INTERPERSONAL RELATIONSHIPS ENHANCEMENT PLAN

MODULE III LEAP

It's Day 21 of your Life Upgrade!

Congratulations for completing Module III to enhance your Interpersonal Relationships and Interactions.

Do the last 6 Days seem somewhat of a blur or do your senses seem heightened? Hopefully you've gained new perspectives and life skills to be aware of Spiders, raise your energy consciousness about your Tribe, identify the elements you and others personify and hone your intuition to Swim with the Current, including to make coincidences matter and improve your conflict avoidance and resolution abilities.

Given that long run-on sentence, it makes perfect sense to catch your breath and have a refresher about the activities you completed and decide which among them are worthy insights to carry forward as part of your Life Enrichment Action Plan and path to achieve Happierness.

ACTIVITY 13: – SPIDER VERIFICATION (TIME: 2-5 MIN)

Are they, in fact, Spiders? Everyone deserves a second chance. Take a fresh look at your list of those in your direct orbit and take 2 minutes to reverify who's who in terms of being a Spider or non-Spider and how devious you rated each. Did you give someone too much benefit of the doubt? Did you judge someone too harshly? These are important decisions as you consider who is worthy of your time, energy and quality of life moving forward.

ACTIVITY 14: – SPIDER EVASION AND HATER ELUSION (TIME: 5-10 MIN)

Take a few minutes to think it through again. So that you're less likely to be caught off guard, in what ways will you react and retain your self-respect when the need arises to combat Spiders?

While you're at it, the same goes for handling haters. They're not always one in the same. Take the high road. Stay calm. Remain humble. Rely on kindness and compassion. Isn't it sad to encounter others driven by hate? That's a less than healthy person. It's empowering to realize that you've successfully neutralized someone else's dysfunctions, behaviors and judgments from impacting you.

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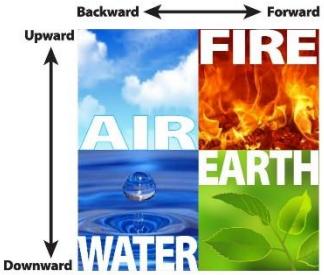
ACTIVITY 15: – TRIBE UPGRADE FOLLOW THROUGH (TIME: 10-15 MIN)

It's great that you've made some decisions about upgrading your Tribe, but what matters more is following through. In what ways have you begun to insulate yourself from those who diminish your well-being? What can you do to deepen and reinforce certain relationships and strengthen your connections with those who lift you up?

This course provides an accelerated experience, but you still have to act on it. Making conscious decisions and taking intentional actions to surround yourself with the right people is vital to your Life Upgrade. Beyond your own self-growth and Happierness life skills, few things have as much impact than with whom you choose to surround yourself.

ACTIVITY 16: – ELEMENTS OF YOUR TRIBE (TIME: 5-10 MIN)

Now that you've solidified your core Tribe, deepen your insight about each person to affirm the Elements you've already assigned to each. Are they still accurate? What guidance can you glean from this personality characterization to further strengthen each relationship? How might it lessen potential conflict, such as to not take it personally when a fiery friend gets particularly passionate about something? Knowing your dominant, secondary and optional Element behaviors will serve you well.



ACTIVITY 17: – CONFLICT RESOLUTION SKILLS (TIME: 5-10 MIN)

Conflict is inevitable. Control is possible. We cannot control how others behave, but we can manage how we react. Take a few minutes to revisit the Conflict-Resolver and Conflict Resolution Tip Sheet. It's worth taking the time now to spare yourself a lot more later.

ACTIVITY 18: – INTUITION SHARPENER (TIME: 5-10 MIN)

Revisit the Intuition Truster. You've pinpointed yourself as either a senser or intuitive. Have you identified and acted upon major aspects of your life that seem as though you're swimming against the current? Have you formulated a plan of action to improve those circumstances? In the "Intuition Honer" activity, you explored techniques to advance your skills from within, make other observations and take actions. Consider whether any of those and/or other opportunities to apply your intuition are worthy of more practice.

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ACTIVITY 19: – DOMESTIC BLISS (TIME: 5-10 MIN)

If you identified any sources of friction in your living and/or work situation, have you made any adjustments to remedy the situation(s)? Really, how's it going? Are there any other actions you and others can take to improve things even more?

ACTIVITY 20: – BY COINCIDENCE (TIME: 10-15 MIN)

You don't have to "believe in coincidences" to explore the events that others would classify as such. On the other hand, maybe you started a Coincidence Journal, including to reflect on prior experiences and the outcomes to which they led. Might there be any loose ends to certain coincidences worth pursuing? Have some fun with it… or don't.

CLOSING THOUGHTS

You may have noticed two common themes among all the activities to improve your interpersonal relationships and interactions. One is about prevention through anticipation and flexibility. We often overlook the "never happened." However, the fact remains that your Life Upgrade also relies on minimizing stress and negativity, be that in routine encounters, professional interactions or in devoted personal relationships.

The other theme is about being proactive. For example, if you suffer from loneliness and a lack of meaningful connection, then it's time to take a chance for the greater good. Chances are, someone with whom you'd like to be closer also feels the same way. But someone has to initiate.

Hopefully you feel better equipped to avoid the pitfalls of manipulators and haters, to more confidently size people up and to deftly manage conflict in real time – even if that means by behaving in ways that are out of your element.

With that, let's explore actualizing the full potential of our purpose, legacy and livelihood!

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