

# Empowerment and Success in Disruptive/Uncertain Times-10 Minute Cool Tool #2



**Inspire yourself, because doing so will take you forward faster than before.**

If you want to benefit from the following cool tool (free and often life-changing exercise that can be done in 10 minutes or less), **you need to practice it every day.** If you want to help contribute to the success of others and to inspire/motivate positive change, grit, and growth, I encourage you to post your comments and experiences on the blog.

Last week we learned about a ten-minute Cool Tool to prime yourself for a successful a day and build your 3Q Edge. *Click here for last week's post-10 minute cool tool by Anthony Robbins.*

**After or before you have primed yourself for success, it is critical to make sure that you have found your Happy spot (H spot).** Everyone is different. Some people need to tune into their H spot before their priming exercise, others prefer to do so after they have done their morning success priming. Go with your gut and find out what works for you.



## Cool Tool # 2: Get Happy NOW!

Have you ever had one of those bad days that started with stubbing your toe, or some kind of negative experience that occurred the moment you got up? We all have and we have also experienced days in which the negativity followed us throughout the day and everything that could go wrong seemed to do so.

What is the solution to this problem? How can you set yourself up for success? Build emotional intelligence, grit and a feeling of empowerment that takes you forward faster, smarter and happier?

After you have completed your priming exercise (read post 1) you need to make sure that YOU are feeling positive, empowered and ready to attack the day with enthusiasm.



**Is it time to put on your invisible cape?** Create a space for greatness? Actualize your personal and professional ability in disruptive and uncertain times? Scroll down to

enjoy this week's Wednesday Wisdom, a cool tool (ten minute 3Q exercise-free, simple and powerful) that you can incorporate **into your daily routine.**

**What can you do before or after you have primed yourself for**

**success? Find your H Spot, your happy space.** Make yourself laugh, give yourself time to smile and feel confident. Here are three different ways to accomplish this goal. Three Cool Tools (exercises that take less than 10 minutes that you can incorporate in your day.

1. As a round person, I have found that jumping naked in front of the bathroom mirror first thing in the morning is fabulous. It is hard to keep a straight face or to hold energized feelings down when you are jumping up and down!

2. Make happiness your focus. DO one simple thing that will make you feel happy. It does not matter how silly this thing is, what matters is that you find your happy spot before breakfast or coffee.

3. Get rid of toxic/negative emotions by writing them on a piece of paper, crumpling it and throwing it away.

**Carpe diem. It's your time to shine!**Try this cool tool out every day for the next week. You will be very surprised at the important and powerful effect it will have on your life and work.

3Q has helped executives, entrepreneurs and professions achieve breakthrough results in disruptive and uncertain times. It began as a method that helped me successfully negotiate the type of life and career crises that changed my world as I knew it. Whether you are facing a difficult challenge or you simply want to make yourself anti-fragile, bulletproof in a world of relentless change, I encourage you to follow the Wednesday Wisdom and try the cool tools I post on for size and fit!



**Are you ready to go from Now to HOW? Get re-inspired by what you can achieve at the speed of change/challenges? Recharge, refocus, repurpose, repower your communication, leadership and life edge? We are here to help!**



**Irene Becker | Just Coach It-The 3Q Edge™ | IQ-EQ-SQ for Reach-Resonance-Results Executive Coaching, Consulting and Keynotes with a 3Q Edge™**

*Power up, power on, power forward...if not now when?  
Face to face and/or virtually by telephone, video conferencing  
or skype!*

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