LIFE ENRICHMENT ACTION PLAN

LEAP DAY INTRODUCTION: FINDING HAPPIERNESS

YOU MADE IT!

Congratulations on completing all four modules of your Z-isms Life Upgrade!

As much as you've gotten out of this course so far, it is here – on Day 29 – when your commitment to yourself matters most. The purpose of this Life Enrichment Action Plan (LEAP) is to pinpoint and prioritize your personal goals and provide the guidance and motivation to achieve them.

By completing this course, you've already proven to yourself – once again – that you have the self-devotion, discipline and true grit to fulfill your continuous commitment to self and life improvement. Once again, way to go!

You may also recall a certain overarching theme that began way back in the course orientation: **Trust the process**. Naturally, the Life Upgrade course is designed to be comprehensive. Now, here on LEAP Day, we'll take aim at identifying and customizing what matters most to *you*. Our goal is to fully personalize your priorities for you to chart your continued progress.

You've already gained a giant head start, which was a core purpose of the combined Module Recap activities. Another was to reemphasize key points and encourage you to act on the insights you've gained throughout the course.

It's time to harvest all the work you've done and decide what's next on the menu!

DAY 29 Activities

- LEAP Prioritizer Snapshot
- Harvest Your 4 Module Recaps
- Mindfulness Customizer
- Your Path to Happierness
- Matt's Personal LEAP (Walking the Talk)
- Making Your LEAP
- Join The Happierness Community

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