

# Getting Unstuck: Empathy, Success and Living Well

Getting unstuck means realizing that living well in a world of unreason is a commitment we must make to ourselves every day.

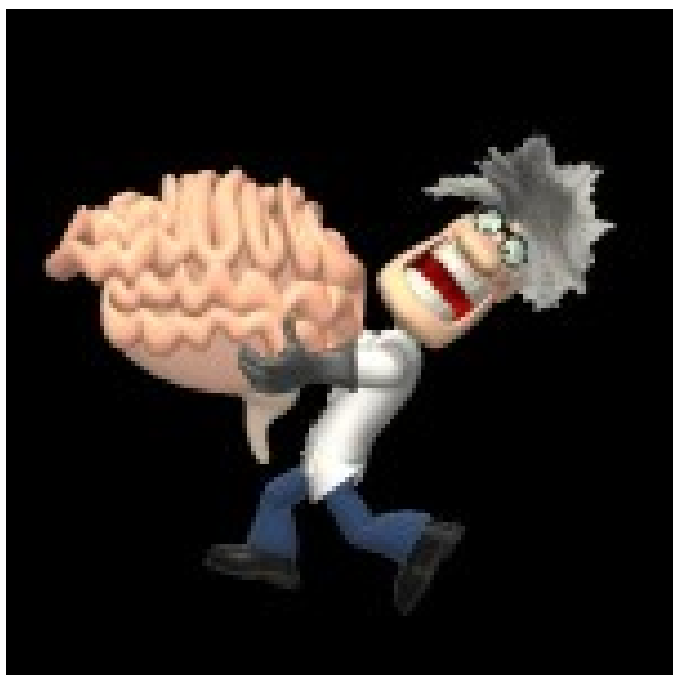
Irene Becker, Just Coach It-The 3Q Edge™ (IQ-EQ-SQ)  
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**We cannot lead, communicate and succeed well; we cannot take footsteps that build a sustainable future without getting unstuck.** Developing empathy for ourselves and others, while strengthening our resolve to live, lead and communicate to purpose is essential for our individual and collective survival. The economic, social and organizational argument for building empathy is addressed in a brilliant read, *Born to Love: Why Empathy Is Essential And Endangered* by Maia Szalavitz and Bruce D. Perry, PH.d, M.D.



At a time when our access to knowledge, information and technology are unsurpassed in human history; and our standard of living is higher than ever before, few of us are truly living well. The World Health Organization forecasts that

depression will be one of the most common problems by 2020. It is easy to be distracted by the growing demands of a life and career that charge forward and push us in ways we never expected. It is easy to lose our footing, by forgetting what really counts. Sadly, it is also facile to lose the human connection as we live and work in an exceedingly virtual world. Human doing is not enough. When we forget to focus on human being better, we get stuck on a course of action that will undermine our greatest potential; potential to contribute, potential to make a positive difference, potential to find meaning and fulfillment in our lives and work.



**The march of unreason has infiltrated our popular entertainment, music, and our lives.** Too many of us ingest a regular diet of violence, discord, anger, fear that is cloaked in the guise of entertainment. Living well is something that starts with personal transformation, with the realization that what matters most is not what happens to us, but what we

choose to do with it. The most difficult of circumstances or experiences can be transcended when we refuse to be a victim of what was, and start taking back our power to create and re-create what can be by striving to find our best self, our noblest thoughts, emotions and actions.

The secret to success is timeless. Create value for others,

and you shall prosper and attain happiness. Love yourself more, and you will feel greater tolerance and love for your fellow human beings. Build a fence around yourself that protects you from the greed and ego of those who are not able to share and seek only to take, because sharing their company will not help you live well or create sustainable prosperity.

Every day presents us with a new opportunity to get unstuck, to remove the shackles that keep us bound to living and working on a collision course that is outstripping our energy, passion, purpose and potential. Every day presents us with challenges that can be used help us build greater empathy for ourselves and others. Take the free 3Q Life and Career Self Quiz!

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*Leadership, Communication Influence, Career  
Transition/Optimization in Disruptive Times***

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## **7 Ways to Inspire, Engage and Enable YOUR Greatest Potential**

**What is the value proposition  
that will fuel your purpose,  
passionate engagement and  
success?**

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Get Inspired by what YOU can do now

How can I share a simple, powerful and important message that is the focus, the raison d'être of my life and 3Q Edge™ work? Express that which is so critical, simple and yet elusive?

