LIFE UPGRADE

29 Days to Happierness

Module II Details

Well-Being - Healthiness & Energy

Maintaining Mood Health — Days 8 & 9

- Mood Scale / Clinical Symptoms
- Mood Health Resource Page Visit
- 3-Day Rule Contingency Plan
- Happiness Chemicals Grid

Being a Life Athlete — Days 10 & 11

- Problem Preventer
- The Destressor
- Self-Care Report Card
- Mind-Body Connector

Managing Energy — Days 12 & 13

- Energy Management Quiz
- Time-to-Energy Shifter
- Interpersonal Alerter
- Assumption Stopper

DAY 14: Life Enrichment Action Plan - Module II Recap

Z-isms [Zee-iz-umz] (noun)

Inspirational pearls of wisdom, original wit, or personal experience shared to positively impact the lives of as many people as possible.

Insights to Live By

COURSE OVERVIEW

The Z-isms Life Upgrade features innovative, interactive and insightful content with all-original concepts that are simple, practical, powerful and actionable to live your best life.

Each of the four modules have three sections that take two days each and about one hour per day to complete.

RECOMMENDATIONS

- Create a folder on your device
- Download and save fillable PDFs
- Use this sheet for Day 25 recap
- It's less than one month out of your whole life to make the rest better. Don't cheat yourself. Even if something seems unnecessary or way out of your comfort zone, do it anyway. You've got this!

Happierness

[Hap-ee-er-nes] (noun)

The premier mindset of Z-isms to be intentionally present and have a reflex of positivity by choosing to make the best of every situation and live a happier life.

© 2021 Z University, Inc.