



Each module can be worked independently, mixed and matched or worked fairly evenly, but complete the sections of each module in order.

1. Attitude Adjustments

- ♥ Living Story
- ♥ Practicing Gratitude
- ♥ Growing Focus
- ♥ Habitual Smiling
- ♥ Seeing Purpose
- ♥ Paradigm Shift
- ♥ Planning Intervals
- ♥ Energy Plot
- ♥ Balancing Wobbles
- ♥ Iteration Mindset
- ♥ Practicing Service
- ♥ Servant Leadership

2. Action Adjustments

- ♥ Brain Dump
- ♥ Weekly Review
- ♥ Evening Examen
- ♥ Health Habits
- ♥ EHAP Manuever
- ♥ Ubiquitous Capture

3. Accessory Adjustments

- ♥ Cheat Sheet
- ♥ Calendar
- ♥ Vocation Statements
- ♥ Interval Plan
- ♥ Time Budget
- ♥ Planner
- ♥ Daily Card
- ♥ Basic Routines
- ♥ Command Center
- ♥ Task Lists
- ♥ Reference
- ♥ Alarms & Timers