One of my clients this morning pointed me in the right direction; our session was riveting, inspiring and compelled me to write this post!

**Take Back YOUR Power to Make a Difference-Because YOU Can.**

**7 ways to inspire, engage and enable your greatest potential and results!**

**•Understand YOUR True Power**

Whether you seek to lead your best life, lead your team,

organization or country you will need to lead greatly. Doing so means understanding and enabling YOUR true power. True power is not the power of domination, exploitation, ego or arrogance; true power is the fire of faith, hope, courage, integrity and humanity; it is the spark plug for your greatest thoughts, actions and results. Using your true power means understanding what it is and cultivating the passionate desire to enable it!

### •Ask yourself the right questions

What are YOU doing with your life? What do YOU really want to achieve? What new personal rituals/habits of thinking are you developing to inspire, empower and engage YOUR best self, best thoughts, best communication, best actions...YOUR greatest contribution? How can you see the changes, challenges, stressors and failures you face with new eyes that help you USE them all as a lever for your true power? How can you build a better stronger relationship with yourself? How can you build a better stronger relationship with others?

### •Use failure to succeed

Crazy? Really? Think again. The secret to your greatest success is hidden within your greatest failures. Being able to see them with new eyes, learning to use them as positive and powerful stepping-stones to your greatest potential and results is the way forward.

•Develop a new relationship with change, challenges, stressors (yes, even failures) Embrace change and challenges; doing so will help you use both to build cognitive and emotional dexterity and resiliency. Neuroscience confirms that our brains are neuro-plastic; we have the ability to re-write patterns of thinking, communicating and doing. YOU are not stuck in a box, you cannot be defined by what you have done, said or accomplished unless you decide that you want to stay in the mold.

### •Inspire Yourself

The choice is before you, is before us all; you can choose to champion the best or be swept away by the worst. You can feed your mind, your brain, your soul with intake that inspires, engages and challenges your forward or give in to the ongoing climate of volatility, uncertainty, change and ambiguity that characterizes this time of great paradox and transition. Finding one simple way each day to feel inspired, developing personal rituals of inspiration is critical.

### •**Inspire Others**

Find a way each day to inspire another person forward. Just like volunteering your time makes you feel good, simply sharing a smile, a word or gesture that inspires someone else will positively impact your day.

•**Build 3 Essential Strengths That GROW at the Speed of Change/Challenges-Your 3Q Edge™**You cannot defy gravity, but you can learn to optimize strengths while changes, challenges, stressors (even failures) into a lever for your greatest potential and results-YOUR 3Q Edge™

**What is the value proposition that can fuel your purpose, passionate engagement and success? Take Back YOUR Power to Make a Difference-Because YOU Can. Carpe diem!**

Image Credit: 123RF.com

**More? Always! A selection of passionate, inspiring and practical 3Q posts and Tips**

The Secret to Personal Development and Success

Our Greatest Hope

Turning Negativity Around

Ten Ways to Build Great Leadership in Turbulent Times

Meaningful Work-Building a Leadership and Management Must

Enlightened Self Interest: Building a Resilient, Thriving Culture

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## **Guest Post: How to Create Your 2015 Manifesto**

Irene Becker, Just Coach It-The 3Q Edge™ (IQ-EQ-SQ)  
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**The imperative to stay focused on what we CAN do, what we CAN accomplish and the extraordinary cognitive and emotional capacity within is critical.**

Where do you start? How can you remove the barriers to your greatest potential? Reset the primal GPS that is wired for to pick up negativity? Yes, before we can move mountains and molehills, transform challenges into solutions, build our 3Q Edge™ ( 3 strengths that GROW in turbulent times) we need to look within by developing simple, powerful words that help our mind focus on what we can DO, and direct our brain to seek out clues in our environment that will take us forward stronger, better and faster! Adding a visual image to YOUR manifesto has a powerful impact on your mind and brain. Start today, enjoy this post and use it to build a 2015 Manifesto that takes YOU forward! Enjoy over 500 Inspiring, Motivating Links, Posts, Videos, Podcasts at the end of this post!

**Delighted to share, Creating Your 2015 Manifesto, by the awesome Jone Bosworth, CEO of inCourage Leading!**



**One of the best ways to build strength and focus in 2015 is to create a manifesto.**

A manifesto is like a compass not a map. It's a declaration of principles, beliefs and intentions. It's a rallying cry: statements or images or even just one word that embodies what you stand for.

