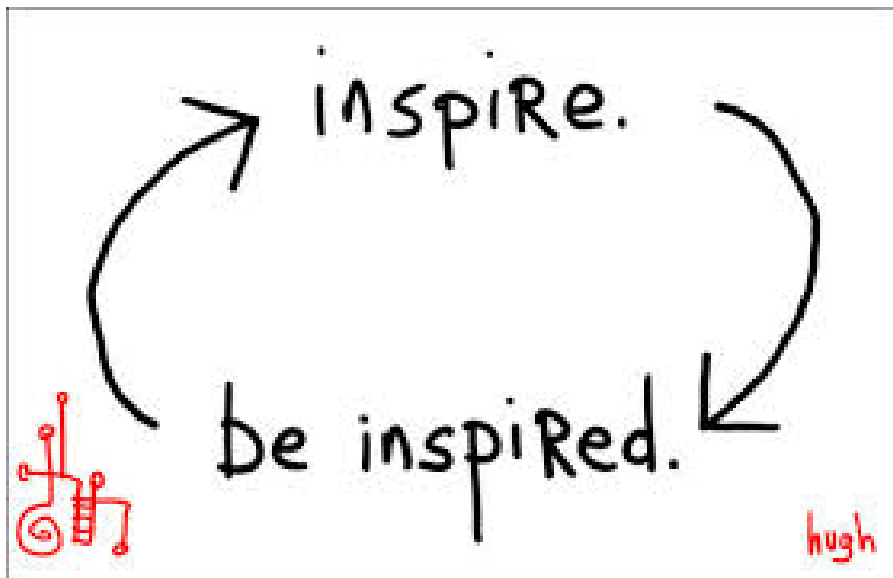


# Recharge! Inspire YOURself (in 5 minutes or less!)

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3Q Leadership™ Blog- 50,000+ Social Media Followers & Growing!



Stop. Reflect. The imperative to fill your emotional

reservoir, light your own fire, re-motivate yourself is critical. So many of us are focused on making more money, meeting the growing list of demands and responsibilities that make up the day that we forget to fill the emotional reservoir that keeps us happy, healthy. Your reservoir that must be filled on a regular basis. Frustration and stress create a biological reaction that attacks your immune system, emotional well-being, physical health and can also push even the best and brightest among us to say or do something that is counterproductive to personal or professional success.

**I am here to remind you this second, this moment that YOU can develop personal rituals (I call them COOL TOOLS) that take less than 5 minutes a day; rituals that help you replenish your reservoir of personal power, resiliency...even happiness!**

**Here is a simple exercise** from a workshop I did many years ago for executives and executive coaches called the Just Joy Workshop. Try it, share it...and if you discover something new about your personal portal to more joy in life and at work, please write to me and let me know the new learning that has come from this simple exercise.

**Instructions:** Take a few second to relax, regroup and just take a pause from the mundane world.

Clear your head and write down the answers to three simple questions on a piece of paper or in your journal.

**Step One:**

What is your name? Not the name that you go by, a different name. I want you to find an emotion that describes you at your best and consider it your name for the day (i.e. joyful, caring, insightful, adventurous etc-that is going to be your new name.) Write it down.

**Step Two:**

What is your job? Not the title you have or the job description you fill but what you really do every day. i.e. I sell high-end clothes. Drill it down. I help people look better so they can live better and do better. \*\*If you are in career transition, here is a tome of info about successful career transition, and you can do the exercise by thinking about the job you enjoyed the most and what was YOUR job (as per step two)

### **Step Three:**

Write down how many times you did your job today.'

### **Step Four:**

Write down what you can do on a daily basis to remind yourself of your answers

to step one and two because they are critical.

Purpose = profit on a multiplicity of levels. Our ability to feel purposeful, our ability to build the intrinsic motivators (Q3 Strength-SQ) is critical.

Anything else? If you get stuck...put the exercise aside and try another one! Here is an excellent list of Cool Tools (Rituals you can do in 5 minutes or less to build YOUR 3Q Edge™) Three Q what>>Click here to learn more!

Graphic Credit: Hugh McLeod, Gaping Void Art



## **More on 3Q Personal Development and Greater Happiness in Disruptive Times? YOU Betcha!**

The Power of YOUR Story

The Power of NOW

The Power of What

Actualizing YOUR Greatest Potential NOW

Best Self, Best Work-Ten Minute 3Q Focused Self Test!

The Happiness Compendium

The Happiness Course

The Empowerment Compendium

A Collection of Inspiring Life, Happiness and Success  
Infographics, Posts, Podcasts & Videos!

