

How to Survive and Thrive in Times of Uncertainty and Chaos Step 4/7



Surviving and thriving in times of uncertainty and chaos is critical to our individual and organizational survival.

It has been the focus of a series of 7 posts sharing 7 simple but powerful ways to develop what I call *your 3Q Edge*-your ability to think, feel communicate and execute in new ways that drive and

sustain your best thinking, improved emotional strengths, better communication and execution in disruptive or turbulent times.

If you have not followed the series, [click here for step 1](#), [click here for step 2](#), [click here for step 3](#).

Step #4 is Self Awareness

Self awareness is the first step in leadership development and critical to the emotional and cognitive adaptability, improved creativity, collaboration and a greater sense of purpose and fulfillment are critical to our individual and collective survival.

Dedicate 10 minutes a day to a better YOU! Pick a cool tool (10-minute exercise) that works for you and use it daily for the next week.

1. Stream of consciousness writing.

Take 10 minutes to just write whatever comes to mind as soon as you get up in the morning. Do not censor your writing, just write. Not sure where to start? Start with how you are feeling and continue writing for 7 to 10 minutes.

2. Keep a gratitude journal.

Keeping a gratitude journal will not only build self-awareness but greater happiness! Take a few minutes before you go to sleep to write what you are grateful for.

3. Write a personal manifesto and read it to aloud or in your mind's eye 2-3 times a day.

What things do you stand for? What are your strongest beliefs? How do you want to live your life? What do you want to accomplish? Your personal manifesto is a statement of focus/power and an excellent call to action. Delighted to share timeless steps to building your manifesto by Jone Bosworth [Read more](#)

Repetition is the mother of success in terms of learning new skills or changing behaviours.

Self Awareness is critical to your personal, professional/business success, and it is a learned skill that can help you make positive changes that drive self-confidence, empowerment, a greater awareness/understanding of yourself and others. [Read more](#)

An interview by #1 Expert in Intelligent Leadership and #2 Executive Coach in the world, John Mattone led to my doing a certification in Intelligent Leadership and Executive Coaching with the master!

[Read more](#)

It would be impossible to end the year without thanking John Mattone for his great work, books and the opportunity to study

under his direction! More about Intelligent Leadership and Executive Coaching next year! [Read more](#)

Carpe diem. Take this moment to recognize your ability to survive and thrive, your ability to make a difference and be the difference in your life and the lives of others, because that is what 3Q leadership is ALL about! [Read more](#)

More? You Betcha!



Find out where you stand with our [10-minute Career and Life Self Assessment](#).

Get inspired. Build your leadership, career and personal edge in disruptive times! **Contact us to find out about 3 to Thrive and other great new programs!**



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Discover Coaching, Consulting & Keynotes with a 3Q Edge
Irene (1) 416-671-4726 Skype: beckerirene
Irene's assistant, Drew Jones, (1) 737-5075
Email: irene@justcoachit.com drew@justcoachit.com
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