

Turn Negativity Around: 3 Simple-Practical-Powerful Ways To Reset The Internal GPS

Turn Negativity Around: 3 Simple-Practical-Powerful Ways To Reset The Internal GPS (Including 13 Bonus Links)

© Irene Becker, Just Coach It-The 3Q Edge™ | (IQ-EQ-SQ)
Reach-Resonance-Results
3Q Leadership™ Blog- 26,000+ Social Media Followers &
Growing!



The mindset that took us forward in the past, will not lead us forward. We are living in a whole new world, a brave new world where the best and brightest among us are pioneers facing a new frontier of unprecedented change, challenges, complexity and opportunity. Best practices must be practices in the no, Skills development must focus on whole brain thinking, enhancing our ability to learn and relearn, building critical human strengths that drive all 3Qs ideation-

empathy-purpose/values.

Is it time to get out of the box? Turn negativity around? Become energized, empowered and solution focused? Here Are Three Simple, Practical And Powerful Ways To Reset The Internal GPS!

1. Delete: Delete an energy stealer or inertia builder that is undermining your ability to transform challenges into solutions. Start right now by deleting one negative thought that is not taking you forward.

2. Reboot: Stop the blame game, let go of who did what, of who has what. Reboot a better perspective by letting go of one thought that is causing you more pain than gain. Let go, reboot and refocus on a positive goal and intention that takes you forward.

3. Upload: Take 2 minutes a day three times a day to be positive, to let go of any negative thoughts and beliefs.

Here is a simple but powerful exercise you can do almost anywhere. An exercise that will help you build greater mindfulness, enhanced focus, improved resilience, ideation.

Schedule your day with blank time, time between meetings, time between commitments where you can simply recharge.

Science has documented the powerful benefits of blank time to

cognition, health.

Negativity is a box that traps our potential; escaping the negativity box is critical. The imperative to be relentlessly solution focused is written on the walls of our lives, organizations and society. Negativity traps us in pattern of thinking and feeling that can keep us stuck in ways we cannot even begin to imagine. We inherit negative beliefs, we are taught negative beliefs, we create negative beliefs, and sometimes we just pick up negative beliefs from the good opinion of others or the plethora of fear based negative news that surrounds us. Mirror neurons transmit our negative feelings to others and their feelings to us. We get stuck in a negative mindset which appeals to our reptilian brain, our most primal instincts, and clouds our ability to see opportunities, develop solutions and build an important bridge between what is and what can be.

Science now tells us that our brains are set to automatic negative; a default pattern from our days fighting predators in the cave. A default pattern we need to reset, as it will not take us forward. Negativity that puts a lid on our greatest potential and erodes our sense of happiness and well-being. Negativity is an emotional virus that traps our potential, erodes our communication and collaboration, destroys our relationships and impacts our ability to find opportunities and solutions.

The imperative to reset the individual and organizational GPS is critical. Start now by taking three simple steps that can help you escape the negativity box. Delete-Reboot-Upload!

More on resetting the individual and organizational GPS? YOU Betcha!

Here are 13 bonus links on 3Q Personal, Leadership and Organizational Development:

Personal Development

The Empowerment Compendium

The Secret to Personal Development and Growth

From Victim to Victor

Disrupt the Status Quo: Using Strengths and Challenges to R-E-A-C-H and lead forward!

Leadership Development

Women and Leadership: Ten Critical Steps Forward for Women and Men

The Leadership Compendium | Leading Forward in the Face of Complexity and Change

Winning the Race With Five Hungry Wolves-Ten Steps

The New Leader

Organizational Development

The Thriving Organization-10 Powerful Steps Out of Jurassic Park

The Individual and Organizational Imperative for 3Q Leadership Development

From Now to How: Building Social, Virtual and Cross Generational Leadership

Winning the New War

And... The Pause: A 2 minute way to recharge, refocus and repurpose

More on 3Q Personal Development, Leadership Development and Organizational Development? You betcha. I go the distance for my clients face to face, by tel, skype and video conf.



**Irene Becker | Just Coach It-The 3Q Edge™ | IQ-EQ-SQ for
Reach-Resonance-Results**

**Executive Coaching, Consulting, Training and Keynotes with a
3Q Edge™**

***Face to face and/or virtually by telephone, video conferencing
or skype!***

**3Q Leadership Blog- 26,000+ Social Media Followers & Growing
irene@justcoachit.com Twitter @justcoachit
Tel: (1) 416-671-4726 Skype: beckerirene**