

# Are You Running on Empty?

Are you running on empty? Take this free quiz, enjoy this post AND...

Refuel! Scroll down for a our best practical tips and cool tools

Leadership, Personal, Talent Management, Career Transition and Inspirational Articles with a 3Q Edge™



Now, as you read these words someone you lead, work for or love is running on empty. Are you running on empty? Are your people running on empty? Increasingly stressful work environments, heavy work loads and dwindling resources, cynicism and negativity from coworkers adds fuel to the job dissatisfaction, frustration and negativity that destroys our greatest purpose and potential from

inside out.

Is your work environment becoming increasingly stressful or frustrating? Is negativity creeping or invading your thoughts and impacting your actions? Do you have difficulty reflecting upon your day and finding rewarding, meaningful experiences that made you feel on purpose? Are you questioning your career or life? Do you get up in the morning with an increasing feeling of dread or stress? Are you doing 'just enough' at work and life to get by, hoping that the next "miracle" course or turn of events will bring hope and positive change?

If you answered yes to one of the aforementioned questions, you are not alone. Studies tell us that if you are not running on empty, someone you know, lead, work for or love is. The World Health Organization forecasts that stress will be the major cause of physical disability in the world by 2030, and depression the most common malady by 2020. These are not new forecasts, and they deserve our attention. You can only hit a target you can see, and dumbing or numbing down the rapid growth of smart, capable, great people running on empty is the path to ultimate dismay and defeat. The engine of economic and social survival and growth in this century is not controlling the mode of production, but actualizing human purpose and potential to think better, communicate/collaborate better and stoke the fire of meaning and purpose

that will keep us moving forward at the speed of change, in the face of challenges, stressors even failures.

## Signs of Running on Empty

- Exhaustion
- Reduced ability to feel sympathy and empathy
- Anger and irritability
- Increased use of alcohol and drugs
- Dread of working with certain clients
- Diminished sense of enjoyment of career
- Heightened anxiety or irrational fears
- Intrusive thoughts
- Hypersensitivity or insensitivity to emotional material
- Difficulty separating work life from personal life
- Absenteeism – missing work, taking many sick days
- Presenteeism-being at work but not really contributing.

## **Problems with intimacy and in personal relationships**

- **Changes in sleeping and/or eating patterns**

**Where do you stand? Take a free 5 minute self test of your life and career**

**What is the most important challenge you face? Think about it, reflect upon it and decide whether your greatest challenge is other people, or yourself. Do you need to change or shift a way of thinking, communicating or doing so that you can inspire yourself and others? Is it time to start now to build a new skill set, a 3Q skill set that will help you think and lead smarter; feel and do better? Are you ready to fight negativity, fight depression, fight frustration by filling your tank?**

### **Practical Advice!**

**Seize the day. Make a critical shift forward by recognizing and actualizing your power to be the difference and to make a difference. I remain committed and dedicated to helping as many people as I can shift forward by learning to recognize and actualize strengths while transforming challenges into a lever for their greatest potential, happiness and success; their 3Q Edge™**

**Download Your Free E-book, Leading and Succeeding in Disruptive Times-A 3Q Primer**

**Tips and Tools to Refuel! Best of the Blog!**

**Sharing the top five articles (multiple topics) on 3Q Leadership Blog that have had thousands of reads. Pick a topic or title that speaks to you and know that I would appreciate hearing from you and knowing what you liked about the post, or what you would like to learn more about.**

### **Top Five Cool Tools ( Tools that take 5 min or less)**

- The Pause-A simple, powerful transformative exercise
- 100 Stressbusters
- The 18 Word Success Formula
- Too Busy to Get Happy? Think Again. 4 Ways to Kick-start Happiness
- Recharge and Repower in 3 Minutes or Less

### **Top Five Inspirational Posts**

- Turn Negativity Around: 3 Simple-Practical-Powerful Ways To Reset The Internal GPS
- Re-focus, Re-Purpose, Re-Power
- Our Greatest Hope: New Edition
- The Secret to Peace & Prosperity-A Very Short, Passionate, Purposeful Allegory about Life & Leadership
- "Extraordinary Women" Web TV Interview First Woman CEO and Conquering Life and Leadership Challenges

### **Top Five Leadership Posts**

- Ten Ways to Build Great Leadership in Turbulent Times
- 3Q Leadership Benefits AND Why I Have Dedicated My Life To This Work
- 10 Ways Lead Forward In Times Of Complexity & Change
- Women & Leadership: Ten Critical Steps Forward (for women & men)
- Against All Odds-A True Story of Courage, Hope &

## Leadership

### Top Five Personal Development Posts

- The Secret to Success>>Failing Forward-Mastering A Critical Life & Leadership Skill
- Constructive Discontent- Building a Critical Life and Leadership Skill
- Ten Ways LEAD and SUCCEED In Times Of Complexity And Change-New Edition
- The Pause-3 Minute Exercise-Simple, Powerful, Transformative
- Happiness & Success In The Face of Change And Challenges

### Top Five Posts-Misc. Categories

- Five Steps to Successful Career Transition
- What is the DNA of Business Success in Disruptive Times? 7 Insights
- Win the Race with Wolves: Live, Learn and Lead Forward 10 Steps
- Seven Ways to Turn Conflict-Communication Problems Around
- Leadership Means Doing Good In the World

