

123 of My Favourite

Mind Body and Spirit

Tips, Tools and Insights

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# Introduction

These Wake Up Eager Wednesday Mind, Body and Spirit Tips were shared weekly throughout 2019 on [www.wakeupeager.com](http://www.wakeupeager.com) as in the moment, top of mind things that were helping me Wake Up Eager.

You’ll notice that I reference Systemic (Mind), Extrinsic (Body) and Intrinsic (Spirit). Those are the three dimensions of thought in the science of Axiology, a science that measures how we think and make decisions. It is something that I teach and use every day with clients in our [TriMetrix Assessment.](https://www.pricelessprofessional.com/understanding-trimetrix.html)

It is eternal wisdom, reminding us of the importance and value of clarity in each area, as essential to our living a fully actualized and Wake Up Eager Life! Enjoy…

# 41 Mind (Thinking/Systemic) Insights, Ideas and Tips

1. **Book and Podcast - Listened to Many Times**

I listened to[this podcast](https://tim.blog/2019/01/09/greg-mckeown-essentialism/) by Tim Ferriss with Author Greg McKeown about the concepts in his book: Essentialism and the Disciplined Pursuit of Less. I then read the book AND listened to it on [Audible](https://www.pricelessprofessional.com/audible.html). I've written pages and pages of notes and will listen to it again. It's helping me think more clearly about what I say yes and no to in my life. My goal for 2019 is to become more of an Essentialist!  
  
An Essentialist is someone who: Focuses on the relentless pursuit of Less But Better. It is learning to say no to everything but the Essential, so that I can say yes to the things that really matter to me. It is making sure that I don't major in minor activities, so that I can do great work. Two questions I'm asking myself a lot these days: If I could be truly excellent at only one thing – what would it be?  Is THIS the very most important thing I should be doing with my time and resources right now?

A quote I am pondering. This quote fits with being an Essentialist and my focus on making more deliberate choices around how I choose to spend my time. Younger Seneca was wise!   *“No person would give up even an inch of their estate, and the slightest dispute with a neighbor can mean hell to pay; yet we easily let others encroach on our lives—worse, we often pave the way for those who will take it over. No person hands out their money to passers-by, but to how many do each of us hand out our lives! We’re tight-fisted with property and money, yet think too little of wasting time, the one thing about which we should all be the toughest misers.”*  — Seneca the Younger

1. **sticKK App for Sticking to Your Goals**

I started using the online free goal setting commitment contract platform [sticKK](https://www.stickk.com/" \t "_blank)last June when I decided to meditate every day for a minimum of 15 minutes. It's a great system created by behavioural economists at Yale University specifically structured to help people leverage the power of incentives and accountability and is empirically proven to increase your chance of success by up to 3x!  Here's how it works: Once you have a goal in mind, you have the option to select an anti-charity that you will donate to if you don't meet your goal. You can also ask people to serve as a "referee" for you. Every Wednesday, for the past six months, an email asks me to "report in". Even though I fell off my goal in November and December, those darn notices KEPT COMING, reminding me that my goal was important. I am now, back on track. A great system to help you execute on important goals.

1. **Six Questions for Figuring Out What's Essential**

Since applying the [principles of Essentialism (as outlined in our January 2019 newsletter)](https://www.pricelessprofessional.com/newsletter-archive.html#january2019) to my work and life are top of mind, I'm pondering these questions:  **1)** What is something that's very important to (you) that you are UNDER-invested in right now?   **2)** Why is this area so important to (you)?  **3)** What amount of daily time would (you) need to invest in this to be able to say, I'm not under investing anymore?  **4)** What fears, people or activities are keeping you from doing this?  **5)** What is something that is good but non-essential that (you) are OVER-investing in currently? **6)** What trade offs or changes are (you) willing to make and what kind of systems can you put in place to make the shift toward investing more in what you shared in question 1, effortless?  An Option: Replace the word (you) with (your company) or (your team) or (your job).

1. **Finding Your Focus Sweet Spot**

I'm thinking about how a RELAXED FOCUS makes me more effective. We're in Vail, Colorado and my best ski runs are when I am focused AND relaxed. If I become **uptight or worried,** thinking things like:*"...there's too many people around me"  "...ooh, this is steep" "...I'm going too fast"*  I'm more likely to stumble. My form suffers. On the flip side, if I take a**lackadaisical approach or look too far ahead of where I am**, *"Oh, the mountains are so pretty..."  "Wonder what we'll do for lunch..."  "How long in this run*?" once again, my ski run is a bit sloppy. My best runs - where I'm sure-footed, competent and 'on my game' - are when I find the SWEET SPOT between focusing and relaxing. This also applies to being 'on your game' at work. It requires:

1. Preparation: Mentally and physically preparing for the activity in advance.
2. Skill: Building confidence by growing your skills.
3. Awareness: Paying attention to the balance between being focused AND relaxed, and making adjustments to both, in the moment. (Managing Your Mind [podcast episode](https://www.pricelessprofessional.com/managing_your_mind_podcast.html) for more tips.)

