

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

From No To GO! Optimizing Potential, Results and Well-being At The Speed Of Change (Including 26 bonus links, two videos and a list of great books)

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This post is part three of a five-part series on Success At The Speed Of Change; success in a new non-linear eco-system where best practices are made in the now, and our ability to empower, enable and actualize human potential is critical. Stay tuned for Parts 4 and 5 in this series; The Purpose Equation and The Leadership Equation.



The past two installments, The Ladder To Success Is Gone: Insights On Succeeding Without It and Words Make World: Opening The Door To A Better Present And Future set the background for a whole new world, workplace and market place where being smart and fast are no longer enough. The imperative to build the Q skills that can take us forward is

critical, because the velocity of change, challenges, competition and opportunities will continue to accelerate. Today's topic is going from NO to GO

Are YOU ready to move from NO to GO? Do you want to be a hostage of default patterns that do not optimize your potential/the potential of your team members? Is it time to find new ways, better ways to learn/relearn, communicate, collaborate and lead that take you/your team members forward smarter, faster and happier?

How important is recognizing the negative default and resetting the individual and organizational GPS from no to GO? It may be one of the most critical enablers of our potential to survive and thrive in a non-linear eco system where best practices are made in the now, and the changes, challenges, competition and opportunities.

Here are ten simple, practical and powerful ways to start moving from NO to GO! Ten ways to reset default patterns that perpetuate reaction vs response, stasis vs growth, slipping into reverse vs optimizing potential.

1. Focus Forward. Neuroscientists now believe that our brain only selects what is important to us for storage in our conscious or subconscious. Yes, what you FOCUS on GROWS! Start your day the right way. Get happy. Yes, the way you start your day will infiltrate what you perceive, how you think, communicate all day long. Develop a quick, practical toolbox of simple things that can help you get happy, even if you wake up on the wrong side of the bed.

2. Set Your Intention. Setting daily goals is great, but you must also set your intention for the day. Go ahead, set your personal intention and empower your team to also set an intention for their week, their day. Making intentionality a regular success step and habit.

3. Build Resiliency and Divergent Thinking. Start

building “Constructive Discontent”. Constructive discontent?

Yes, a core 3Q competency that will help you deal with discontent and stressors more effectively and see solutions you may have otherwise missed. Caveat, building constructive discontent is a must have in your communication, relationship building and conflict management toolkit. Read this post for practical steps/tips on building Constructive Discontent

4. Enhance Creativity, Innovation and Resiliency. Change a routine, a pattern at least once a day. The pattern or routine you change, can be as small as brushing your teeth with your non-dominant hand. Find something to do differently every day. Take a one or two minute stretch out of the comfort zone.

5. Turn Negativity Around. Re-empower and increase your ability to see solutions amid problems/challenges. Reset default patterns by making a focused effort to seek out and find the positive. Remember, most of us have an automatic negative default, learning to see the positive is important. It does not mean walking around with rosy glasses, but it does mean using your mind to search for positivity, because in so doing you will start to look for solutions.

6. Optimize your potential, enhance productivity, decrease toxic stress and negativity by scheduling blank time, alpha time and fun time into your day. Yes, put them in your calendar. Take a 5-10 minute break every 90 minutes for just blank time, take a 2 minute break three times a day to develop mindfulness and recharge by putting your brain in an alpha state AND make sure that fun time, laughter time is part of your daily routine.

7. Find new ways, better ways to organize and optimize your time. I am particularly fond of the Eisenhower graph, as are my clients. Find a way to organize and prioritize your time and let go of micro managing or being focused on details that may be irrelevant so that you can focus forward.

8. Fail forward by using perceived failures as positive linchpins that can help you optimize your ability to learn-relearn, adapt and excel. Try it! Here are some practical insights and tips

9. Exercise your mind, body and spirit every day. Do something physical, enjoy a puzzle or challenges that stretches your brain power, develop a routine that puts you in touch with your highest power and builds your SQ.

10. Build essential strengths for success at the speed of change; strengths that will help you lead and communicate forward smarter, faster and happier! Start using strengths, changes, challenges, stressors, even failures to optimize your potential; potential to build your 3Q Edge™

Q1-IQ (*intelligence-focus-strategic thought-ability to learn-relearn*)

Q2-EQ (*emotional mastery-self management-relationship management-risk tolerance/resiliency, communication*)

Q3-SQ (*values alignment/positive purpose, integrity of thought communication and action*)

Practical, powerful steps? Yes! And, if you go through the list and pick one to try each week, and do so consistently you will see an optimization of your potential, your attitude and results that will help you reset default patterns and optimize your ability to move from No to GO in a positive, purposeful, powerful way!

