

# The Happiness Course-7 Simple, Practical, Powerful Tips And More!

**The Build Your Own Happiness  
Course: 7 Simple, Practical,  
Powerful Tips!** Including 16 Bonus  
Links

© Irene Becker, Just Coach It-The 3Q Edge™ | (IQ-EQ-SQ)  
Reach-Resonance-Results

*Building 3Q Skills That GROW At The Speed Of Change Is My  
Commitment To A Better Future*

**3Q Leadership™ Blog- 27,000+ Social Media Followers &  
Growing!**



*I appreciated by this video of Irene Becker, first female CEO of a steel company in Canada, where she shared her personal story of great achievements and losses. Her experience uniquely positions her as an expert on the topic of the relationship between happiness and success."*

*Jesse Lyn Stoner*

**Brain science tells us that being positive is critical to success, health, optimization of talent/potential and longevity.** Common sense tells us that at a time when the World Health Organization forecasts stress will be the MAJOR cause of physical disability in the world by 2030, the imperative to find ways to get happy, ways to re-focus on the positive is critical.

**Perspective is everything, it is essential the world we see and experience.** Did you know that the human brain is automatically set to negative? Yes, no matter how optimistic you are the automatic default is negative. While being drawn to and focusing on the negative was essential when we lived in caves, surrounded by predators it is often our greatest impediment in a whole new eco-system where thriving and surviving means being relentlessly solution focused!

## **Here Are Seven Simple, Practical, Powerful Tips And An Excellent Happiness Reading List To Help You Build Your Own Self Directed Happiness Course**

### **1. Live With Gratitude And Love-Believe In Miracles And Watch Them Grow In Your Life.**

Know that every day is a miracle. Make that miracle an expression of gratitude and love. Small miracles happen all the time; noticing them is critical to living your best life.

### **2. Begin Again Now By Choosing Happiness.**

A strong tree bends to a strong wind, but it never breaks. Choose happiness, find even the smallest spark of positivity in a difficult day and let it shine!

### **3. Learn To Love Your Mistakes And Use Them To Fail Forward.**

Find ways to see your glass as always at least half full. Recognize that the greatest lessons we can learn or those we find in our mistakes. It is all good. Sometimes it can even be great, because our greatest insights and ideas are often born of our greatest challenges or mistakes. Each time you fail forward, you strengthen your resiliency, enhance optimism, build a stronger solution focus and optimize your ability to find innovative solutions!

### **4. Know What Really Makes You Happy.**

Determine what really makes you feel happy and share this with someone you love. Let go of the "GOO" ("good opinion of others") and focus on your inner voice, inner wisdom and joy.

### **5. Dream Loudly.**

Do not let your dreams gather dust. Keep them alive. Journal them, think about them; allow them to breath and grow

### **6. Create Your Own Personal Happiness Mantra.**

Use your mantra, use words that resonate with you to ignite your personal passion and joy. They can be simple, silly or sentimental. Choose words which make your heart, mind and

soul sing with joy. Repeat these words to yourself on a daily basis, or post them on a post-it note on your bathroom mirror.

**7. Give And Share Something Every Day.** Relationships are the seedbed of our energy; they are the flowers of our personal and professional growth and success. Fertilize and water your flowers daily.

**8. Put On A Happy Face.** Yes, smiling (even forcing yourself to smile) will automatically make you feel better.

**9. Get Moving!** Yes, physical action/exercise is critical to a positive attitude. Integrate physical activity throughout your day.

**10. Set Your Daily Intention.** Setting your daily intention is as important as setting goals. YOU are the master of your ship. Start you day be leading forward, start you day by setting your intention and deciding what kind of cay you are going to have.

**There are no ordinary moments. Life is a gift we chose to live or spend.** We can see each day as an opportunity to learn, share and contribute, or as a block of time, a marker in life that we use and cast away. Living our lives, making our greatest contribution starts with finding our happy spot; finding ways to get positive when the chips are down, falling or cannot be seen at all! It means using daily rituals that work for us to build our own personal happiness course.

