

# Three Simple, Powerful Steps to a Better, Happier YOU

Turn Stress Around  
Recharge, refocus,  
repurpose...REPOWER



**RECHARGE:** Make positivity part of your daily diet by taking two or three short 2-3 minute breaks each day to just be utterly positive. Think about it, a spa vacation from worry.

2-3 minutes of thinking about what makes you happy. The greatest obstacle that we face is inside us and it is threatening to destroy, to contaminate the style and substance of our lives. It is time for a revolution. A new revolution that is not a physical revolution; but a revolution of thought. A revolution in the way we think, in our ability to retrain our brains to focus on the positive.

**REFOCUS:** Upload your best thoughts. Take 5 minutes a day to write out 5 positive ideas you have that will positively impact your life and/or work. We do not lack technology or brain power. We lack an interface of head and heart that will

allow us to create positive change, economic and social growth. We need to stop the viral epidemic of apathy, fear, and social disconnect. We need to think our best thoughts in order to create our best self, best life, best work and best world.

**REPURPOSE: Reject fear and embrace love, think of three things you are grateful for.** Quantum physics has taught us that we are all part of a greater whole. Every thought, action and word we speak has a quantum effect on and in our world. It is time to stop deluding ourselves into thinking that we have no power, or that we have more power than someone else. This is a pervasive illusion that will not lead to success or happiness. We need human beings to fuel the fire of human capital, social capital, spiritual capital. This can only happen when we each make a decision to reject fear and embrace love for ourselves and for our fellow man/woman. Individually and collectively we are the world, and we have the power to change it for the better.

**REPOWER: Don't forget that YOU control YOUR thoughts and your thoughts impact your feelings and actions. Mastering the art of controlling YOUR thoughts and empowering your best self is a critical and learnable 3Q strength. YOU faced innumerable challenges as a baby learning to eat, talk and walk, and YOU did not stop every time you drooled, said unintelligible words or fell down.**

**The power to transform challenges into solutions is not something you lack, it is something you need to reclaim!**

“To live is the rarest thing in the world. Most people just exist.”  
Oscar Wilde

**More on happiness, positivity, empowerment and success? YOU betcha!**

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**Irene Becker | Just Coach It-The 3Q Edge™ | (IQ-**

**EQ-SQ)**

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