***Anything else? YES. Our new website and blog with expanded collaborators, programs and services for individuals, organizations and emerging leaders debuts this soon. Stay Tuned!***

Are you ready to find a new way, a better and faster way to build strong leadership, communication influence and career success at the speed of change/challenges? We are here to help!



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Programs, Services and Keynotes for a Better, Stronger  
Tomorrow  
*Leadership, Communication Influence, Career Optimization in  
Disruptive Times***

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# Get Inspired by World Changing Ideas and Innovations

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Innovation is fuelled by the desire to create value.  
Competitive differentiation and success are about  
delivering this value.

— Irene Becker | Just Coach It The 3Q Edge™ | [www.justcoachit.com](http://www.justcoachit.com)



*When we loose the desire to create value, when we loose hope that we cannot make a positive difference, an important contribution to the lives of others, we have lost the seedbed of our greatest potential.*

All that is great stems from our ability to embrace “Everest goals” and hone our ability to be possibility thinkers and

doers!

*In a “VUCA” world where volatility, uncertainty, change and ambiguity abound, our ability to use our strengths and challenges to build our 3Q Edge™; Q1: IQ our ability to think smarter, faster and more creatively Q2: EQ our ability to be more resilient, build emotional intelligence, communicate and collaborate across boundaries Q3: SQ our ability to strengthen and use purpose, values (the spiritual quotient) while learning to build intrinsic motivation and courage when times are tough and getting tougher!*

**Do you want to change the world? Perhaps you simply want to changes things about yourself that are limiting or impeding your greatest potential in a “VUCA” world?** Either way, the imperative to get inspired by world changing ideas and innovations is critical. Click [here](#) to enjoy some extraordinary innovations, continue reading to learn about world changing ideas of the past year. Don't restrain yourself. Go ahead, get inspired and inspire others!

## **The World Changing Ideas Of 2014 | Fast Co.Exist**

*Bold predictions for the companies, people, and ideas that will impact our lives in the next 12 months from Fast Company. Gratitude to Morgan Clendaniel, Editor of Fast Co Exist, for allowing me to host this as a guest article. Thank you, and Fast Company for your outstanding work & contribution!*

**Forecasting the future is never easy.** We were, of course, supposed to have flying cars by now—and yet here we all are, still stuck in traffic on the ground. But lack of personal aerial-transportation options aside, we are living in a world in which the pace of innovation and scientific discovery makes

reality seem more and more like science fiction. In the next year, those lines will get even more blurred: Think electronic pills that beam your vitals to your doctor, a drone swooping from the sky to save lives in a disaster, or even a fundamental rethinking of how businesses relate to society. One thing that's certain: **The world will look very different a year from now. We predict that these 12 ideas, currently being shaped in labs, skunk works, and boardrooms around the world, will be some of the most revolutionary, changing how we live, for the better, in 2014 and beyond.** And if they fail to materialize in the next 12 months, just wait—they'll still happen before that flying car.

## **We Will (Begin To) Destroy Malaria**

The malaria parasite still thrives in countries like Angola and Uganda, where treatment and prevention are tough to implement. But this year, the first-ever vaccine could come up for regulatory approval, giving hope that the world might someday end the disease. [Read more here.](#)

## **A Drone Will Save a Life**

Police who responded to a Saskatchewan car accident last May had a dilemma—the victim was missing. They had no luck searching the area on the ground, but in this case, there was another tool: They sent an unmanned aerial vehicle to look for telltale infrared signatures. [Read more here.](#)

# SCHOOLS WILL FINALLY CRACK CODING

As media theorist Douglas Rushkoff puts it, “Code is literacy in the 21st century.” Schools are starting to come around to that point of view, and 2014 will see a big jump in students who are studying computer programming. In 2013, Idaho and Tennessee passed legislation allowing computer science to fulfill math or science graduation requirements—a move that will lead to class sizes 50% larger than before—and organizations such as Code.org and the Association of Computing Machinery are working to spread the movement nationwide. This year, says ACM’s director of public policy, Cameron Wilson, “we will unite behind the idea that every student should have access to K–12 computer science education as a fundamental new literacy for all, instead of knowledge for a privileged few.”—*Jillian Goodman*

**Get Inspired! Click here to read The World Changing Ideas of 2014 by Morgan Clendaniel, Fast Co Exist in it's**



entirety.



## Morgan Clendaniel

Morgan is the editor of Co.Exist. Formerly, he was the deputy editor of GOOD. Have an idea for a story? You can reach him at mclendaniel [at] fastcompany.com or at 212-389-5486.