**5.**  **Making a Don't Do List**While creating a**DON'T list** of the things I choose to NOT do any more, I found this Peter Drucker quote, *“There is nothing so useless as doing efficiently that which should not be done at all.”*It's not been easy to make a 'don't do' list. This question, from the [Essentialism Book](https://www.amazon.com/Essentialism-Disciplined-Pursuit-Less/dp/0804137382/?tag=offsitoftimfe-20) has helped,*"Is this the very most important thing I should be doing with my time right now?"*  The "don't list" could be applied to personal things, work projects, processes and basically anything you, your team and/or organization are doing automatically or unconsciously that is no longer serving you or the business. I'm asking this about everything,*"Is this essential?  Should I (we) still be doing this?"*

1. **Getting to the Essence with a Beginner's Mindset**

I'm updating my [TriMetrixHD](https://www.pricelessprofessional.com/best-leadership-assessment-tools.html#trimetrix) two day training program where each workshop participant will be brand new to the TriMetrixHD Assessment. I've had to get in touch with a['beginner's mindset'](https://www.creativehuddle.co.uk/how-to-adopt-a-beginners-mindset) to make sure that I'm objective, fresh and clear. You see - I've interpreted more than 10,000 TriMetrix results, and while I'm always learning, I am considered an 'expert'. But, sometimes EXPERTISE CAN GET IN THE WAY OF BEING AN EFFECTIVE TEACHER, FACILITATOR, COACH AND LEADER. Shunryu Suzuki shared this in **Zen Mind, Beginner’s Mind**: *“In the beginner’s mind there are many possibilities, in the expert’s mind there are few.”*I've been thinking about what's [essential](https://myemail.constantcontact.com/WUE--Essentialism.html?soid=1011284314050&aid=NXgle0zjtWc) about TriMetrixHD, and how to succinctly share the power and 'why' of this tool. I found questions that Dr. Hartman, who was the Founder of the Science of Axiology - one of the sciences in our assessment - shared with human resource executives he was coaching about their hiring focus, back in the 1960's. And, it's as true today as it was back then,**“Are they going to be happy? Are they going to be productive? Will they want to stay? Will they own their job? Will they contribute their talent generously?”**THAT is the essence of what the assessment reveals. Ah, yes, my focus on having a beginner's mind is helping me get back to the basics, and I know we'll have an awesome program because of that.

1. **The One Tool That Most Keeps Me On Track**

Prioritizing and Pre-Paving: The one tool that consistently **keeps me on track, out of overwhelm and moving forward** is my [Daily List of Six.](https://www.pricelessprofessional.com/motivation-in-the-workplace-home.html) It's simple. I take time before every week and at the end of every day to determine the six things I will ABSOLUTELY do the next week or day. (ONLY SIX forces me to prioritize what is most important AND on what I am willing to do.)  Every morning I wake up and know what is important for the day. It seems like after I have my List of Six for the next day my subconscious plugs in and pre-paves the way, setting me up for another good day! It is a BIG contributor to Waking Up Eager!

1. **Are You Having a +2 or -2 Kind-of-Day?**

A few years ago I gave a 20 minute Ted-Style talk and the title was: The Stickiness Factor. It was about four factors important to creating long-term, positive relationships with clients. The most important factor of the four, is probably not what you think - it's:**Embrace Happiness and Create Ease Every Day.** I discovered how important this is because my urgent nature can cause me to easily slip into being rushed, in a hurry and over worked. I used to equate the stress of being overworked and over committed to being successful, until I had a particularly high volume and harried year. I realized that I could change my approach, and I did so by beginning to prioritize feelings of happiness and ease. This shift has made a HUGE difference in my business, my client relationships and personal life!  
  
Recently I heard Jim Collins, best-selling author of  "Good to Great" talk about how he tracks, on a spreadsheet, his answers to these questions at the end of every day:***"How did today go?  What did I do today?  How did I feel?"*  He then rates the day on a  +2 to a -2  scale**. He chooses to do**more** of what happened on +2 days, and **less** of what happened on -2 days. I love that this scientific, very successful business researcher also embraces happiness and is focused on creating feelings of ease and satisfaction every day!   
  