### Top Five Talent Management Posts

- Men & Women Leading Forward-3Q Leadership in 10 Steps
- Leadership Means Winning The Silent War Destroying People & Organizations From Inside Out
- Is there something constructive about discontent? You Betcha! 10 Tips & 10 Posts!
- Possibility Thinking, Doing & Results (Part 1 of 2)
- The Thriving Organization-Ten Power Steps Out Of Jurassic Park

**Do you want to get motivated and inspired?**

**Transform a people-centric leadership, business development, communication or career challenge into an advantage? Build sticky coaching, training and mentoring initiatives? We are here to help you lead, communicate and succeed forward in disruptive times; face to face, by telephone, skype or video conferencing. Call (416)-671-4726**

**Skype: beckerirene**



Empowerment,  
engagement,  
ideation,  
innovation and  
collaboration are  
the 5 benchmarks  
of 21st Century  
Success.

Irene Becker, Innovator, People Lifter, Founder,  
Just Coach It: The 3Q Edge™ | 3Q Leadership Blog

**Just Coach It. Together we are smarter, faster and stronger.**

**Irene Becker, Founder and Chief Success Officer  
Coaching•Consulting•Workshops•Keynotes with a 3Q  
Edge™**

**irene@justcoachit.com Twitter @justcoachit**

**Tel: (1) 416-671-4726 Skype: beckerirene**

**irene@justcoachit.com**

**Tel: Irene's Assistant Drew Jones: 416-737-5075  
drew@justcoachit.com**

**Face to face, by phone, skype or video  
conferencing**

---

## **The Truth Behind Achieving Extraordinary Results (Video)**





If you look behind the success of any extraordinary company or person you'll find ONE thing driving their achievement. Yes, less is often more.

Finding ONE thing that can take your business, your team, your organization, your life or your relationships forward is a critical focus of high achieving people and organizations.

How can you find your ONE thing?

⇒A good place to start is with this short video clip and synopsis of a great read/great book, *The One Thing: The Surprisingly Simple Truth Behind Extraordinary Results* ← (Click the blue text to access the video)

Gratitude to Gary Keller and Jay Papasan for a great read/great book and to The Business Source for an excellent video and platform.

**More on optimizing potential? Leading, communicating and succeeding at the speed of change and challenges?** You Betcha! Browse the blog. Send us your feedback and suggestions for posts/topics and/or share how a blog post has helped you..



Irene Becker, Chief Success Officer

Just Coach It-The 3Q Edge™ | (IQ-EQ-SQ)

Face to Face, By Telephone, Skype or Video Conferencing

Programs, Services and Keynotes for a Better, Stronger Tomorrow

irene@justcoachit.com    Twitter @justcoachit    Tel: (1)

416-671-4726

Skype: beckerirene

---

# Tame Information Overload- Post & Video Clip



I hope you enjoy this short post and video about information overload and solutions to this growing problem. These days most of us are deluged by the sheer volume and velocity

of information before us. While this access to information is supposed to help us make faster and better decisions, it has the reverse effect because our circuits get overloaded.

Studies suggest that information overload actually makes us dumber; making smart people underperform while also increasing stress related illnesses. Our circuits get overloaded and it negatively impacts cognition, performance and health. In a Harvard Business Review article, Overloaded Circuits-Why Smart People Underperform E.M Hallowell, MD discusses the negative impact of information overload. While this article was written in 2005, the epidemic of negative effects caused by information overload has continued to grow as information multiplies at a staggering rate. *Sufferers from information overload have been described as having ADT-attention deficit trait. "ADT is now epidemic in organizations. The core*

*symptoms are distractibility, inner frenzy, and impatience. People with ADT have difficulty staying organized, setting priorities, and managing time.” E.M. Hallowell, M.D.*

**Information will continue to grow at an exponential rate.** Knowledge doubles every 12 months; soon to be every 12 hours says IBM. *“Buckminster Fuller created the “Knowledge Doubling Curve”; he noticed that until 1900 human knowledge doubled approximately every century. By the end of World War II knowledge was doubling every 25 years. Today things are not as simple as different types of knowledge have different rates of growth. For example, nanotechnology knowledge is doubling every two years and clinical knowledge every 18 months. But on average human knowledge is doubling every 13 months. According to IBM, the build out of the “internet of things” will lead to the doubling of knowledge every 12 hours.”* David Russel Shilling, Industry Tap, 2013

**⇒How can you tame information overload and excel? This short video clip is a great place to start. Daniel Levitan, author of The Organized Mind, talks about 4 important, powerful and simple ways to tame information. Enjoy! [Just click here to access the video.](#) ←**

**Gratitude** to Daniel Levitan for a great read/great book and to Business Source for a terrific video and platform.

**More on optimizing potential? Leading, communicating and succeeding at the speed of change and challenges? You Betcha!** Browse the blog. Send us your feedback and suggestions for posts/topics and/or share how a blog post has helped you..



**Irene Becker, Chief Success Officer**

**Just Coach It-The 3Q Edge™ | (IQ-EQ-SQ)**

**Face to Face, By Telephone, Skype or Video Conferencing**

**Programs, Services and Keynotes for a Better, Stronger Tomorrow**

**irene@justcoachit.com      Twitter @justcoachit      Tel: (1) 416-671-4726**

**Skype: beckerirene**