**More on Happiness? YOU Betcha!**

The Happiness Compendium

What Brain Science Tells Us, Guest Post for Jesse Lyn Stoner, Seapoint Center

Too Busy to Get Happy? Think Again. 4 Ways to Kickstart Happiness

True Happiness-Transformational Joy

Ten Steps to a Happier YOU

Get Energized, Empowered & Solution Focused-Three Steps

The Empowerment Compendium

A Collection of 75 Inspiring Posts, Podcasts and Videos

A Collection of 2000+ Inspiring Quotes and Posters

### **Great Reads On Happiness**

What Happy People Know: How the New Science of Happiness by Dan Baker

Authentic Happiness by Martin E. P. Seligman

The Ultimate Happiness Prescription: by Deepak Chopra

The Happiness Advantage by Shawn Achor

Positivity: by Barbara Fredrickson

Happier: Learn the Secrets by Tal Ben-Shahar



### **Author Bio: Irene Becker**

Executive Coach, Consultant, Trainer, Speaker and Writer, Irene is a trailblazer whose unique 3Q Edge™ model has helped forward-thinking people and organizations in Canada, USA and Europe develop communication, leadership and career skills that GROW at the speed of change and challenges. First female CEO of a steel company in Canada, Irene Becker has a track record of accomplishments in business and in the community at large.

Passionate about the integrity of her work, Irene goes the distance for her clients face to face, by telephone, Skype or video conferencing

**Are you ready to go from Now to HOW? Time to get re-inspired?**

**Build 3Q Skills That GROW At The Speed Of Change/Challenges?**

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

**Building 3Q Skills That GROW At The Speed Of Change Is My  
Commitment To A Better Future**

I welcome the opportunity to discuss how I can be of service  
to you/your team!

Call: (416) 671-4726 | Email [irene@justcoachit.com](mailto:irene@justcoachit.com) Skype:  
beckerirene

---

# Evolve Or Devolve: Manage Performance OR Optimize It?

**Evolve or Devolve?**

**Manage Performance OR  
Optimize It?**

**Stay Stuck In The Past OR  
Build A Better Future?**

**(including 9 bonus posts, 4  
interviews)**

© Irene Becker, Just Coach It-The 3Q Edge™ | (IQ-EQ-SQ)  
Reach-Resonance-Results

*Building 3Q Skills That GROW At The Speed Of Change Is My  
Commitment To A Better Future*

**3Q Leadership™ Blog- 27,000+ Social Media Followers &  
Growing!**



*(Photo: Cassaw Creative)*

**Dateline 2013: Evolve or devolve!** The times are a changing, and the faster they change the more critical it comes to adopt new ways of seeing the challenges before us. Ways that can help us, make the critical shift from Now to HOW. A shift that means resetting default patterns of thinking and doing in order to not simply manage performance, but to optimize it.

**Will your organization be insidiously eroded** by disengagement, communication and collaboration challenges, inability to ideate, innovate and actualize new solutions that impact organizational development, management, leadership development, sales and business development?

**Is it time to take a new look at getting up to speed by championing your ability to evolve forward?** A new look at raising the bar, championing the ability to empower, enable and actualize potential? Will you grab the gauntlet and start optimizing performance rather than managing it?

**What's the big deal? Why is performance optimization critical?** Because a focus on post WW2 management, an optic of

putting round pegs in round holes the same way we did it before will ultimately endanger the power of your people, the power of your employees to learn and relearn faster, develop better ways of transforming problems into solutions; ways that drive engagement, empowerment, innovation, communication and collaboration are REAL and CRITICAL.

**Performance Optimization Means Changing Your Playbook in ways that take YOU forward** faster, more creatively, smarter...and happier at a speed of change, challenges and opportunities that will continue to accelerate. Ways that involve, engage, enable human purpose, potential and the actualization of improved communication and collaboration. Ways that use what is to create what can be in your workplace, your management, your leadership~ways that help you build YOUR 3Q Edge™.