Stay Tuned for Parts 4 and 5 in this series:

Part 4: The Purpose Equation | Success At The Speed Of Change

Part 5: The 3Q Leadership Equation | Success At The Speed Of Change

More on Success At The Speed Of Change? You Betcha!

3Q Personal/Career Development

- The Success Ladder Is Gone: Insights On Succeeding Without It
- Success At The Speed Of Change: Essential Strengths
- 10 Practical Ways To Build Essential Success Skills At The Speed Of Change
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- Extraordinary Women Interview: Crashing Through Cement Ceilings!
- My Interview With Resiliency Expert Michael Ballard

More You Betcha! Eight Great Reads on Motivation, Happiness, Brain Power, Success & Business Strategy At The Speed Of Change

- Mindset: The New Psychology Of Success by Carol Dweck
- The Happiness Advantage by Shawn Achor
- Positivity: Top-Notch Research Reveals the 3 to 1 Ratio That Will Change Your Life Barbara Fredrickson
- Super Brain by Dr. Deepak Chopra and Dr. Rudy Tanzi
- Focus: The Hidden Driver of Excellence by Daniel Goleman
- Your Brain At Work by David Rock
- The End of Competitive Strategy by Rita Gunther McGrath
- The Spirit of Kaizen: Creating Lasting Excellence One Small Step at a Time by Robert Maurer

Are you ready to go from Now to HOW? Build Your 3Q Edge™? Get re-inspired?

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

**Words Make Worlds: Opening The Door To A
Better Present & Future**

Inspiring Quotes-Practical Advice

**(Part 2 In A Series of 5: Success At The
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Leadership means different things to different people, but I believe that we can agree that for all people, leadership means building a better present and future. Leadership, growing leaders, helping those who aspire to greater leadership in their lives, their work and organizations is not simply my work; rather it is a passion and dedication that resonates with every core of my being. I have held leadership positions, I have been extremely successful and I have also struggled with changes, challenges, career and life events that took me from the mountain of success to starting my life and work again from ground zero. The desire to lead forward is a state of mind, a state of heart, a state of being that opens the door to our true potential. It is a state of being that starts with the very words we use when we speak to our self (self talk) and the words we choose to share with others.

Every word you choose to think and speak impacts your present and future because it sets an important footprint for your brain, a pathway to picking up signals in the environment that will help you brain confirm your beliefs, your view of reality, your perception of what is. The words we choose to think, the words we choose to speak are the most basic linchpins, the most critical levers for leadership. We can

choose to use our words to compel our best thoughts, greatest creativity, noblest ideals or to take us down a path of stress, frustration and negativity that

I believe that those who lead forward in the new world of work, the new market place and world will be pioneers who are not afraid of the new arena and embrace the new non-linear eco-system as a new launching point for human potential, purpose and results. Pioneers who will remain undaunted by what is not because they know they can ideate, communicate, collaborate in ways that can take us forward exponentially.

Best practices are made in the NOW, and our ability to discover the critical path forward starts with recognizing that words create worlds. The ladder to success is gone, the typical iterations of a career, organizational development and lifespan will continue to change. Our ability to recognize and harness our strengths while transforming changes, challenges, stressors, even failures into the apex of our greatest potential is the way forward. It is a way forward that has guided my life, helped me develop my 3Q model and I believe can help many others use what is to create what can be.

Success starts, leadership starts with the individual commitment to empower, enable and actualize our potential. A commitment that begins with the words we choose to think, speak and share. Success at the speed of change is leadership in the face of changes, challenges, stressors, failures and opportunities that will either compel our greatest potential or leave us running on overdrive, stuck in stasis or stumbling backwards reaching for solutions that worked in the past but are impotent to help us create a better present and future.

Sharing words, sound bytes and some practical advice to empower, enable and actualize the thoughts that drive meaning, purpose and results at the speed of change:

- **Lead Forward!** The call to climb the mountain has never been greater. If you listen you will hear it. Listen because the call to climb your greatest mountain is the call that can open the door to your greatest purpose, passion and potential.