I find that my +2 days are when I spend the days closely aligned with doing the things that [reflect my top two workplace motivators (what I am most interested in)](https://www.pricelessprofessional.com/intrinsic-motivation-values.html) and my -2 days are when I have to spend a lot of time around situations or things that match my number six motivator (what I am least interested in). Socrates reminded us that, ***“To move the world, we must first move ourselves.”***   If we want to serve others, we must fill our happiness, ease and satisfaction 'gas tank' first, and with this 'full tank'  we are then able to make our highest level of contribution and difference in the world. And well, THAT - feels great!

1. **3:1 Ratio At Work;  5:1 Ratio At Home**

When interacting with others at **work,** use the **ratio 3:1**, which is three positive and appreciation statement to every one correction. In your **personal life** go for the **ratio of 5:1** (five appreciations to every criticism). There's compelling [Gallop Organization research](http://www.amazon.com/gp/product/1595620036/ref=as_li_tl?ie=UTF8&camp=1789&creative=9325&creativeASIN=1595620036&linkCode=as2&tag=pricelprofesd-20&linkId=CFIXBDPCICKZEKPL) showing that relationships thrive when these ratios are applied. **In other words, appreciate more, criticize less...**

1. **Job Fit and Hartman in 1960's - Relevant Today**

I'm teaching a [TriMetrix Training](https://www.pricelessprofessional.com/trimetrix_certifcation_and_training.html" \t "_blank) Course to HR Managers next week in Chicago. Key focus areas will be on using TriMetrix to ensure [job fit](https://www.pricelessprofessional.com/motivating-employees.html). One of the sciences used in TriMetrix is the Science of Axiology. It measures how we think and make decisions and was discovered in the 1960's by[Dr. Robert S. Hartman](https://www.hartmaninstitute.org). Hartman shared these five questions with his executive clients at AT&T, GE, IBM. I share them in every workshop: **"Are they going to be happy? Will they want to stay? Will they own their job? Will they be productive?  Will they contribute their talents generously?"**These are the questions to be thinking as you are interviewing, on boarding and coaching others. Finding job fit is as important today, as it was in 1960! 

1. **What They Think of Me is None of My Business**

Every week I meet and work with people I am meeting for the first time. I tend to want to impress them, to try and get them to like me - which is pretty normal. But, over focusing on what they think of me puts most of my attention on myself, when I should be focusing on THEM!  And it's usually coming from a place of insecurity. If I find that I've slipped into an insecure mind set I work to STOP it and change my focus.  
  
I remind myself that I can't control what anyone else is thinking, and that that focus is unproductive. What they think of me is none of my business!  
  
My work is to turn my attention**TOWARD them. Seeking out their goals and questions. Looking for their strengths, goodness, and possibility. Thinking about how I can help them get to where they want to go. To find and feel appreciation and eagerness about our time together. To focus on what I can do, in that moment, that will serve them.**This mental shift is empowering, uplifting and can become a habit that makes a difference on so many levels.

1. **Your Number One Priority**

I know this: **'Your number one priority is to set your priorities.'**  And, while there's always room for improvement I'm pretty good at creating and following my priorities. It makes my life feel purposeful, less stressed and keeps me moving in the direction that matters most to me.  
  
So much strife, confusion, tension and overwhelm relates to not being clear about what the priorities are!  We **NEED clear priorities** for business, our team, our job and our personal life. We need this so that we know how to spend our time this year, month, week and in each day. If the priorities are not clear for the company, for every job and even in your family, you'll see silos, competing interests, frustration, slow progress and overwhelm.   
  
**If everything is important, nothing is.**We HAVE to take time to reflect, revisit and clarify what's important. And then once clear, we must communicate those priorities to the people that need them, and discuss and measure them on a regular basis.  
  
A great clarifying, **figure-out-your-priorities statement,** is: "**If this doesn't happen** \_\_\_\_\_\_\_\_\_ **in the Company** *(OR in my job OR at home)***this year***(OR this quarter OR next month OR today)* **we/I will have failed...** In addition, here are two priority-creating and keeping tools: the [Dashboard](https://www.pricelessprofessional.com/goal-setting-guidelines.html) and [My List of Six](https://www.pricelessprofessional.com/how-to-get-out-of-overwhelm.html). 

