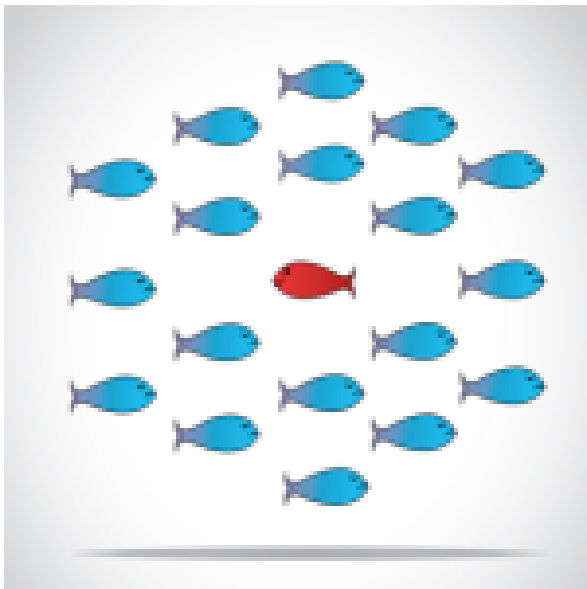


# How to Survive and Thrive in Times of Uncertainty and Chaos-Step 6/7

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## 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](#)

**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!**



**Coaching, Consulting & Keynotes with a 3Q Edge**

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**Irene Becker | Just Coach It**

**Your Catalyst for Success at the Speed of Change**

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# **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!**



**Live, Lead, Succeed to Purpose in Disruptive Times**  
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