The example (above) is Mars Dorian's work. A visual storyteller and online illustrator, **Dorian** brilliantly combines images and words into a manifesto that really packs a punch.

Because I want your manifesto to be something you print, post, and read every day as a reminder of what's truly important to you, here are a few examples and how-to questions to get you energized as you create your unique manifesto.

## **Example Manifestos**

MORE SLEEP  
 MORE MUSIC  
 MORE TEA  
 MORE BOOKS  
 MORE SUNSETS  
 MORE CREATING  
 MORE LONG WALKS  
 MORE LAUGHTER  
 MORE HUGS  
 MORE DREAMING  
 MORE ROAD TRIPS  
 MORE FUN  
 MORE LOVE

**Why Todd Wants To Be Fit**  
 "Remember that to get to the degree "why" we must start with the customer's beliefs."

- I believe my body is a temple.**  
 I believe that my body is a temple made up of the Lord and that I must take care of it.
- I believe I am called to inspire greatness.**  
 In order to inspire greatness I must help the world forward. Inspiring is not a privilege that I practice. I feel as if I choose to make time to exercise and eat right every single day.
- I believe in "higher performance, higher existence"**  
 I only got one life and I believe that I must live as if I was on fire. When it comes to fitness, I believe that it is all the amount when I don't think I can go any further, yet at the same time it is the point when I am being alive.
- I believe it is my calling.**  
 From a young age, I have enjoyed being fit. It gives me more energy and a happier, healthier lifestyle. With hundreds of millions of people around and watching their so many money-minded choices, I believe it is my calling to help, not harm, at a time.

**THIS** IS MY PROSPEROUS BUSINESS  
*isn't a dress rehearsal*  
**My Goals** HAVE MEASURABLE OUTCOMES FEED MY SOUL  
 MY Prosperity IS ABOUT *more*  
**collaboration** RELATIONSHIPS  
 FULFILLMENT *creativity* TIME **FUN**  
 connection INCLUSION LOVE  
 STAND FOR TRANSPARENCY AND AUTHENTICITY  
**honor my commitments.**  
 DREAM *Big* World-Changing Ideas  
 ELIMINATE HYPE **I AM** *ambitious*  
 ZAP MELODRAMA **generous**  
 changing the game **curious**

A MANIFESTO FOR KIDS  
 OUTSIDE. Explore, up or down.  
 (Get your fingers on some tree trunks)  
 go exploring  
 BE CURIOUS  
 draw PICTURES - read BOOKS  
 SING - DANCE - LAUGH - CRY  
 EAT ICE-CREAM make a mess  
 PLAY RUN JUMP SING SWIM  
 DREAM DRAW BUILD CLIMB - CLASP - STAY  
 Make and mark the landscape  
 imagine how things may  
 change the world. Every day.  
 More inspiration @ [LilLemon.com](http://LilLemon.com)

Our one word manifesto:  
**Audacious**  
 To be bold, daring and fearless, especially in challenging assumptions or conventions.  
[EmpowerLounge.com](http://EmpowerLounge.com)

## **Just Three Words: You, Your Loved Ones, Your Work**

I also love how **Chris Brogan** creates his annual manifesto in just three words. Chris is the awesome author of books like *Trust Agents* and *The Freaks Shall Inherit the Earth*, and he leads the **Owner Media Group**. (If you don't know Chris, put getting to know him near the top of your priorities list this year! You'll be very glad you did.)

Here's how Chris Brogan picks his 3-word manifesto for the year:

***“Make the first word about yourself,  
the second about your loved ones,  
the third about your business.”***

# Questions to Create Your Manifesto



What do you believe / what drives you?

What do you NOT believe?

What were some of the biggest lessons you've learned last year?

What do you do consistently, even if you have to fight for it?

What's one thing you're great at and love; no matter what, you'll do it?

What is one thing you'll let go of or forgive yourself for?



One last awesome example from Mars Dorian (left). Create-

***When we don't know where we're going we'll end up someplace we don't want to be.***

Write your manifesto for 2015 and may it be the compass that guides your path in joy-and-success-filled ways!

**May 2015 be your best year yet!**

#### **Author Bio**



**Jone Bosworth, J.D. writes about leadership, women, and wise organizational strategies. A speaker, certified executive coach and organizational strategist, Jone is the CEO of inCourage Leading, LLC.**

**More Simple, Powerful Ways to Inspire Everest Moments?  
Focus on and Actualize Greatness and Power Within? YOU  
Betcha!**

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