**Here are Four Practical Steps!**

**Step One:** Get in touch with the fact that what worked in the past will not take you forward in the present or future.

Managing talent is not enough. Optimizing talent means seeing your strengths and challenges with new eyes; eyes that take you forward faster, smarter...and yes, happier! Neuroscience confirms that priming our brain to be happy and positive is critical to ideation.

**Step Two:** Build YOUR 3Q Edge™-Start learning to use strengths and challenges, changes, stressors (and failures) to build three essential strengths:

*Q1: Enhanced focus, ideation, ability to learn-relearn*

*Q2: Emotional Intelligence-Resiliency-Communication, Risk Tolerance*

*Q3: Integrity, Values, Purpose-Critical Intrinsic Motivators Driving True Leadership.*

**Step Three:** Build Best Practices in the NOW. Start developing and growing your ability to REACH™, reset the



individual and organizational GPS from NOW to HOW by using a REACH™ focus to build your 3Q Edge™

**R**edirect focus

**E**mpower confidence and engagement

**A**ctualize leadership potential

**C**ommunicate effectively (socially, digitally, cross-generationally)

**H**arvest results

**The choice is clear, the choice is critical. Build a NEW performance optimization playbook.** You can continue to develop great systems (critical) while using the same training/coaching/learning styles that worked in the past and will become increasingly impotent in the present and future OR YOU can change the performance playbook by optimizing performance rather than simply managing it. You can raise the bar, or wait for the next ax to fall, the next wave of competition, employee disengagement and the silent attrition of innovation, commitment, potential to creep through every nook and crevice of your organization.

**Evolve or Devolve? Manage performance or optimize it?** Stay stuck in the past or build a better future? There is no time like the present to champion your ability to build a new Performance Optimization Playbook. What does it look like? **Stay tuned for my next article, Building YOUR 3Q Performance Optimization Playbook™**

**More On 3Q Performance Optimization At The Speed of Change? YOU Betcha**

**From No to GO! Optimizing Potential, Results & Well-being At The Speed Of Change**

**The Thriving Organization-Ten Steps Out Of Jurassic Park**

**Winning The Race With Wolves: (Part 1-Meet the Wolves)**

**Winning The Race With Wolves: (Part 2-Solutions)**

**Ten Practical Ways To Build Essential Success Skills At The**

**Speed Of Change**

**Ten Steps To Building Employee Engagement**

**Winning The Silent War Destroying People and Organizations From Inside Out**

**Words Make Worlds-Opening The Door To A Better Present And Future**

**The Individual and Organizational Imperative for 3Q Leadership Development**

### **Podcasts and Video Interviews**

**Building Your Leadership Capacity-21st Century Leadership Lessons Learned (Audio)**

*(Interview by JoAnn Corley, Leadership 3.0)*

**From Pain To Gain In Life And Career (Audio)**

*(Interview by Deb Scott-Blog Talk Radio)*

**The Linchpin To Your Company's Success (Video)**

*(Interview by Ted Coine, Switch and Shift TV)*

**First Woman CEO-Conquering Challenges**

*(Interview by Shannon Skinner, Extraordinary Women)*



### **Author Bio: Irene Becker**

Executive Coach, Consultant, Trainer, Speaker and Writer, Irene is a trailblazer whose unique 3Q Edge™ model has helped forward-thinking people and organizations in Canada, USA and Europe develop communication, leadership and career skills that GROW at the speed of change and challenges. First female CEO of a steel company

in Canada, Irene Becker has a track record of accomplishments in business and in the community at large. Passionate about the integrity of her work, Irene goes the distance for her clients face to face, by telephone, Skype or video conferencing

Are you ready to go from Now to HOW? Time to get re-inspired?  
Build 3Q Skills That GROW At The Speed Of Change/Challenges?