1. **Do You Know What Fills Your Tank?**

Everyone has specific-to-them actions that**fill or deplete their energy 'gas tank'.** THE ONE THING that's most helped me create more Wake Up Eager days has been: KNOWING AND USING more of my top personal interests, attitudes and values, every day, as revealed in the [Workplace Motivators](https://s3.amazonaws.com/wakeupeager/MotivatorMJCard2019_Priceless.pdf) science.

With this knowledge I **consciously and without self-judgment** fill my life with MORE 'fill my tank' activities, and do LESS of my stressors. And with this framework I understand other's motivators and stressors, as well. This helps me be an empathetic colleague, coach and family member.

Recently a leader made a DECISION that had her senior leadership team in an UPROAR! She  was blind sided. Her decision took away something that filled their energy 'gas tank'. She thought she was helping them, when she actually TOOK AWAY SOMETHING THEY VALUED. Her mistake was obvious, once she revisited their [top drivers and stressors](https://s3.amazonaws.com/wakeupeager/Sample_Leader_TeamMemberMJCard_MASTER.pdf). She reversed her decision but not without creating turmoil, and losing respect and commitment from her team.

Understanding what fills your tank and what depletes you is a key self-management AND leadership tool. Use it!

1. **Quote I am Pondering**

I'm pondering this quote:*"We cannot control the evil tongues of others; but a good life enables us to disregard them."*Cato The Elder

To me - it's saying - the more I put my attention on and get really good at creating my version of my best life, the less impact naysayers have on me.

1. **No to This is Yes to That**

**I am realizing that I say NO to something every time I say YES to or commit to an activity.** Remembering this helps me because my default response tends to be:*"Yea, sure I can do that!!"*   It helps me PAUSE before I jump in. I am trying to consistently check-in with myself to make sure I am making my best choices, moment by moment, day-by-day. 

1. **80/20 Rule - Everything is NOT Important All At Once**

I've spent 80% of my time lately on ONE PART of my business. Other things, while important, have had to wait. It's been **exactly right**for me to focus here even as some of the other areas are undone for now, as it ties into the**80/20 rule.**

This**RULE SAYS** that if you have ten things on your to do list, TWO of the ten will turn out to be MORE IMPORTANT to your overall success, than the other eight. Knowing this is KEY to staying out of overwhelm and finding more success and JOY.

**Here's a coaching process** I use when someone has a to do list that ten people could not complete:

**FIRST,** make a list of all of the projects that are on your desk or that you know are pending. Be sure to include projects that have been assigned to you AS WELL AS projects you personally think are important for you to work on. List them ALL. **NEXT,** talk or think through your answers to these questions:

- Out of this list, right now, what 20% is most important?  
- What can I do to re-prioritize these projects?  
- Which projects can I delegate and/or get support on?  
- Which projects don't really need to be done right now?  
- Which projects should I ADD to my list?

This exercise might take 20 minutes, and it WILL help you. You just have to do it. (Sometimes I do this every day because there's a lot going on, and I know that working in a state of overwhelm DOES NOT produce high quality results. PLUS it ruins any chance of having a great day, week, month or life!!  **Not everything is important all at once. It's just not.**

1. **System for Virtual Training**

This Tip fits into the Systemic part of this category, in that it is a structure or system that is helping me Wake Up Eager - and that is the virtual workshop and meeting solution: [Zoom.](https://zoom.us/) I have an 18 person virtual class going on now and Zoom has made it a breeze. Easy to login, easy to record, easy chat box and so much more. I've also used it to get better sound quality during podcast interviews. Solid systems like Zoom, make everything else easier!

1. **It's Not Selfish to Say No**

We are almost **halfway** through the year, and this week I've been thinking about whether I've stayed true to **my quest to focus on and do what is my highest level of contribution**, something I talked about in Mind Tip No. 1 and No. 3.

I'm reminded of this quote by Essentialism Author Greg McKeown,***"It's not being unhelpful to the world for you to say no to something that's less important, it's not being unhelpful or selfish. Your obligation is to the highest contribution you can make."***([More about Essentialism, here.](https://myemail.constantcontact.com/WUE--Essentialism.html?soid=1011284314050&aid=NXgle0zjtWc))  While I've not been 100% on track (I still say yes to some things that really aren't of interest), but I am spending more and more of my time every day on the things that relate to my highest level of interest and contribution. And, that feels good! 

