

HAAPPi.Me® Life Journey Program

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

Program Goals

This year-long Life Journey is designed to whip you into physical, emotional, and mental condition as you prepare to lead a more courageous, creative, confident, love-filled, authentic, mindful and connected life! During this challenging yet inspirational program, you will examine your own beliefs about who you are in the world and participate in the process of re-designing your destiny.

We will use a system called HAAPPi® for your journey and begin our discovery process with the HAAPPi.Me®, a life tool which assesses where you are right now in 7 different Life Areas. As you embark on this journey, know that it will require commitment and follow-through. It is our belief that you will not successfully achieve your personal goals without committing to this program wholeheartedly. While your coach is there to facilitate your learning and discovery process, it is ultimately you who will need to do the work in between the sessions in order to achieve the overall program goals. There are no such things as quick fixes. Enter this program with us as though it is the last year of your life. Embrace it and vow to experience it to the fullest.

See this journey as not just a personal one, but a journey for all of humanity. For each step forward you take, we all take a step forward. The personal changes you make will be echoed throughout all of eternity and the positive transformation will become a lifelong reward.

Each of the HAAPPi.Me® Life Journey modules consist of several elements:

1. One-on-one coaching
2. Self-study
3. Special projects
4. Lifestyle changes

You will be provided with a complete curriculum, which includes articles, books, websites and journal for self-study, along with special projects to help you integrate your learning and become the you you've known was there all along. In addition to the more knowledge-based program goals, certain lifestyle changes may be recommended based on your initial discovery sessions with your coach. It is the combination of physical, mental and emotional changes which will bring you the quickest to the level of awareness you desire and that are required for leading a healthy and fulfilling life.

Getting Started

Discovery sessions

Your program consists of two sessions which belong to the Discovery process. During the first session you will review your HAAPPi.Me® results with your coach. They will explain the system to you and check to ensure that it is an accurate representation of where you are right now before you continue further. Once you have a reasonable understanding of your results, you will reflect on what the scores mean for you. Since with the HAAPPi.Me® there are no right or wrong answers, the exploration of your scores is designed to help you focus – on which areas you would like to put the most attention and effort in the coming months. The second Discovery session will be a **focus** session, where you, with the support of your coach, will formulate a couple of relevant and timely goals in relation to your scores and to your current life's challenges.

Module 1: Courage: Comfort with the Past & Present



In the HAAPPi.Me® system, Courage is considered the foundation and the catalysts which make up this Life Area strength are considered to be fundamental to a stable, grounded base. You can consider this module as examining the foundation of a house. If the foundation is not stable, then the house will be built on unsteady ground. Any disruption or challenge could shake the foundation and disturb the house. But if the foundation is strong, it doesn't matter what happens or how much things get shaken up – the house will remain grounded.

This module consists of 6 coaching sessions complemented by self-guided work, reading and one project.

Topics include: Family, Tradition, Stability, Finance, Health, and the impact of your past on today.

Module 2 Creativity: Emotions & Flow

In the HAAPPi.Me® system, Creativity is where your dreams are brought into your waking life and lived through your relationships and expressed with your emotions and deepest feelings. It is here that we feel desire and passion, where we know if there is flow in our lives and where and when we feel connected to ourselves in a positive way. If this area is out of balance we may either suppress emotions or allow them to surface in ways which damage our self-esteem. Here we will examine your ability to feel passionate and alive, flexible and open to yourself and new ways of looking at the present, past, and future.



This module consists of 4 coaching sessions complemented by self-guided work, reading and one project.

Topics include: Relationships, Emotions, Sexuality, Passion, Dreams

Module 3 Willpower: Energy and Beliefs



In the HAAPPi.Me® system, Willpower flourishes when you are able to take your dreams and passions, originally surfaced in Creativity, and bring them to full fruition. It is here that our belief about our worth and abilities plays a vital role in our life. Are we able to follow things through? Finish things we start? How empowered do we allow ourselves to be? What relationships drain our energy or give it to us? How well do we manage these choices that affect our power, energy and beliefs?

This module consists of 4 coaching sessions complemented by self-guided work, reading and one project.

Topics include: Making dreams a reality, Power, Energy, Action, Goals, Beliefs

Module 4 Compassion: Unconditional Love

Within the HAAPPi.Me® system, love is central. Without true compassion and unconditional love, we isolate ourselves and other people. Here we examine your ability to give and receive love. We will explore the 'socially acceptable' kindness that you may participate in without awareness and wrestle with your desires to be liked or any residual fears of abandonment that may get in the way of healthy relationships. We dedicate 6 coaching sessions complemented by self-guided work, reading and two projects to this module.



Topics include: Unconditional love and positive regard, Social desirability, Forgiveness, Gratitude

Module 5 Truth: Authentic Expression



When we arrive here in this module, you will have already mastered many things. Within the HAAPPI.Me® system, Truth is the result of having grounded yourself, freed and explored your passions and emotions, mastered your will and ability to follow-through and learned about your capacity to love and be loved. At this point, you are ready to move into an exploration of what is truly important to you – because things will be clearer for you now. During these 4 coaching sessions, we will explore your personal values, define your personal mission and purpose and work to bring back in all of the things that we have addressed in the journey so far to provide a fully authentic expression of you.

Topics include: Authentic expression, personal values, being on purpose, personal leadership, music, resonance

Module 6 Wisdom: Taking the time to See

Within the HAAPPI.Me® system, Wisdom is the result of a balanced Being. In order for Wisdom to flourish, you needed to do all the groundwork in the preceding life areas. When you arrive here, there are still a few lessons. Since this area is about seeing – with all the senses – including intuition – we will work together on an authentic vision for your life journey. We will use methods such as active imagination, vision or dream boards, perspectives, and more in order to help you tap into your inner wisdom. With today's fast-paced society, usually the strengths in most need of development here are patience, mindfulness, and presence. Insight will only happen if we allow it space and time to unfold. We dedicate 4 coaching sessions complemented by self-guided work, reading and one project. This module also consists of the retake of the HAAPPI.Me®.

Topics include: Personal and social vision, Presence, Patience, Mindfulness, Intuition, color



Module 7 Connection: The Dream of Humanity



While this module marks the end of our program together, it also marks the beginning of your spiritual journey. Here we will connect and explore topics related to the universal truths of which we know for certain. Using all the tools in your toolkit so far we will begin to weave together all of your strengths and gifts of the program into a beautiful tapestry of joy: the grounded and stable you, who now has the courage to tackle anything, the creative and flowing you who can tap into dreams and the unconscious for power and inspiration, the determined and confident you who pushes past obstacles and follows through effortlessly on goals, the forgiving and unconditionally loving you who accepts yourself and others as they are, the authentic and resonant you, whose voice echoes with the simple power of truth, the patient and intuitive you who dances with the synchronistic harmony of life.

You are already all these things. This transformational program will help unveil and reveal them to you so that you may tap into their power at any given moment of your life journey.

This module consists of 4 sessions and is a continuous and flowing project.

Topics include: consciousness, synchronicity, dreams, symbols, archetypes