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

**Building 3Q Skills That GROW At The Speed Of Change Is My  
Commitment To A Better Future**

**I welcome the opportunity to discuss how I can be of service  
to you/your team!**

**Call: (416) 671-4726 | Email irene@justcoachit.com Skype:  
beckerirene**

---

## **Using Failure To Succeed: 7 Practical, Powerful Tips**

## **Using Failure To Succeed: 7 Practical, Powerful Tips**

## **Ways To Build Your 3Q Edge™ (IQ-EQ-SQ)**

© Irene Becker, Just Coach It-The 3Q Edge™ | (IQ-EQ-SQ)  
**Reach-Resonance-Results**

*Building 3Q Skills That GROW At The Speed Of Change Is My  
Commitment To A Better Future*

**3Q Leadership™ Blog- 27,000+ Social Media Followers &  
Growing!**



**What do I know about failure? A great deal. What do I know about failing forward? A great deal more than most!** The gamut of failures I have faced and used to grow, learn, innovate and extrapolate my own potential, the failures I have helped others use to understand and optimize their potential are written on the walls of my life and my career. **I have failed in just about every successful area of my life and career.** Some of my failures have been spectacular, many of them have been the normal journey of skinning my knees, of falling down and doing something wrong so that I could learn how to do it right.

**Today, one of the things I do best and most is help others** recognize failures and use them as a lever for their greatest potential by building three essential Q strengths that grow at the speed of change:

**Q1: IQ-Learning and relearning faster,** being able to think strategic and creatively in high stress arenas, using challenges as levers for solutions.

**Q2: EQ-Building communication, collaboration, resiliency** through emotional self awareness, awareness of the feelings of others, using/transforming what we feel into our ability to

build communication, collaboration and resiliency.

**Q3: SQ-The intrinsic motivation that holds together the fabric of our greatest potential:** Values, integrity and an alignment with the greatest good that defines true leadership and sustainable success.

**Here are seven simple, powerful and practical ways to turn failure around. Ways to use failures and challenges to grow, evolve and expand your potential to succeed!**

**Let Go Of Denial.** DO not deny, do not react, respond to a failure by refusing to chase your loses, refusing to beat yourself up or berate your ability. Champion the failure by using it as a learning tool, a growth tool that can help you see your strengths and areas of challenge with new eyes.

**Don't try to get it right, focus on doing the right thing.** In the face of failure the greatest question we can asks is whether our decision, whether our state of mind and actions were in alignment with the values, integrity and purpose that are the underpinning of all sustainable success. If your SQ was in alignment, it is time to take another look at the failure before you and decide if it is an acceptable loss or a learning tool that can help you grow your ability to ideation, think, solve and develop emotional power and resiliency in new ways, powerful ways that will help you optimize your true potential.

**Reinterpret your loss or failure** by training yourself to see the failure as a stepping stone to your personal growth and success. Every failure is an opportunity to reflect (rather than react), tame your ego (need of external validation), apply health self love and respect so that you can learn to adapt, grow and decide whether the idea you had, the decisions you made will help you evolve and move forward or get stuck on and with what you feel you cannot do and must deny.

**Expose yourself to new ideas.** Experiment, push yourself to try new ways of thinking and doing that can help you improve and enhance your ability to learn/relearn while keeping SQ (values, purpose, integrity firmly in place).

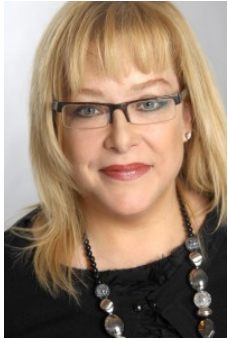
**Remove toxic emotions from the equation.** Remove negative emotions that drain your self confidence, attack your self esteem. Use the perceived failure to become more self aware and make decisions around whether there is a new way of thinking, doing, learning, adapting that can catapult your success or you need to extrapolate the positive learning from this experience and move on.

