MATT'S PERSONAL LEAP

WALKING THE TALK

Before we finalize your LEAP, I'd like to share some details about my own personal improvement efforts. The thought being that, by knowing more about what I find manageable, you'll have a better idea for modeling your own self-devotion plan.

We're all a work in progress just the same. Like you, I've been working up to this my whole life and have established some helpful routines. Wherever you know yourself to be, it's never to late to turn around and LEAP forward.

Think of everything throughout this course as a menu. I focus on making it super practical, actionable, personalized, achievable and measurable. Let's keep this simple by organizing the highlights by each module, plus mindfulness. Mind you, this is a snapshot in time.

MINDSET

Situation: I am well past self-discovery. I know myself. It would be at least as easy for me to hold onto regrets, harbor resentments or carry past baggage. But I don't. I let go of the big stuff long ago. Nothing from my past weighs me down. It doesn't serve me. The same goes for relying on Earned Confidence to avoid distractions or negativity about future uncertainties. My Happierness reflex is also an innate trait. I am relentlessly positive!

However, the one area that takes consistent practice to tame are my random thought patterns. It's not as much about negative ruminations as much as that I have an active mind that is prone to involuntary thoughts. We all do this. It often happens just under the surface as though my brain is on autopilot. I often catch myself thinking about things and don't realize until after the fact. To be clear, I'm not someone who broods, over-stresses or gets caught in a loop by rehashing or obsessing about things that happen. I don't have any major cognitive distortions – at least I don't think I do. And, though I have my moments, I'm not one to stay annoyed or upset. What's the point?

Actions: So my focus is on self-awareness and the need to check-in with myself. Knowing that I'm prone to lose track of time during the work day, I recently started setting phone alerts at 10a, 1p, 4p, and 7p. Though unwelcome at times, the benefits outweigh the annoyances. It prompts me to pick my head up, "check-in" with myself, take a break to move around and rest my brain to ward off mental fatigue. This also addresses some energy management needs more specific to well-being.

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Well-Being

Situation: Some of this is straightforward. I am vigilant about managing my Mood Health. My 3-Day Rule is sacred. Frankly, putting my work first has taken its toll. Between writing the book(s), doing the podcast weekly and developing this course, I let myself go a bit. I also got COVID in late 2020 and had some lingering effects, including shortness of breath.

Beyond that, I've had a chronic issue with something called Piriformis Syndrome, which is a deep muscle in one's butt that pinches the sciatic nerve. It can be very painful at times. I am unable to run, but I can still play hockey. Go figure! But overall, given all the wear and tear, I'm doing pretty well for a man approaching his mid-50s. The stakes have risen.

Actions: I decided to do something that's been a long time coming. I've been putting my health first. I just completed a 75-Day program involving doing two 45-minute workouts, drinking a gallon of water, sticking to a diet and no alcohol. I also read at least 10 pages every day of a self-improvement book. Naturally, for the nutrition part, I've been doing the Isagenix program. I lost 19 lbs! My goal is to lose another 5 lbs. I know my abs are there! I'm now tweaking my routine a bit, but will keep my well-being front and center. Lastly, I was using a Fitbit for about 6 months and just switched to the Ōura ring.

I'm also taking an aggressive stance to solve the Piriformis, including doing certain daily stretches, seeing a chiropractor and am going to an orthopedic doctor in a few weeks. The problem might also be with my hip, but I'll continue to deal with things as they happen. Lastly, I made an appointment with a cardiologist to get a full 50,000 mile check-up. I still have some concerns about COVID, but my family history is a factor. So this is more preventative than reactive. If there's any crisis to not let happen, this would be that.

Relationships

Situation: Things are pretty good overall. I am fortunate to have a circle of amazing lifelong friends. I have a small family and we all have our own lives but do stay in touch and get together once in a while. There really aren't any Spiders in my life. But one person very close to me is struggling. I've actually been more isolated during the Pandemic than I realized and have some social deficits. On the flip side, I work for myself and don't have any daily interactions with coworkers, bosses and the like, so I'm more insulated.

Actions: I've gotten more proactive about my connections, including a new friendship with a guy on my hockey team. Clubhouse is also a game-changer in terms of being able to engage with others 24/7. I've forged some great connections there. Writing this, I'm realizing that there's more I could be doing here and need to think it through so I can be intentional with any actions. I'm also very focused on my loved ones who need me.

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LEGACY

Situation: I know my purpose and what fulfills me. I have the stated goal – "To enrich the Happierness of at least 100 million people by 2025." As lofty as that sounds, I am clear about my priorities here and now. Some of it involves making certain progress with the courses, increasing my visibility and advancing my plans to do paid speaking. At the same time, I recognize some things I'm not doing that are holding me back. Part of it involves gaining a comfort level about profitability. Making the shift from 15 years in the nonprofit realm is one focus. There's a different mentality and relationship towards money. Another area is to expand my comfort zone, including producing and posting more videos.

Actions: As part of shifting my focus by putting my well-being first, I'm very intentional with reading those 10 pages per day of a personal improvement book. The first one I'm through is "*High Performance Habits*" by Brendan Burchard. My current one is "*Secrets of the Millionaire Mind"* by T. Harv Eker. They've helped me get into a better groove and shift my mindset. I also do "as needed" sessions with a coach. This is especially helpful for reinforcing my self-belief and sense of purpose. My coach is also an NLP practitioner and has customized some recordings that I rotate listening to a few times a week.

The rest comes down to pushing through my hesitancies. Sometimes, I rely on unwanted regrets to convince myself to do something. The regret would be worse. Other times, I self-motivate by tapping my sense of responsibility. If not me, then who? I tell myself to stop playing small and that people are counting on me to impact them. I'm trying.

MINDFULNESS

Situation: My To-Do List never shortens. As mentioned, I can tunnel-vision when I get in a work groove. I'm also trying to do more to tune in to my involuntary thinking and make sure they're not setting me back. Beyond that, mindfulness is about my quality of life and ability to manifest accomplishments.

Actions: My 4 daily phone alerts have improved my awareness all-around and reduce my automatic, habitual thinking. I'm also challenging my pre-programming with affirmations. I also receive nudges from my fitness ring when I sit too long. Another major focus has been gratitude. I do a lot to fold those moments into my day, mainly by triggering myself, like when my feet first touch the floor or my head hits the pillow. I also practice gratitude while brushing my teeth. My most experimental activity is during my morning walks using cut up index cards I keep in my pocket. There are 15. Five relate to things I'm grateful for in the past, five are about my present circumstances and 5 focus on future manifestations that mirror what's on my Vision Board. This is a Law of Attraction technique called the "Time-Lapse Method" by author Andrew Kap, who was on my podcast.

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