- **Leadership means negotiating dark corners with the integrity, courage, humanity and wisdom to see through and past the fog. It means harnessing our power to build a new and better future.** It starts in an alignment of head and heart, in an optimization of our true passion, purpose and potential. It starts by looking at the walls, the challenges, the hurdles we face with new eyes that take us forward faster, better and happier. It means embracing the courage, faith, integrity and humanity, the Q strengths, that can help us use what is to create what can be in our life and the lives of others.

- **You cannot light a fire with wet wood. The future lies in the hands of those who can empower and enable the best in others.** Leadership is a 3Q Equation: (IQ) Intellect-Strategic Thought EQ (emotions-empathy-self & social mgmt) SQ (values-integrity-humanity). It is a gender-less equation that must be enfranchised by those who have typically been disenfranchised.

- **Purpose = profit.** A whole new world, workplace and marketplace will continue to show us that leading forward means harnessing the potential of human being better, not simply doing faster than ever before. Stop competing, start collaborating. Celebrate the biological differences that can make us stronger TOGETHER.

- **It is time to celebrate and USE our differences and strengths as women and men to lead forward together.** We will never accomplish this without women pushing forward in a positive way with a voice that must be heard. The voice of reason, the voice of compassion, the voice of collaboration,

the voice of a new type of leadership that can take both men and women forward together.

- **Learning to Fail Forward it is the linchpin for 21st Century Life and Leadership.** Whether your objective is building a successful small business, professional practice, team or enterprise that art of failing forward is more than the art of the start, it is the art that will drive sustainability, the art that will teach empowerment, engagement and resiliency.

- **Success at the speed of change, success without a ladder, begins by embracing and building our incredible ability to adapt, learn-relearn and grow faster and better than ever before.** We have the ability to adapt, learn, inspire, engage, collaborate and grow faster and better than ever before. Our potential may be limitless, but optimizing this potential means recognizing that critical importance of adopting new ways of thinking, training, learning and doing that take us forward faster, smarter AND happier

- **Our human need to contribute, to be purposeful, to feel that our lives, our work counts and makes a positive difference is a need we must acknowledge and feed.** Purpose equals profit on a multiplicity of levels. We must do more than set goals, we must start each day with a purposeful intention that guides our thoughts forward.

- **You are your thoughts. Use them carefully to live, learn and lead forward.** Get provocative with your thoughts by turning them around! Refocus, repurpose. See challenges and strengths with NEW eyes. Learn how to R-E-A-C-H™ (Redirect focus-Empower Confidence-Optimize Potential-Harvest Results)

- **Leadership requires courage, wisdom, integrity and a stoic resolve to use what is to create what can be.** Those who lead and succeed forward will be pioneers; men and women who recognize our ability to optimize the power of human potential and results, by developing new mind-sets and skills sets that

unlock our greatest potential.

- **Drown out the noise and refocus on what is truly important.**

What remains critical is finding your true purpose and recognizing it in your daily thoughts and actions. What is your end game? What do you really want from your life, your relationships, your job/your career? Dig deeper in order to get clarity on YOUR purpose. Find it, embrace it and use it to lead forward. We each have a unique purpose that drives our best thoughts, best actions and best outcomes. Every purpose is important to our individual and collective success and happiness.

- **Success means enabling our ability to go from NOW to HOW by championing, empowering and enabling our greatest potential.** Potential to do good work, potential to build good organizations, potential to build the optic and skills we need to work internally, externally, face to face and virtually across diverse constituencies, populations and cross-generationally.

- **Change is not the obstacle, it is the answer.** Make the critical shift forward by embracing your ability to use words, think thoughts that champion positive change. Change is NOT difficult, it is our greatest power and hope for a better future. Change is what our bodies and minds do every second of the day.

- **Reach for your highest common denominator by choosing to be part of the human solution. Feel your power and use it to empower the best in yourself and others.** Reclaim the power you have to validate the beauty, the bounty and the majesty of human life by touching another and yourself with words of validation.

- **True leadership is not about being nice, nor is it about being intimidating; it is about serving the greatest good, and empowering the best in oneself and others so that we can climb**

the mountain. It means taking hard decisions and making the sacrifices necessary to negotiate foggy corners and challenging terrain with hope, faith, courage, integrity and humanity. The imperative to build and sustain purpose driven leadership, to inspire purpose driven work, to build purpose driven communication and collaboration has never been greater.