**Don't get too attached to your plan, get attached to the SQ (values, integrity, purpose) behind your plan.** Attach yourself to the intrinsic motivators that can help you grow, adapt, evolve and decide how you are going to use the failure before you to either find a new and better way to succeed or to decide that you need to focus on a different horizon.

**Self validate.** Get empowered by who you really are, by your ability to survive and even thrive in the face of failure. Focus not on the failure, but on what you can learn, how you can grow and your ability to use each failure or challenge to build the intrinsic motivation the SQ (integrity, purpose, values) that will help you grow, evolve and adapt in ways that are purposeful and positive.

**We cannot stop the wave of change, challenges, opportunity and competition before us, but we can learn to use challenges and failures as lever for our greatest potential.** Learning to fail forward is not only the stepping stone of those who will lead greatly, it is the pivot point for everyone and anyone who wants to grow, evolve, adapt and succeed in the 21<sup>st</sup> century. **We are all touched by the wave, and learning to ride it means developing a new relationship with changes, challenges and failures that helps us reach past what is to create what can be.**

*Link to post on Elysian Training Blog*



**Author Bio: Irene Becker**

Executive Coach, Consultant, Trainer, Speaker and Writer, Irene is a trailblazer whose unique 3Q Edge™ model has helped forward-thinking people and organizations in Canada, USA and Europe develop communication, leadership and career skills that GROW at the speed of change and challenges. First female CEO of a steel company in Canada, Irene Becker has a track record of accomplishments in business and in the community at large. Passionate about the integrity of her work, Irene goes the distance for her clients face to face, by telephone, Skype or video conferencing

**More on using change, challenges and failures to BUILD and OPTIMIZE Potential? YOU betcha!**

### **3Q Leadership Development**

- Winning The Silent War That Is Destroying People & Organizations From Inside Out
- Success At The Speed Of Change-Essential Strengths
- 3Q Leadership-Reach Benefits And Why I Have Dedicated My Life To This Work
- 10 Steps To Building The 3Q Leadership Skills You Need Now
- Ten Ways To Lead Forward In Times Of Complexity And Change
- Women And Leadership-Ten Powerful Steps Forward For Women And Men
- Constructive Discontent: Building a critical leadership and life 3Q skill
- Why Smart And Fast Are Not Enough: The Need For Higher

EQ/EI

### **3Q Organizational Development:**

- Winning The Silent War That Is Destroying People & Organizations From Inside Out
- The Thriving Organization-Ten Power Steps Out of Jurassic Park
- From Now to HOW: Building Social, Digital and Cross-Generational Leadership
- The Individual and Organizational Imperative for 3Q Leadership
- The Leadership Compendium
- Leadership Means Developing a Community of Purpose
- Ten Steps to Employee Engagement

### **3Q Personal Development**

- Breaking Through A Performance Plateau
- Five Ways to Take Control of Your Potential
- From Victim to Victor
- The Empowerment Compendium
- The Happiness Compendium

### **Videos:**

- Extraordinary Woman Interview
- The Linch Pin To Your Company's Success
- From Pain To Gain In Life And Career (Audio)



## **More? You Betcha**

- Collection of 3Q Leadership and Leadership Articles
- Collection of Great Read Books
- Collection of Career-HR-Workplace Articles
- Collection of Life-Success-Happiness Articles

## **AND**

- Collection of Inspiring Posters and Quotes because getting re-inspired is critical to our individual and organizational health, success and well-being!

**Are you ready to go from Now to HOW? Time to get re-inspired?  
Build 3Q Skills That GROW At The Speed Of Change/Challenges?**

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

**Building 3Q Skills That GROW At The Speed Of Change Is My  
Commitment To A Better Future**

**I welcome the opportunity to discuss how I can be of service  
to you/your team!**

**Call: (416) 671-4726 | Email [irene@justcoachit.com](mailto:irene@justcoachit.com) Skype:  
beckerirene**