



Enrich Your Life for Good

Course Activities and Outcomes

MODULE I: MINDSET RESET

Perception Is

- Personal Values Assessor
- Perception Snapshot (Internal)
- Belief System Reflector
- Perception Snapshot (External)
- Intuition Truster

Earned Confidence

- Earned Confidence Inventory
- Worry Stopper
- Fiction Filter
- Self-Belief Assessor
- Confidence Builder
- Affirmation Assimilator

Winning the Battle Within

- Personal Relationship Assessor
- Self-Kindness Internalizer
- Forgiveness Freer
- Baggage Dropper
- Anger Manager
- Negative Thoughts Neutralizer

MODULE III: MINDFULNESS

- Mindfulness Measurer
- Mindfulness Magnifier
- Mind-Body Connector
- Active Listening Exercise
- Gravity Grounder
- Mindfulness Amplifier

BONUS CONTENT

- Emotional Intelligence Quizzes
- Interpersonal Communication Tips
- Time & Energy Management Tips
- Organizational Skills Tips
- Active Listening Tips
- Happierness® Mindset System
- Z-isms ebook and audiobook

MODULE II: WELLNESS

Maintaining Mood Health

- Mood Scale / Clinical Symptoms
- Mood Health Resources Page
- Depression Defeater
- Loneliness Lessener
- Burnout Reliever

Being a Life Athlete

- Emotional Intelligence Instiller
- Problem Preventer
- The Destressor
- Self-Care Report Card
- Gratitude Inventory
- Gratitude Practicer

Managing Energy

- Energy Management Quiz
- Time-to-Energy Shifter
- Interpersonal Alertter
- Conflict Resolver
- Hater Handler
- Assumption Stopper

COURSE TAKEAWAYS

- Personalized Mindset Plan
- Personalized Wellness Plan
- Personalized Mindfulness Plan
- Practical Skills Tip Sheets
- Life Enrichment Action Plan (LEAP)
- Group Discussion Guides

IMPACT SUMMARY

Learners learn by doing. Each module features highly engaging activities with defined outcomes that converge into a personalized plan. Together, these create a Life Enrichment Action Plan with proven techniques to form the habits that provide lasting improvement.

LASTING IMPACT

Created and presented by Matt Zinman, author of "Z-isms: Insights to Live By," the WellBeing Reset program features innovative, interactive and insightful content with all-original concepts that are simple, practical, powerful and actionable to improve daily life.

Risk-Free Learning



Personal Growth Infused with Wellness Skills

Learner Outcomes

YOUR		WILL BE
Self-Discovery	→	Complete
Mindset	→	Clear
Confidence	→	Boosted
Relationships	→	Enhanced
Well-Being	→	Supported
Mood Swings	→	Eased
Mindfulness	→	Amplified
Gratitude	→	Harnessed
Purpose	→	Pinpointed
Goals	→	Clarified
Life	→	Enriched with Happierness

def. Happierness® (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.