**More inspiring articles? Practical 3Q insights and tips help you survive, grow and thrive in a “VUCA” world? YOU Betcha!**

The Ultimate HOW TO Post

Surviving and Thriving in Disruptive Times-Top Ten Posts 2014

The Empowerment Compendium

Our Greatest Hope

How to Enable and Inspire YOUR Greatest Potential

Is YOUR Potential Engaged or Derailed? (Cheat Sheet and Self Test)

Science, Medical and Technological Inventions and Advances

Brain Food: Neuroscience Advances and Good to Know Brain Stuff!

***Anything else? YES. Our new website and blog with expanded collaborators, programs and services for individuals, organizations and emerging leaders debuts this soon. Stay***

## ***Tuned!***

Are you ready to find a new way, a better and faster way to build strong leadership, communication influence and career success at the speed of change/challenges? We are here to help!



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**Tomorrow**  
***Leadership, Communication Influence, Career Optimization***  
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# **The Ultimate How To Post**

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**The Ultimate How to Post: A Compendium  
of Practical, Powerful Tips with a 3Q  
Focus for Results in Disruptive,**

# Turbulent Times



Where? Who? What? Why? How?  
When? >> NOW!

**Do you want to transform changes, challenges, turning points into levers for your greatest potential?** Rethink your thinking? Build improved communication, collaboration and results across internal or external boundaries? There is no time like the present to think, lead, communicate and succeed forward. **Yes, this may be the biggest “HOW TO” post ever.**



**Playing to strengths is no longer enough.** It feels good, because we have all been trained to build upon our strengths, but the reality before us speaks to not only optimizing strengths but finding new ways, faster and better ways to use changes, challenges, turning points, stressors and even failures as

levers for our greatest potential. The reality before us speaks to building our 3Q Edge™, three strengths and a new mindset that help us grow, evolve, collaborate and succeed at the speed of change, challenges and turning points.

**May you peruse the following articles, videos and radio**

**interviews and choose topics and practical advice that speaks to your power, your potential and your ability to use what is to create what can be in your life, your work, your people...YOUR world. Carpe diem. We are all pioneers in a brave new world. Those who succeed will have the courage and insight to find new, faster and better ways forward.**

- The Ten Best Posts 2014 on Leading and Succeeding in Disruptive/Turbulent Times
- 6 Ways to Build Enlightened Self Interest for a Better Future
- Possibility Thinking, Doing and Results-A 3Q Tableaux of Critical Strengths
- REACH™ five step coaching-Building 5 Benchmarks of Leadership and Success
- Using Failure to Succeed- 7 Ways to Build a Critical Life, Leadership and Business Skill

**Radio Interview: Moving From Pain To Gain in Life and Career**  
| My interview by Deb Scott, The Best People We Know Radio Show

- 3Q Leadership™ Exposed-Realizing Leadership Magazine Cover Story
- Ten Ways to Build Great Leadership in Turbulent Times
- Women and Leadership-An Important Post For Women and Men
- Free eBook-Leading and Succeeding in Disruptive Times-A 3Q Edge™ Primer
- Building Constructive Discontent-A Critical 3Q Life and Leadership Strength

**Video Interview: Leading and Succeeding at the Speed of Change/Challenges** | My interview for Extraordinary Women TV by Shannon Skinner

- Against All Odds-My Personal Story of Courage, Integrity and Leadership (Genesis of my 3Q work and model)

- Words Make Worlds-Opening the Door to a Better Present and Future
- Cool Tools-Tools that take 3 minutes or less to help you recharge, refocus and repower!
- TeamBuilding Toolkit for Disruptive Times
- Actualize Your Greatest Potential NOW-A Cheat Sheet of 3Q Tips

**Podcast: Leadership 3.0** | My interview by JoAnn Corley on HR thought leadership and results

Change is a constant, using the changes and challenges we face as positive, powerful levers for our greatest potential and results is a new way of thinking, a better way of doing. The velocity of challenges, turning points and opportunities we face individually and collectively will continue to accelerate, our ability to use all three to build smart leadership, strategic and innovative thought, communication excellence, collaboration and results is REAL and critical.

We are all pioneers in a brave new world. Those who succeed will have the courage and insight to find new, faster and better ways forward. Focus forward, develop your ability to become a possibility thinker and doer. Hone your 3Q Edge™, build your advantage at the speed of change, challenges and complexity because YOU can! **Start today. Get inspired by what you can do, build and accomplish.**

Image Credit: Presenter Media and Big Stock Photo

***Anything else? YES. Our new website and blog with expanded collaborators, programs and services for individuals, organizations and emerging leaders debuts end April. Stay Tuned!***

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build strong leadership, communication influence and career success at the speed of change/challenges? We are here to help!



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