

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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Empowerment & Success in Disruptive/Uncertain Times: 10 minute cool tool #1



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Picture-get a new result

Your ability to change your perspective, to develop cognitive and emotional dexterity is as real as it is critical. And, building your 3Q Edge, your ultimate advantage, is both challenging, inspiring and fun! Yes, you CAN recognize and engage your strengths while using challenges, changes, stressors, and frustrations to leverage your greatest potential.

New mindset = new result

**Easier said than done? Think again.
Change is your greatest strength.**

You can do this and I am going to tell you how you can build Q strengths, strengths that help you build your best life and

career. Strengths that help YOU contribute to a better tomorrow. *It is my mission to help as many people as possible not be part of the World Health forecast that anxiety and depression will be the major cause of physical disability in the world by 2020!*

Uplevel your enthusiasm-prime yourself for success in your life and career;

Yes, you can achieve in a VUCA (volatility, uncertainty, complexity, ambiguity) world. REALIZE your ability to develop a NEW relationship with change, challenges, uncertainty even failures that takes you forward faster, smarter and happier. It is my mission to help you empower, engage and transform what is into what CAN be in your life, leadership, and career; it's my mission to help you build your 3Q Edge.

The way you start the day is critical to your health, success, and happiness! Learning to prime yourself for focus, positivity, energy can be life-changing.

If you up on the wrong side of the bed, you need to turn this around as quickly as you can. Upside, you have the power to change your mindset, you have the power to increase your ability to focus, and getting started is simple. Remember, new mindset-new result. You cannot build a fire with WET wood. You will not be able to have your best day, achieve maximum success or happiness with negativity or sadness holding you down.



CLICK here for a 10-minute priming exercise from Tony Robbins, a great cool tool to use and to share.** Try it out every morning and share the difference it has made in your life with us on the

blog!

****I call exercises that are free, fantastic, build 3Q skills AND can be done in 10 minutes or less a day “COOL TOOLS”, and I will be sharing my Cool Tools and the cool tools of thought leaders and change-makers to help you achieve maximum value in minimal time****

Anything else? Carpe Diem. Here's a 3-minute cool tool to turn your positive power up and on, no matter what kind of day you are having! Take a 3-minute break from whatever you are doing and simply think about 3 things you are grateful for and wiggle your toes! This simple exercise will reset your mood.

Podcasts and interviews I've done that you may enjoy.

Interview on 3Q Leadership by #1 expert in Intelligent Leadership and #3 Executive Coach, John Mattone

Radio Interview by Deb Scott: From Pain To Gain In Life And Career

Web TV Interview by Shannon Skinner: Extraordinary Women Leading In The Face Of Challenges

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The Power of YOUR Story-New Edition



Will your story help you engage and sustain your best self or keep you stuck in a rut? Many of us have a problem looking at the challenges we face with new eyes, especially

when the challenge we face is our own story. The way you see your life will determine whether YOUR story will empower you to achieve your greatest potential or keep you from truly achieving your heart's desire. *Read more*

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The stories we tell ourselves become our worlds. Perspective is everything, consciousness drives our ability to evolve or devolve, and the desire to make sense of our personal story is something a task that our brain is hard-wired to perform.

The power of YOUR story must be mined because its power lies not in what you have accomplished or not accomplished, but in the pivot points, the accomplishments that touch your heart, the wins that are milestone markers AND moments of challenge that (if properly used) can help you develop a new sense of

self, a better view of your own potential.

From birth to death, the power of our own personal story follows us, and it's ability to inspire our best self, our best work and help us build our best life is as real as it's power to create disempowerment, underachievement, overachievement at any cost.

What is YOUR story? How will you look upon your journey with eyes that will help you see your strengths with greater clarity, and use challenges, failures as a lever for your greatest potential? Q1: improved focus, ideation, innovative thought Q2: improved resiliency, risk tolerance, empowerment, communication, collaboration Q3: enhancement of the intrinsic motivators, the timeless values that drive sustainability-courage, integrity, purpose

The power of your story is the fire that can light the power of your greatest potential. Your ability to see your story with new eyes, eyes that build on three Q skills starts with your desire to look at your story and the story of others with eyes that search a meaning and purpose that aligns with the courage, integrity, purpose, humanity required to take us all forward as one people sharing one planet. In a world of constant change, challenges, competition; at a time of titanic paradox where our ability to develop technological, scientific advances that are REMARKABLE remain dimmed by social, economic, environmental, organizational problems...**Your story, my story, our stories and the way we choose to see them can either enhance or reduce our ability to build better lives, better organizations and contribute to a better world.**

What is your story? How will you use it to empower your greatest potential? How will you listen to the stories of those you lead, work for, befriend and love? The challenge to see our own stories with new eyes and hear the stories of others with new ears calls to us all! The call to build new ways of thinking, new ways of listening that take us forward

is upon us! **Answering this call is a powerful step forward.**

More On Personal Development-Empowerment-Optimization of Potential? YOU BETCHA!

Posts, Podcasts, and Web TV Interviews!

There Is Only One Story That Matters

I Will Not Be Broken

Lighting The Fire Of Human Potential: Developing A Purposeful Life And Career

Building Essential Success Skills That GROW At The Speed Of Change

Ten Ways To Lead Forward In Times Of Complexity And Change

Remove The Wall To Your Greatest Potential

Using Failure To SUCCEED-Practical Tips

The Secret To Personal Development And Growth

Constructive Discontent: Building A Critical 3Q Life And Leadership Skill

Two Minute Tune Up For Over-Achievers And Under-Achievers

Podcasts and Interviews

Radio Interview by Deb Scott: From Pain To Gain In Life And Career

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