

Ten Steps to a Happier More Successful YOU



Ten Steps to a Happier More Successful YOU-Best Practices!

Helping smart people & organizations communicate & lead forward smarter, faster, happier is what I do best

© Irene Becker | www.justcoachit.com | 3Q Leadership™ Blog

•Are you facing a career, business or life challenge that has you stuck, frustrated or working/living on overdrive? Is it time to put the pep back in your step? Find new ways of looking at challenges that take you forward? Whether you want to get coached or self coach; here are ten simply but powerful steps for greater happiness and success. Yes, happiness may very well be the NEW currency of success.

Best Practice #1: Know and understand what you really want, and use it to build your self confidence and self esteem from inside out. We are socialized to have goals and objectives, and even core beliefs and values that are often not our own. The journey to really HEAR our own voice, and tap into our true purpose, get rid of false core beliefs and replace them with our true core beliefs and values is the road to building true potential, success and happiness. Often hearing our own voice requires more than reflection, but intervention or help from someone who can help you gain the clarity you need and use it to build self confidence and self esteem from inside

out.

Best Practice 2. Be the promise manager and CEO of your life. Use every opportunity to model promise management and leadership in your life and your work. Do what you say, come through with the promises you make, do not make a commitment that you cannot fulfill. And, get rid of relationships with toxic people who cannot ever really be trusted, have values that you do not respect, and are perhaps emotionally, physically, sexually or financially abusive.

Best Practice #3. Develop YOUR happiness and success DNA. Get coached so that you can not only build but sustain the high emotional intelligence edge (your ability to understand and manage your emotions, understand the emotions of others, and use what you are feeling and thinking to inspire, engage and motivate the best in yourself and others), strengthen the life, leadership and communication strengths that can help you not only move forward but stay there with greater happiness and success. Emotional Intelligence-EQ/EI is a learned skill that you can choose to build and enhance. It is probably one of the most critically important areas to develop in a coaching relationship.

Best Practice #4. Practice the art of Failing Forward. Take the stress out of success. Build your resiliency quotient by starting to see failure with new eyes that help you fail forward. That's right, practice getting out of the comfort zone daily. You are not right all the time, neither is any one else. Yes, while most of us were trained to succeed, reality is that the sheer velocity of change, challenge, competition and stressors makes always succeeding the pixie dust of frustration, workaholism, anxiety, burn out, addictions, ailments and burn out. Learn to use failures and challenges to build a positive sense of self.

Best Practice #5. Take your ego out of the equation, stop personalizing. Is anger and frustration is caused by feeling

invalidated by another person or a situation? If the answer is yes, you are a hostage of your ego. Get free by noticing if a situation or conversation makes you feel invalidated; and, if it does pause, reflect, refocus on your goals and objectives. Remember, you have a 90 second window to transform the desire to react into a response that will help you move forward rather than creating anger, frustration or contention. Focus on building good personal boundaries, developing your ability to stay focused on your true goals and objectives.

Best Practice #6. Cultivate humor, optimism, resiliency. Take time each day for a good laugh. Yes, laugh it up. The research is in and it is conclusive, laughter not only connects you with others but it also helps strengthen the immune system and helps you tap into your right brain-your creative, communicative side. Find a way to incorporate humor and laughter in your day.

Best Practice #7. Take ME time into every day. One of the most important things you can do is find a window of opportunity each day to have ME time. Time that you spend with yourself, cultivating your relationship with YOURSELF. Me time is time when you need to nurture yourself, feel lovable and do something that helps you recharge, reconfigure and reboot your mind, body and soul.

Best Practice #8. Build a critical EQ/EI strength-constructive discontent. Constructive discontent is your ability to not only stay grounded in the heat of an argument or dispute, but to also feel unpleasant feelings and not be held hostage by them. That's right you can learn to develop your ability to feel an emotion and not be held hostage by it by learning to step back ride the wave, by becoming the participant observer and letting the emotion pass by just watching and refocusing on your true goals and objectives.

Best Practice #9. Stop reacting and retrain your brain to

RESPOND instead. No matter what happens you have the choice to be the cause or the effect. When you react you are been the effect, when you respond you are being the cause. Take your power back by developing your ability to respond rather than react and in so doing build higher emotional intelligence EQ/EI and develop critical life and leadership competencies like constructive discontent. You have a 90 second window to pause and circumvent the fight or flight reaction...USE it to retrain yourself to respond!

Best Practice #10. Re-discover, nurture and cultivate your joy factor, your happiness set point. Recapture the child and heart and start to re-discover what really makes you feel happy and fulfillment. Once your survival needs have been met, material acquisitions are terrific but they cannot and will not create sustainable fulfillment. Only you can work to re-discover what your joy factor, your happiness set point is by doing things that will help you nurture and sustain your love of self from inside out.

**Is it time to REACH- Redirect-empower-actualize-communicate
and harvest YOUR potential to lead forward?**

**Get Executive Coaching, Training that Sticks? Enjoy an
insightful and inspiring keynote?**

**Just Coach It. Discover Executive Coaching, Consulting,
Keynotes and Workshops with as 3Q Edge™**



**Irene Becker, Chief Success Officer, Just Coach It-The 3Q
Edge™ Toronto and Virtually Everywhere | Face to Face, By Tel,
Skype or Video Conferencing**

www.justcoachit.com [@justcoachit](https://twitter.com/justcoachit) [Skype: beckerirene](https://www.skype.com/people/beckerirene)

[Tel: 1-416-671-4726](tel:1-416-671-4726) [Email: irene@justcoachit.com](mailto:irene@justcoachit.com)