



HAAPPi.Me®

A Journey into Your Current State of Happiness and Well-Being

Get insight into the patterns and themes that hold you back from your magnificent self.

"When I let go of what I am, I become what I might be." Lao Tzu

**How much Courage
do you have to
start living more fully?**

**What beliefs about
yourself may prevent
you from moving forward?**

**In what unhealthy ways
does the past still
drive your decisions?**

**What would a
complete Acceptance
of yourself feel like?**

What is the HAAPPi.Me®?

HAAPPi.Me® is a revolutionary personal development system which assesses the current state of happiness and well-being of individuals. At its foundations are the theories of Erikson, Carl Jung, Seligman, the virtues approach of Aristotle, research from the field of positive psychology, Integral theory, and the Eastern philosophy system of the chakras. These are integrated to provide a single, interconnected and holistic system for better self-understanding. It is the first system of its kind that supports a truly integrated, body-mind approach to your personal development. It uses life coaching concepts, yoga and nutrition in its customized development plan to support personal transformation.



Here are some benefits using the HAAPPi.Me® as part of your personal coaching program:

- o It provides you with highly visual insight into what may be holding you back from reaching your potential
- o It helps provide a measurable roadmap for future sessions with your coach
- o It provides you with a tangible resource to reflect upon and track your progress
- o It addresses you as a whole person, taking into account your overall health and well-being
- o It makes visible what you may have felt but had difficulty describing or expressing
- o It includes a Learning Workbook that supports your personal growth with reflective questions and goal setting support.
- o It provides tangible suggestions for development that can be used as part of your personal coaching

Uses

****Your coach will bring their specific expertise to your coaching relationship, providing a uniquely inspiring and dynamic use of the system. Topics that can be addressed are endless as the system addresses your whole life. Here are a few examples:**

-- Low energy and a feeling of self-defeat, mood swings, boundary issues, understanding the origin of physical health symptoms, issues of control, understanding struggles with current work environment, starting a new career, relationships, personal values and vision, self-esteem and acceptance, forgiveness and letting go, fears, grief, assertiveness, life transitions, repeating self-destructive behavior



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Our interdependent system provides a holistic portrait of your overall health and well being in 7 Life Areas. Your personal HAAPPi.Me[®] Report marks the beginning of an insightful and transformative journey.

In which Life Areas are you flourishing?

Which catalysts can support you most on your journey?

Which Life Areas may be undernourished?

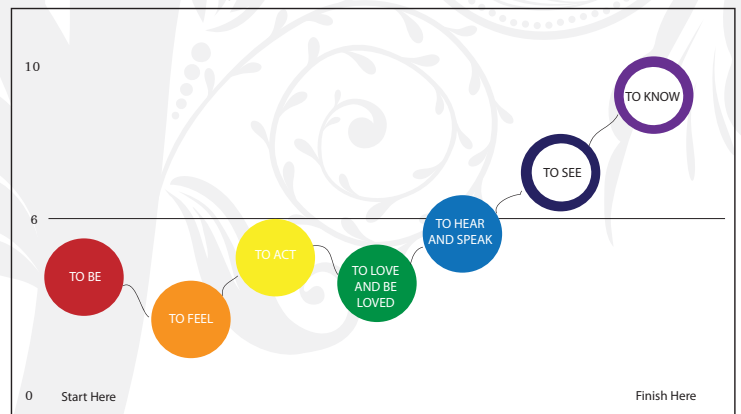
Which catalysts may need some more attention in order to maximize your potential?

Life Area Strengths Indicator



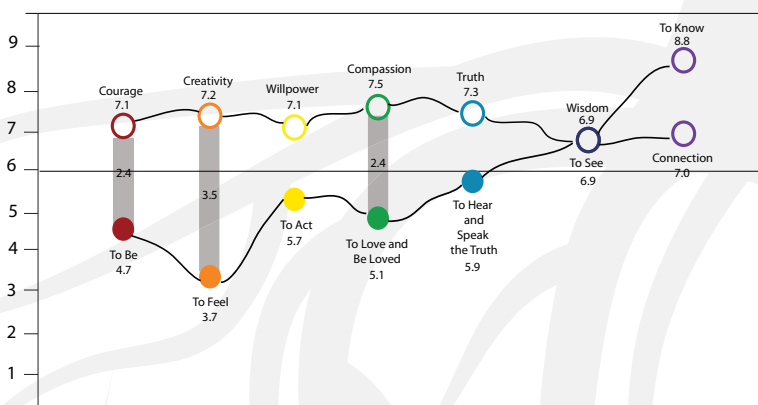
An assessment of your strengths and potential. This view shows where you believe you are or how you put yourself out in the world. This may or may not be in alignment with the real you.

Life Area Basic Rights Indicator



An assessment of where you are right now according to the Chakra system. This is a more subtle and accurate insight into your current health and well-being. This may or may not be in alignment with your own public persona.

Body-Mind Indicator



The difference between where you believe yourself or want yourself to be right now and where you really are.

**It's a Journey.
Begin with an insightful portrait of your patterns and well-being.
Continue with personal coaching from one of our licensed coaches.**