# MAKING YOUR LEAP

## START HERE

It's safe to say that, by now, you have a pretty clear idea about your needs and goals. But before we complete those details, let's agree that achieving them comes down to a single factor: a time commitment.

The good news is that you're already 28 days into your groove. Creating the space to make your LEAP bring us back to the Habit Former. Yes, certain things you decide to do may fold seamlessly into your typical day, especially for your intentional moments of mindfulness and gratitude.

You know yourself. What are some simple, practical things you can do to make this easily achievable? Let's find a time trade involving minimal sacrifice. Is there an hour in your weekday evenings that you can repurpose? For example, if you're someone who binge watches 2-3 episodes most nights, maybe lessen that to 1-2 episodes. It might also help to shift that hour by going to sleep and getting up 30 minutes earlier.

Can you carve 30 minutes out midday too? Maybe it's a shorter lunch break or being more productive with your daily meetings. However you decide to make this happen, you've now created a 30-30-30 system to devote to your continuous Life Upgrade! Now make it sacred. If you need to dial it back a bit, then allow for 1-2 days per week that are optional, maybe on weekends. You get the point.

This self-integrity is essential. When we break our own word, nothing works and failures repeat. Only make promises to yourself that you can keep and then keep them to yourself.

## KEEPING IT SIMPLE AND POSITIVE

Here's the first promise: Be nothing less than kind to yourself. And, when it comes to your self-commitment to keep moving forward, be nothing less than your own cheerleader. You've got this! Even when you falter, focus on your wins – no matter how small.

In his book *Tiny Habits*, BJ Fogg, Ph.D. proves the merit of doing the smallest things and building on them with positive reinforcement. His simple "Maui Method" is based on a single act: every morning, as your feet touch the floor, exclaim, "It's going to be a great day!" You may decide to do it in the mirror and say "awesome day" instead. He presents that the single most important skill in habit-forming is feeling successful. The next time you have a less-than-stellar day, celebrate something, including that you celebrated.

## LET'S GET TRANSFORMATIONAL!

Next up – personalize your system. This can be as simple as starting a journal using a similar format as my LEAP plan. Review your Personalizer Snapshot and describe why you chose the top two in each category for mindset, well-being, relationships and legacy. Look over your Mindfulness Customizer and incorporate whatever resonates. Consider the answer(s) to what it means to you to be a better person. Decide what actions will be most enjoyable and transformational. Then maintain daily To Do and "Did Do" lists. Celebrate the latter. Take a few extra minutes to document your experiences and progress. Feed your motivation – you deserve it! Then dedicate your first or last time slot each week to look over the prior week and make whatever adjustments and new goals along the way.

## YOUR SYSTEM

Another way to make your LEAP is to do it by life categories, like you did in the Perception Snapshot (external). Organize your sections by relationships, health, career, finances, personal development, impact on the world and life in general. If you want to emphasize work-life balance, then do sub-categories for mind, body, spirit, social and so forth.

Then fill in the details for each one. Ask yourself what your dreams are for each area. Be specific. Get detailed. Give them a timeline.

The following is rudimentary and maybe a bit excessive. But if you're someone who prefers a more formal approach, here it is one way to take one:

## LEAP Plan Chart

| LIFE AREA | GOAL(s) | TIMELINE | ACTION PLAN | NOTES |
|---|---|---|---|---|
| Relationships | Tribe Upgrade | By end of week | 1- Invite Jane over<br>2- Cancel Neg Nellie | Plan next time too |
| Health | Morning Walks | 5+ days/week | Be up by 6:30a | Ask John to make kids lunches |
| Mindset | Do Affirmations | Daily | During Showers | List Affirmations |
| Career | Get a Better Job | 90 Days | Re-read Tip Sheets | Do 3 Informational Interviews/week |

## Set Priorities and Yourself Up For Success

No need to feel overwhelmed. That sample chart isn't for everyone, nor intended to do all at once. Just to reiterate, your first goal is to make your goals beyond achievable. Be sure to incorporate some tiny habits along the way to increase your successes.

While you may decide to make an ongoing commitment, such as to put your health first, you might also identify other priorities that are either "one and done" or short-term. So, if you do these on a timeline, consider making one act of progress per day or week. Once you cross something off your list, substitute the next habit into the space you've created.

One final set of criteria is to revisit the expected outcomes of this Life Upgrade course. Naturally, some of these are ongoing and others, like relationships, may involve nurturing.

- Your **self-discovery** will be *complete*
- Your **mindset** will be *clear*
- Your **relationships** will be *solidified*
- Your **well-being** will be *supported*
- Your **mindfulness** will be *amplified*
- Your **gratitude** will be *harnessed*
- Your **purpose** will be *pinpointed*
- Your **goals** will be *recalibrated*
- Your **life** will be enriched with *Happierness*

## What Next?

One cannot achieve lofty goals alone, especially when it comes to your legacy. Would it help to enlist an accountability partner? What about seeking mentors and/or working with a coach? All great athletes, business owners and high achievers will tell you they have a coach or someone in the coach/mentor role - it's a proven key to success in life.

## Internalize Happierness

No matter what happens, you get to choose your reflex and how it unfolds from there. This life skill is a driving force in our Happierness Community where we continue to explore and share the many facets of this Life Upgrade course among other topics.
I wholeheartedly invite you to continue our journey together. You'll see that it's very easy to join and see how you like it.

With that, please allow me to say one more time that I am incredibly proud of you and sincerely grateful for your trust in me to make a positive impact in your life. All the best!

Matt