HARVEST YOUR MODULE RECAPS

However long it actually took you to make it through these "29 Days to Happierness," you have arrived! The good news is that you've already done the heavy-lifting. Here's where to gather your 4 completed LEAP Module Recaps. However helpful you may find it to refresh on those combined outcomes, the core purpose here is to quickly get at the heart of what matters most to further calibrate and accelerate your Life Upgrade moving forward. The bulleted items below will help you easily locate the most relevant activities.

MODULE I: SELF-DISCOVERY MINDSET PERSONALIZATION PLAN

- **Personal Values Assessor** – confirm what matters to you
- **Internal Perception Snapshot** – affirm positive and negative character traits
- **External Perception Snapshot** – identify any current "hot spots"
- **Personal Relationship Assessor** – self-care needs and any ratings as areas of concern

NOTE: Also consider any major baggage (in need of greater self-kindness), negative energy about future uncertainties (in need of Earned Confidence) or unproductive ruminations (in need of mindful awareness).

MODULE II: WELL-BEING INTEGRATION PLAN

- **Mood Health** – revisit Contingency Plan with your "go-to" coping skills
- **Self-Care Report Card** – complete one (if needed) and identify areas for improvement
- **Energy Management Quiz** – complete (if needed) and identify areas for improvement
- **Time-to-Energy Shifter** – note your chosen activities to improve each energy modality

NOTE: Also establish routines to be a Life Athlete to stay physically energized, mentally focused, emotionally connected and spiritually aligned, including proper nutrition, hydration and mindfulness.

MODULE III: INTERPERSONAL SKILLS ENHANCEMENT PLAN

- **Spider Spotter and Evader** – consider what progress you have made or need to make
- **Tribe Upgrade** – consider what progress you've made, need to make and next steps
- **Elements Assessor** – decide how sensible and practical this model will continue to be
- **Domestic Pain Pinpointer** – consider what progress you have made or need to make

NOTE: Consider any other priorities involving Intuition, Coincidences, Prevention or Interpersonal Skills

MODULE IV: GRATITUDE, PURPOSE AND LEGACY SETTER

- **Gratitude Inventory & Practices** – review your inventory, priorities and favorite exercises
- **Purpose and Intention** – reaffirm your current "why," goals and vision to achieve it
- **Self-Belief** – revisit limiting beliefs, psychological blocks and your Identity Shift
- **Livelihood Alignment** – review any remaining relevant resources left unexplored

NOTE: Consult your Vision Board, "Future Truths" visualization and life skills essential to develop.

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