SELF-DISCOVERY MINDSET PERSONALIZATION PLAN

MODULE I LEAP

Nowhere on this planet is there someone just like you. You are the first you there has ever been or ever will be.

Now what?

Well, for one, you've almost completed Module I, which says A LOT about your commitment to yourself. At the risk of seeming impersonal – given that we have yet to be better acquainted – I am INCREDIBLY proud of you and sincerely grateful that you've placed your trust in me to make a positive impact for you. If you'd be so kind, I'd love for you to create the space to do something special to reward yourself for showing up. Do it.

That brings us to the essential question that I hope you've taken to heart: Why be anything less than kind to yourself? I know that you realize that's rhetorical. But the point is that your devotion to self-kindness and to embrace your Earned Confidence will provide the guiding principles to support your continuous growth and enrich your life.

Everything, everything, everything begins with mindset. Your thoughts control your feelings. Your feelings control your actions. Your actions control your behavior. And then your behavior loops back and justifies your thoughts. So, if you think about positive thoughts and cultivate the rituals to bring it all together, you're well on your way to be your best self and live your best life.

So what is that for you? Well, that's precisely why we delved so deeply about your character traits, core values, beliefs, life priorities, current perceptions, personal relationships and initial self-improvement goals.

Hopefully, you also found the insights, tools, techniques and perspectives to achieve greater personal alignment and to bring it all together as the building blocks for this Personalization Plan. Please allow me to reemphasize the foundational importance to continue to practice certain activities. Happierness is a life *skill*. It is especially vital to discredit needless negativity about future uncertainties as well as sharpen your mindfulness and do whatever it takes to free yourself of past baggage. *This* moment and every one that follows is the only time when life actually happens. Live here and now.

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Z-ISMS
INSIGHTS TO LIVE BY

LIFE UPGRADE

This Personalization Plan pieces together your insights gained within Module I of your Life Upgrade to fully pinpoint your self-discovery, mindset and self-growth goals. These activities synchronize your progress to accelerate your momentum. Each is brief.

ACTIVITY 1: – REVISIT PERSONAL VALUES (TIME: 5 MINUTES)

Review your Personal Values Assessor and list those among character, fulfillment, lifestyle and social causes that are most relevant to your present circumstances and goals.

CHARACTER	FULFILLMENT	LIFESTYLE	SOCIAL CAUSES

ACTIVITY 2: – REVISIT INTERNAL PERCEPTION SNAPSHOT (TIME: 5-10 MINUTES)

From among the many positive, neutral and negative character traits, choose no more than 5 areas that represent what you view as your better self.

FROM POSITIVE	FROM NEUTRAL	FROM NEGATIVE

ACTIVITY 3: – REVISIT EXTERNAL PERCEPTION SNAPSHOT (TIME: 5-10 MINUTES)

List below any life categories that you placed in the negative column to indicate certain life challenges and/or priority goals, such as health, wealth, relationships, love, or success.

LIFE CHALLENGES	FROM NEUTRAL

ACTIVITY 4: – EARNED CONFIDENCE / WORRY SNAPSHOT (TIME: 5-10 MINUTES)

Describe below how, now that a few days have passed, how your Earned Confidence has taken hold. For example, has it helped you to outsmart worry and ground yourself in the present? What are 2 or 3 ways you can continue to internalize it into your mindset?

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ACTIVITY 4: – PERSONAL RELATIONSHIP RE-ASSESSOR (TIME: 10-15 MINUTES)

Life should be enjoyed not endured. Let's revisit how you treat yourself.

PART A: Review Your Self-Care Assessments. List below *either* any positive questions – indicated by (●) – with which you "strongly disagreed" *or* any negative questions – indicated as (○) – with which you "strongly agreed."

PART B: Review Your Self-Care Inventory and list below any "hot spots" that you identified in your responses, such as: harmful behaviors, current life stressors, health issues, characteristics of your inner monologue and/or ways in which you are unkind to yourself.

ACTIVITY 5: – THE PURGE (TIME: 3-5 MINUTES)

Review your Baggage Dropper and consider any unresolved past regrets, guilt, shame, traumas, failures, mistakes, emotional scars, fears (and the like) still weighing you down. If there are more than 3, begin with the top 3. If there's something to let go, then let go.

1)

2)

3)

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ACTIVITY 6: – FORGIVENESS FREEDOM (TIME: 0-15 MINUTES)

PART A: List below, as indicated, anyone – if even to the slightest degree – with whom you still experience residual negativity, including anyone to whom you may owe an apology, hold a grudge or still feel hurt by in some way(s).

We are at the very heart of it all. Review your Self-care Inventory and

APOLOGIES	GRUDGES	HURTS

PART B: If you listed any names above, describe below the very next step – not necessarily a whole process – that you can take to fully reconcile any residual feelings.

ACTIVITY 7: – KINDNESS VOW (TIME: ONGOING)

Be nothing less than kind to yourself. What will you [continue to] do to rely on this as a guiding principle for your well-being and life enrichment? Review your 5 Kinder Acts of Kindness, courtship list and other sources for inspiration. Write your vow below by customizing the sample. This is your unbreakable personal commitment to yourself. Then, without fail, re-read it to yourself *first thing every morning for at least* the next 7 days.

I _____ vow to be nothing less than kind to myself from now on, without exception. If/when I ever catch myself breaking this sacred vow, I will kindly remind myself how I could have behaved kindly instead.

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GOING FORWARD (TIME: ONGOING)

You've at least read this far to complete your Self-Discovery Mindset Personalization Plan, which brings you back to the essential question: Now what?

Did you actually personalize your Kindness Vow? If so, are you going to follow through by investing the first 30 seconds of your next seven days? It couldn't hurt, which is to say it can only help. And, while we're covering opposite meanings, what's the opposite here of one-size fits all? If a Kindness Vow is so far out of character and your comfort zone, then what commitment are you willing, ready and able to make to yourself to better your life?

One thing is certain. In the absence of change, nothing changes.

One thing is nearly certain. If you set achievable goals and develop consistent habits, your mindset will reward those choices and actions. Whatever doesn't serve you – outdated thinking, limiting beliefs, habits that hold you back – are all yours to change. And you're changing them right now. Your motivation, ability, discipline, drive and ambition are all available to you. Instead of being uncertain, decide once and for all to believe in yourself.

You are what you believe. Whatever is not in alignment with your desired self, lend yourself the perspective to view things differently so that your thoughts, feelings and actions become congruent. Turn make believe into make yourself believe. You have everything you need to create everything you want. As your kinder beliefs – especially about self-love – become real, you can create your life and make it a masterpiece.

Let's wind down here with the simplest, truest fact: time is irreplaceable. The only time life happens is moment-by-moment. Whenever you allow past negativity and future uncertainty to consume you, you are missing out on what's actually happening in real-time. Instead, continuously rely on your Earned Confidence, self-kindness, mindfulness and gratitude to experience true joy, fulfillment and enrichment.

From this point forward, starting with the remaining 22 Days of your Life Upgrade, rely on this Personalization Plan to calibrate your compass toward your True North.

Greater Happierness lies ahead!

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