



# LIFE UPGRADE

## 29 Days to Happierness

### COURSE BLUEPRINT

#### MODULE I: PERSONAL Self-Discovery & Mindset

##### Perception Is

- Personal Values Assessor
- Perception Snapshot (Internal)
- Personal Beliefs Assessor
- Perception Snapshot (External)

##### Earned Confidence

- Earned Confidence Inventory
- Worry Stopper
- Fiction Filter
- Mindfulness Magnifier

##### Winning the Battle Within

- Personal Relationship Assessor
- Self-Kindness Instiller
- Forgiveness Freer
- Baggage Dropper

#### MODULE III: INTERPERSONAL Relationships & Interactions

##### Be Aware of Spiders

- Spider Spotter
- Web Evader
- Hater Handler
- Tribe Upgrade

##### The Elements in Motion

- Elements Personality Assessor
- Conflict Resolver
- Active Listening Exercise
- Interpersonal Skills Tip Sheets

##### Swim with the Current

- Intuition Truster
- Domestic Pain Pinpointer
- Making Coincidences Matter
- Coincidence Tracker

#### MODULE II: WELL-BEING Healthiness & Energy

##### Maintaining Mood Health

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

##### Being a Life Athlete

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

##### Managing Energy

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

#### MODULE IV: PURPOSE Purpose & Enrichment

##### Harnessing Gratitude

- Gratitude Inventory
- Gratitude Practicer
- Gravity Connector
- Mindfulness Amplifier

##### Inevitability

- Purpose Pinpointer
- Intention Setter
- Self-Belief Assessor
- Habit Former

##### Aligning Your Livelihood

- Future Identity Shifter
- Vision Board Doer
- Jobseeker Empowerment Technique
- Informational Interview Game Plan

### DAY 29: Life Enrichment Action Plan (LEAP)

- Personalized Growth
- Mindfulness Customization
- Happierness Mindset System
- 15 Bonus Tip Sheets

### LEARNING FORMAT

Innovative, interactive and insightful content with all-original concepts that are simple, practical, powerful and actionable to improve daily life.

### SELF-PACED

The Life Upgrade is a 4-in-1 course. Each module has 3 sections, each involving 2 activity days that take about 1 hour per day to complete.

On the 7th day of each module, course-takers will do a Recap that personalizes their take-aways.

### VIDEO-CENTRIC

Throughout the learner experience are instructive and insightful videos by Matt Zinman, author of Z-isms.

These feature his personal introduction, course orientation, module overviews, and his tips to make LEAP Day most beneficial.

### TAKE-AWAYS

The course culminates on LEAP Day with the Life Enrichment Action Plan, which precisely pinpoints the path for a continuous Life Upgrade. This is supported with 15 Bonus Tip Sheets to improve career and life skills.

### COURSE-TAKER

### RECOMMENDATIONS

- Trust the process - it all matters
- Create a folder on your device
- Download and save fillable PDFs and Bonus Tip Sheets for reference
- Keep activities organized and accessible for your Day 7 Recaps
- It's less than one month out of your whole life to make the rest better. Don't cheat yourself. Even if some activities seem unnecessary or out of your comfort zone, do them anyway. You've got this!

