WELL-BEING INTEGRATION PLAN

MODULE II LEAP

Here on Day 14 of your continuing Life Upgrade is this Module II review to revisit your activities in recent days to create a Well-Being Integration Plan.

As such, we'll revisit your take-aways about Mood Health, Being a Life Athlete, Prevention Measures, Personal Energy Management and Interpersonal Energy Consciousness. These integrate with your own lifestyle practices for proper nutrition and fitness to achieve holistic healthiness.

Below you'll notice the Activities are a seamless continuation of your Self-Discovery Mindset Personalization. That's because each Module review connects to the next so that on Day 29 – LEAP Day – you'll complete your Life Enrichment Action Plan and be well on your way to honing your Happierness skills!

ACTIVITY 8: – REVIEW 3-DAY RULE CONTINGENCY PLAN (TIME: 15 MIN)

Mood Health affects everyone. We all have down days. It's more a question of how down as well as how critical. If you've ever been truly depressed, then you know how much more incentive you have to not let it happen or worsen beyond short-term recoverability.

Review Plan and decide the extent to which you'd find it helpful to incorporate some of that you completed. At the very least, print your Quicksand Escape Plan (page 3) and combine it within this LEAP.

Spend a few more minutes to review specific items on the Coping Skills Menu to have in mind those to do or at least try moving forward. Lastly, consider whether anyone in your life needs you to reach out and support them. Don't wait. Follow through.

ACTIVITY 9: – COMPLETE ANOTHER SELF-CARE REPORT CARD (TIME: 5 MIN)

How did you like doing the Self-Care Report Card the first time around on Day 9? Have you continued using it since? Relying on this self-accountability tool can be more than a one-time thing. If you haven't done it since or have yet to incorporate it into your weekly routine, give it another try and see how it goes. If you find it useful, then consider setting a phone alert, such as every Sunday, to take five minutes to reflect on that past week and then set your sights to devote yourself to health and fitness in the week ahead. Go for it!

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ACTIVITY 10: – RESOLVE PREVENTION INTENTIONS (TIME: 15-20 MIN)

Review the Problem Preventer and revisit your top 5-7 items you prioritized as the most vulnerable. If anything on that list remains unresolved, either take immediate action or make sure it's on your list to do in short order. Do you need to recheck your baby-proofing thoroughness? Do that now. Are there backups to make? Have you eliminated instances of viewing your phone whenever the car is in motion? You get the idea.

ACTIVITY 11: – REVIEW ENERGY MANAGEMENT QUIZ (TIME: 5 MIN)

Review your Energy Management Quiz and the area(s) for improvement you identified among body, mind, emotions and spirit. What, if any, adjustments have you made to improve your personal energy and well-being? What, if any, adjustments can you still make to achieve that goal? Incorporate that outcome into Activity 12 below.

ACTIVITY 12: – REVISIT YOUR TIME-TO-ENERGY SHIFTER (TIME: 10 MIN)

Review the activities you did in your Time-to-Energy Shifter. Do a quick check-in. How's your energy right now? Practice doing a productivity sprint either today and/or tomorrow. Transfer your responses from the Energizer Menu to the same chart below to keep top of mind to continue practicing moving forward.

PHYSICAL ENERGY	MENTAL ENERGY
•|	•|
•|	•|
EMOTIONAL ENERGY	**SPIRITUAL ENERGY**
•|	•|
•|	•|

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IN CONCLUSION

Being a Life Athlete goes beyond basic self-care. It's essential to do routine check-ins to remain self-aware to stay physically energized, mentally focused, emotionally connected and spiritually aligned.

Even if you're not someone who identifies with ever feeling depressed, we still need to be mindful of our Mood Health as well as supporting that of others, especially our loved ones.

It also means expanding that awareness about your day-to-day personal energy so that you can make adjustments in real-time to optimize your productivity and minimize your energy drains.

When interacting with others, it is essential to stay mindful of those energy exchanges, including to assume personal responsibility for how you affect them. This also leads to exceptionally positive, rewarding and enriching experiences.

Hopefully you'll find it helpful to continue to revisit and rely on the take-away tools, such as the 3-Day Rule Contingency Plan, Self-Care Report Card and Energy Management Quiz.

With that, let's move on to upgrading our relationships and interactions.

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