



# MINDSET RESET

## 7 Days to a Clearer You

### Course Details

#### Perception Is

**Days 1 & 2**

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

#### Earned Confidence

**Days 3 & 4**

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

#### Winning the Battle Within

**Days 5 & 6**

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

**Day 7**

## Mindset Reset Personalization Plan

**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 Mindset Reset 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 three sections take two days each and approximately one hour per day to complete.

### RECOMMENDATIONS

- Create a folder on your device
- Download and save fillable PDFs
- Use this sheet for your Day 7 Reset Personalization Plan
- It's only one week out of your whole life to make the rest better. Don't cheat yourself. Even if something seems unnecessary or well 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.



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