- **Human doing is not enough. Human being better is the way forward.** Being a cog in a wheel, acting with complacency and blindly following the status quo will not work going forward. Put your head and heart to work. Human relationships count. Employee disengagement, presenteeism are rife in organizations, and they erode potential from inside out.

- **Show those you lead and serve that you care, and help them care back.** Make learning, growing and giving REAL. Find new ways to reach out and serve the community at large. Motivate and inspire not only those you employ but all constituents to be part of a greater goal that speaks to contribution and purpose.

- **Success equals the reach and resonance of the human heart.** Know it, use it to choose words, thoughts and take actions that open the hearts and minds of others. Leadership means doing good in the world because what does not create value for others is ultimately destined to crash and burn.

More on Success At The Speed Of Change? You Betcha!

Part One Of This Series: The Success Ladder is Gone-Insights On Succeeding Without It

Stay Tuned for Parts 3, 4 and 5 in this series:

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Part 4: The Purpose Equation | Success At The Speed Of Change

Part 5: The 3Q Leadership Equation | Success At The Speed Of Change

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The Success Ladder Is Gone- Insights On Succeeding Without It!

**The Success Ladder Is Gone-Insights on Succeeding Without It
In The Non-Linear Eco-System! | Part 1 Of 5 In A Series About
Success At The Speed Of Change**

(This post includes 21 bonus links and 2 videos!)

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Are you trying to find or climb the ladder to success? Look again. Focus on the NOW because the ladder is gone.

Where did the ladder go? Well, it was knocked down in the last decade by a velocity of change, challenges, access to info/communication, increasing competition, opportunities and the ongoing transformation of life, commerce and culture as we once knew it.

How can we rise to the challenges before us without a ladder?
How do we succeed in a non-linear eco-system? What do we need to adjust to see our lives and careers in a non-linear fashion while retaining the purpose, human creativity, initiative that can take us forward towards greater personal and organizational success? We must start at the beginning by looking at our definition of success. Sustainable success has never had anything to do with ladders, but reflects a common human thread and need. Success is creating value for others, value that not only speaks to the human need to contribute, but the commercial/business reality that if we are not creating value for others our success will be limited, curtailed, minimized and ultimately eroded.

Success at the speed of change, success without a ladder,

begins by embracing and building our incredible ability to adapt, learn-relearn and grow. We have the ability to adapt, learn, inspire, engage, collaborate and grow faster and better than ever before. Our potential may be limitless, but optimizing this potential means recognizing that critical importance of adopting new ways of thinking, training, learning and doing that take us forward faster, smarter AND happier. The importance of faster, smarter results is obvious, and neuroscience now confirms that in order to optimizing our brain power we need to prime our brain to be positive/happy.

Success is a 3Q Equation that if applied can take us forward in a non linear world, workplace and marketplace. It is an equation focused not only optimizing our strengths, but using changes, challenges, even failures to build, enhance and align three essential strengths that drive ideation, communication, collaboration, leadership and success at the speed of change:

Q1-IQ (*intelligence-focus-strategic thought-ability to learn-relearn*)

Q2-EQ (*emotional mastery-self management-relationship management-risk tolerance/resiliency, communication*)

Q3-SQ (*values alignment/positive purpose, integrity of thought communication and action*)

What are the benefits of developing YOUR 3Q Edge? Read about the benefits and learn why I have dedicated my life to this work. No smoke, and mirrors. I am committed to helping as many faster forward thinking people and organizations build their 3Q Edge.

The success equation starts by changing our language and thoughts in a positive, purposeful way that helps engage all 3Q's. The more we say or think that change is difficult, the more we create a neural pathway, a mindset that will impede

our ability to do exactly what is required to succeed. Taking simple steps to embrace our ability to adapt, learn, re-learn and grow must become a commitment, because this commitment will help us reset the internal and organizational GPS in ways that open up new thoughts, new ideas, new paths, new potential....new ways to succeed in a non-linear eco-system.

Stay tuned for the next 4 installments of Success At The Speed of Change:

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Part 3: From No To Go | Success At The Speed Of Change

Part 4: The Purpose Equation | Success At The Speed Of Change

Part 5: The 3Q Leadership Equation | Success At The Speed Of Change

More About Success At The Speed of Change AND Building 3Q Strengths? YOU BETCHA!

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