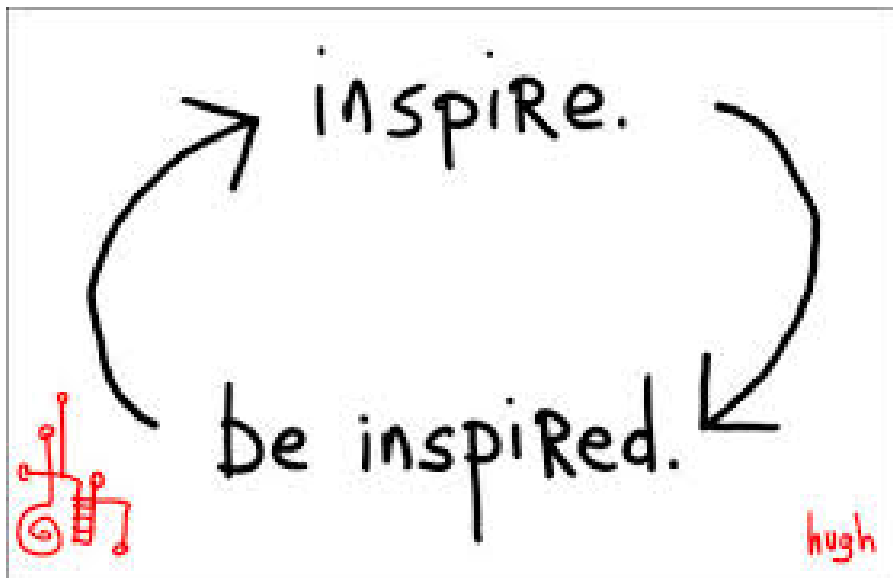


# Recharge! Inspire YOURself (in 5 minutes or less!)

© Irene Becker, Just Coach It-The 3Q Edge™ (IQ-EQ-SQ)  
3Q Leadership™ Blog- 50,000+ Social Media Followers & Growing!



Stop. Reflect. The imperative to fill your emotional

reservoir, light your own fire, re-motivate yourself is critical. So many of us are focused on making more money, meeting the growing list of demands and responsibilities that make up the day that we forget to fill the emotional reservoir that keeps us happy, healthy. Your reservoir that must be filled on a regular basis. Frustration and stress create a biological reaction that attacks your immune system, emotional well-being, physical health and can also push even the best and brightest among us to say or do something that is counterproductive to personal or professional success.

**I am here to remind you this second, this moment that YOU can develop personal rituals (I call them COOL TOOLS) that take less than 5 minutes a day; rituals that help you replenish your reservoir of personal power, resiliency...even happiness!**

**Here is a simple exercise** from a workshop I did many years ago for executives and executive coaches called the Just Joy Workshop. Try it, share it...and if you discover something new about your personal portal to more joy in life and at work, please write to me and let me know the new learning that has come from this simple exercise.

**Instructions:** Take a few second to relax, regroup and just take a pause from the mundane world. Clear your head and write down the answers to three simple questions on a piece of paper or in your journal.

**Step One:**

What is your name? Not the name that you go by, a different name. I want you to find an emotion that describes you at your best and consider it your name for the day (i.e. joyful, caring, insightful, adventurous etc-that is going to be your new name.) Write it down.

**Step Two:**

What is your job? Not the title you have or the job description you fill but what you really do every day. i.e. I sell high-end clothes. Drill it down. I help people look better so they can live better and do better. \*\*If you are in career transition, here is a tome of info about successful career transition, and you can do the exercise by thinking about the job you enjoyed the most and what was YOUR job (as per step two)

### **Step Three:**

Write down how many times you did your job today.'

### **Step Four:**

Write down what you can do on a daily basis to remind yourself of your answers

to step one and two because they are critical.

Purpose = profit on a multiplicity of levels. Our ability to feel purposeful, our ability to build the intrinsic motivators (Q3 Strength-SQ) is critical.

Anything else? If you get stuck...put the exercise aside and try another one! Here is an excellent list of Cool Tools (Rituals you can do in 5 minutes or less to build YOUR 3Q Edge™) [Three Q what>>Click here to learn more!](#)

Graphic Credit: Hugh McLeod, Gaping Void Art



**More on 3Q Personal Development and Greater Happiness in Disruptive Times? YOU Betcha!**

The Power of YOUR Story

The Power of NOW

The Power of What

Actualizing YOUR Greatest Potential NOW

Best Self, Best Work-Ten Minute 3Q Focused Self Test!

The Happiness Compendium

The Happiness Course

The Empowerment Compendium

A Collection of Inspiring Life, Happiness and Success  
Infographics, Posts, Podcasts & Videos!

***Anything else? YES. Our new website and blog with expanded collaborators, programs and services for individuals, organizations and emerging leaders debuts this soon. Stay Tuned!***

Are you ready to find a new way, a better and faster way to build strong leadership, communication influence and career success at the speed of change/challenges? We are here to help!



**Irene Becker | Just Coach It-The 3Q Edge™ | (IQ-EQ-SQ)  
Face to Face, By Telephone, Skype or Video Conferencing  
Programs, Services and Keynotes for a Better, Stronger  
Tomorrow  
*Leadership, Communication Influence, Career Optimization in  
Disruptive Times***

**irene@justcoachit.com    Twitter @justcoachit    Tel: (1)  
416-671-4726    Skype: beckerirene**