1. **All About Intermittent Fasting**

This tip's focus, in all three areas (Systemic, Extrinsic and Intrinsic), is around one topic -[Intermittent Fasting](https://ifpodcast.com/intermittent-fasting/). Last year for 45 days to be exact I tried intermittent fasting. To gain knowledge around this health tool and way of life, I've listened to all of the episodes in this Intermittent Fasting [Podcast.](https://podcasts.apple.com/us/podcast/the-intermittent-fasting-podcast/id1228755008) I've also been using the [Zero Fasting app](https://www.zerofasting.com/)  and [Eating Window app](https://apps.apple.com/us/app/window-intermittent-fasting/id1112765909) to track my fasts, which is how I knew I'd been at it for 45 days!  (The 'geek' in me loves the data, but you don't really need both apps.)

1. **Benefits of Fasting**

In Tip 19. I shared how I tried [Intermittent Fasting](https://ifpodcast.com/intermittent-fasting/) (IF) for 7 weeks.

Many WUE friends and colleagues have reached out to ask questions about IF. So I thought I'd recap some of the IF benefits based upon research and my experience:    
  
--Fuels Fast Loss  
--Spikes Human Growth Hormone (HGH) Naturally  - HGH plays a key role in growth, body composition, cell repair and metabolism. It also boosts muscle growth, strength and exercise performance.  
--Mental Clarity and Emotional Stability  
--Spring Cleaning for the Cells - Autophagy  
--Free, Flexible, Simple  
--When in the Fasted State - Insulin Levels are Lowered, Can Tap into Fat Cells

I recommend the [Intermittent Fasting](https://ifpodcast.com/intermittent-fasting/) podcast and this audio book:  **What When Wine: Lose Weight and Feel Great with Paleo-Style Meals, Intermittent Fasting, and Wine** by Melanie Avalon. (Yes, there's wine involved!!) Using our [Audible link](http://www.audibletrial.com/wakeupeagerworkforce) for a free book.)

1. **Questions I Keep Revisiting**

Three questions I keep referring back to as I review opportunities and how I schedule and use my time:

1) Is this bringing me joy? Is this what I really want to do with my time and resources right now?  
2) If I did not already have this opportunity, what would I be willing to do to get it? If not, what else could I do with this time or money, if I pulled the plug now?  
3) If I could be truly excellent at only one thing - what would it be?

It's interesting to me how easily I want to say yes (and still sometimes do) to requests because other people want me to do them, and because I can do them, even though the requests do NOT always match the three question criteria, above.

The questions are from the book Essentialism, as shared in Mind Tips No. 3 and No. 18.

1. **Three Dimensions - Are You Over or Under Focused in One of Them?**

**I've been thinking a lot about the power AND limitation of SYSTEMS.**Without a SOLID system or framework most endeavors will lag or fail. If a facilitator lacks a meeting framework to help the team make decisions and learn, the meeting will be unproductive and frustrating. Without a clear and concise mission statement, [core values](https://www.pricelessprofessional.com/core-values.html), performance expectations and [job dashboards](https://www.pricelessprofessional.com/goal-setting-guidelines.html), employees are unclear about priorities and where to focus, and performance suffers.

In my business my awesome [website tool](http://sbiwp.sitesell.com/Suzie1.html) and [assessment science partner](https://www.pricelessprofessional.com/assessment-certification-articles.html) provide the systems and framework we need to blog, podcast, consult, train and certify others - to meet our mission. Without these systems,  my podcast, these tips and our work - could not happen.

The POWER  in SYSTEMS is that they provide a structure and framework for working, creating and living.

[Robert S. Hartman](https://www.hartmaninstitute.org/), the founder of the [Science of Axiology](https://www.pricelessprofessional.com/understanding-trimetrix.html) revealed that SYSTEMIC thinking is just ONE of THREE dimensions involved in effective thinking and therefore decisions. He shared that we must balance SYSTEMS with the EXTRINSIC View/Dimension ("doing, practical, feet on the street") and the INTRINSIC View/Dimension ("people, valuing individuality in others, connecting with others").

Limitations come when great SYSTEMS are put into place but they're NOT used properly OR at all. Think of well written core values that never permeate an organization's culture, or a beautiful website that never gets used or visited.

**Say yes to SYSTEMS but don't stop there; equally focus on the EXTRINSIC and INTRINSIC dimensions.** If something in your organization, business, job or personal life is not working well right now - consider that you may have an imbalance in one if these areas. If so, that's where you'll want to focus, next.

1. **Life on Your Own Terms. Do You Know and Live Your Preferences?**

In my opinion, one of THE recipes for a happy life, and one of the keys to Waking Up Eager, is to be able to be able to say that this statement is true for you:***"I live on my own terms, not by the rules and preferences of others."***  What’s It Like To 'Live On Your Own Terms'? I believe it's if you’re creating and living a life that allows you to... Use your strengths;  Honor your interests; