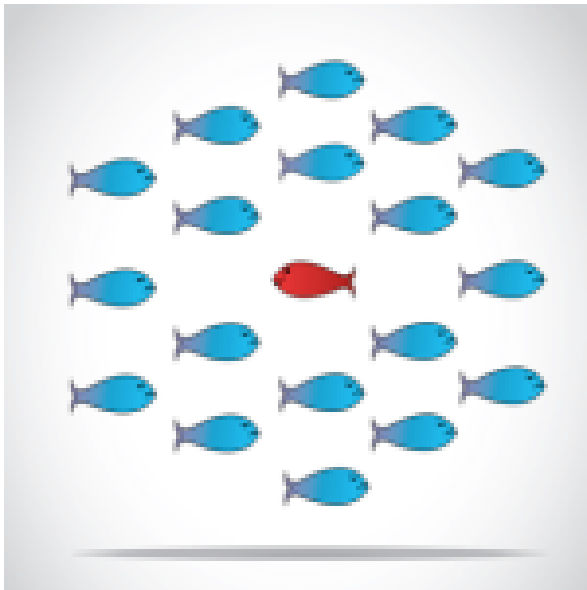


Surviving and Thriving in Times of Uncertainty and Chaos-Step 5/7

Creating a New Future Step 5 of 7



How can you create a new future? A better tomorrow? Survive and thrive in the face of uncertainty and chaos by developing 3Q strengths in as little as ten minutes a day. I have dedicated my life to helping others build their 3Q edge, with simple steps that are backed by science and hands-on experience. Steps that have changed my life and the lives of my clients. This post is fifth in a series of 7. If you have not read the previous four posts scroll to the bottom for links to these articles. [Read more, click here for 3Q Benefits and why I have dedicated my life to this work.](#)

Step Five is Resetting YOUR GPS in 10 minutes a day. Reset and reboot with “Cool Tools”, five to ten-minute daily rituals that keep you on your A-game, help you reset default patterns of thinking, communicating or doing that no longer work...AND, help you bust toxic stress. You can make a difference, but doing so means realizing that you CAN rewrite default patterns

of thinking, feeling or executing. It means putting on your leadership shoes by engaging your ability think smarter and differently (IQ-Q1), feel, communicate and collaborate better (EQ-Q2) while developing your spiritual quotient-alignment with the highest values and purpose (SQ-Q3) that drive and sustain success. [Read more](#)

Carpe diem. Take 5-10 minutes each day to reset your GPS, change a habitual way of thinking, communicating or doing!

- Try writing a few sentences in the reverse direction, or with your opposing hand every day for the next week.
- Uplift your posture and take a 5 or 10 minute time out from stress. Go for a walk, [do "The Pause"](#), shift your thoughts to a pleasant location or experience. There are few more powerful ways to raise and sustain energy than to ease your posture upward, which frees your breathing and raises your energy level.
- Change one routine every day.

[Click here for more cool tools](#)

What we face is nothing in comparison with our ability to empower, engage and transform; our ability to adapt, evolve and thrive by building our 3Q Edge. The lessons I have learned on my journey, my studies and dedication to my craft have touched my head and heart with positivity, courage, and possibility thinking because our ability to use what is to create what can be in our lives and the lives of others is real.

More? You Betcha

- [Survive and Thrive in Times of Uncertainty and Chaos](#)
- [Survive and Thrive-Step 1](#)
- [Survive and Thrive-Step 2](#)
- [Survive and Thrive-Step 3](#)
- [Survive and Thrive-Step 4](#)

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in disruptive times! **Contact us to find out about 3 to Thrive and other great new programs!**



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Irene Becker | Just Coach It

Your Catalyst for Success at the Speed of Change