Setter
- Self-Belief Assessor
- Habit Former

#### Aligning Your Livelihood

- Future Identity Shifter
- Vision Board Doer
- Jobseeker Empowerment Technique
- Informational Interview Game Plan

### Z-isms [Zee-iz-umz] (noun)

Inspirational pearls of wisdom, original wit, or personal experience shared to positively impact the lives of as many people as possible.

#### Insights to Live By

### LEARNING FORMAT

Innovative, interactive and insightful content with all-original concepts that are simple, practical, powerful and actionable to live your best life.

- 4 Modules
- 3 Sections per module
- 2 Activity Days per section
- Personalized LEAP (Life Enrichment Action Plan)
- Video-Centric
  - Personal Introduction
  - The Mystery of Z-man
  - Course Instructions
  - Module Overviews/Recaps
  - Section Summaries
  - Happierness Inserts
  - LEAP Personalization
- 15+ Bonus Tip Sheets
  - Career and Life Skills
- Z-isms Audiobook Chapters

### Happierness

#### [Hap-ee-er-nes] (noun)

The premier mindset of Z-isms to be intentionally present and have a reflex of positivity by choosing to make the best of every situation and live a happier life.



## DAY 29: Life Enrichment Action Plan (LEAP)