GRATITUDE, PURPOSE AND LEGACY CALIBRATOR

MODULE IV LEAP

Congratulations on completing the final module! Here on Day 28 of your continuing Life Upgrade is this Module IV review to revisit your activities in recent days to formalize your gratitude practices, guiding purpose and legacy motives.

ACTIVITY: 21 – CULTIVATE YOUR GRATITUDE

Gratitude is to be fully experienced without limits. However, now that you've completed your full Gratitude Inventory, it's time to prioritize what matters most to your LEAP Plan.

Below, choose no more than the Top 3 areas in each of the 4 categories. Again, this is not exclusive of other life priorities or gratitude practices. This is a focused exercise to pinpoint what resonates most and what you may want more of in your life.

PERSONAL	OTHERS	CONVENIENCES	EXPERIENCES
•	•	•	•
•	•	•	•
•	•	•	•

ACTIVITY: 22 – GRATITUDE INTEGRATION

Imagine that playing the guitar was far and away your favorite thing to do. Nothing brings you nearly as much joy. Every day that goes by that you don't find time to play is a less happy day. Now substitute practicing gratitude for playing guitar and this is no exaggeration. If you did nothing else but set aside 2 minutes at the very beginning and end of each day to focus exclusively on gratitude, your Life Upgrade would be achieved.

Revisit the Gratitude Practicer and rate each of the ways you can incorporate more gratitude into your daily life.

PRACTICAL STRATEGIES	EXAMPLES					
Embedding Routines	When toothbrushing, feet touch floor, during walks	1	2	3	4	5
Repurpose Downtime	In traffic, while waiting in lines, during house chores	1	2	3	4	5
Designate Intentionally	Dedicated time of day, set phone alerts, before meals	1	2	3	4	5

1 = Not a happening ***2 = Unlikely*** ***3 = Possibly*** ***4 = Likely*** ***5 = Highly Likely***

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ACTIVITY: 23 – ADJUST YOUR ATTITUDE OF GRATITUDE

Among the many reasons why you experienced such a variety of gratitude exercises is for you to decide which ones you'd like to keep doing. Let's revisit some of those you tried as well as consider other activities you find effective.

PRACTICAL ACTIVITIES	DESCRIPTION					
Positive wording	Catch your negative use of words and phrases	1	2	3	4	5
Thankfulness converter	Reframe "having" to do things with "getting" to do	1	2	3	4	5
Negative Adaptation	Turn inconveniences into opportunities/pride	1	2	3	4	5
Abundance Inventory	Flip through department/food store circulars	1	2	3	4	5
Visualize Happy Place	Physical visualization of past or desired destinations	1	2	3	4	5
Treasuring Memories	Photo albums, home movies, reminiscing	1	2	3	4	5
Manifestation	Applying principles of the Law of Attraction	1	2	3	4	5
Gravity Connector	Walking heavy, grounding for 1+ min to feel weight	1	2	3	4	5

1 = Not happening ***2 = Unlikely*** ***3 = Possibly*** ***4 = Likely*** ***5 = Highly Likely***

ACTIVITY: 24 – GRATITUDE MENU SELECTION

Revisit the list at the bottom of the Gratitude Practicer and select at least six examples from the menu (or other activities) that you'll find most enriching to keep doing.

PERSONAL	OTHERS
•	•
•	•
•	•

ACTIVITY: 25 – PURPOSE CONFIRMATION

Let's revisit your Purpose Pinpointer to affirm and/or expand upon what you've already thought through. All may remain the same. However, given that you've since completed the final section about Livelihood Alignment, this is a healthy exercise. It's that 'sweet spot' at the intersection between what you care about, what you can contribute, and what you value most. Remember, your purpose needn't be some world-changing epiphany. Maybe it's grounded in your family life, something entrepreneurial and/or your "Bucket List." It's toward what you strive to find joy and ultimate fulfillment.

Is there anything you'd like to refine or add?

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ACTIVITY: 26 – INTENTION STARTER

Keep your eye on your "why." What stands between you and achieving it? We explored various components essential to your action plan involving certain obstacles, resources, people, skills and opportunities. Something so big can be understandably overwhelming. But now that your dominos are reasonably aligned, you're ready to get into action. The key is to keep it manageable and achievable. Then proceed as if success is inevitable.

What are the 3 next steps you can take to progress your goals?

1)

2)

3)

ACTIVITY: 27 – SELF-BELIEF AFFIRMER

If you struggle with self-belief, consider yourself human. For many of us, it's a constant challenge among however many others in Winning the Battle Within. The difference is that we cannot defeat what we do not know. That was the purpose of the Self-Belief Assessor. Review your responses and decide what, if anything, is holding you back. If it's negative self-talk, what are you saying to yourself? Have you identified any limiting beliefs, psychological blocks or sources that drain your confidence? Put these in the left column. Then revisit the "Future Truths" in your Identity Shifter and your Vision Board aspirations in the Livelihood Alignment section to describe a future self who is no longer encumbered by each obstacle.

Current Self-Belief Obstacles	Obstacle-Free Future Self
❶	❶
❷	❷
❸	❸

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ACTIVITY: 28 – NURTURE YOUR LIVELIHOOD

Which one of these is not like the other? Well, among the 12 sections of your Life Upgrade, Livelihood Alignment is unique to each individual as well as to your life stage and current circumstances. In fact, you may be perfectly content with your job or entrepreneurial pursuits. Maybe you've already earned your financial freedom and are happily retired, or maybe you're a student for whom this topic is a new priority.

In any case, this Module Recap would be incomplete without unpacking the full value of the all-original guidance and resources herein. Having said that, it merits noting that a recent global poll conducted by Gallup uncovered that – out of the world's one billion full-time workers – only 15% of people are engaged at work. That means that a whopping 85% of people are less than happy in their jobs.

If you can relate, then be sure to make the most of the Jobseeker Empowerment Technique, which I personally developed based on my 15+ years in the career realm. Though initially created for college students, the mechanics of this approach is applicable to any jobseeker, especially in doing Informational Interviews. It's all there.

The same goes for the condensed Tip Sheets to help you with Perfecting Résumés and Effective Cover Letters, Job Hunting, Interview Success, Power Networking, Cultivating Mentors, Sharpening Writing and the PCs of Phone Skills. These complement the other supplements about Managing Time Efficiently and Organizational Skills along with Conflict Resolution, Active Listening and Interpersonal Skills.

These are ALL yours to keep. So, if you somehow haven't already done so, this activity is to reiterate their value and encourage you to download, follow through and [re-]read each one. And, if you've already done so… that's EXTRA AWESOME!

CLOSING THOUGHTS

Congrats again on completing the final Legacy Module and Recap!

As much value as you feel you've gained so far throughout your Life Upgrade, you'll find everything comes together even more tomorrow – it's LEAP Day!

See you then!

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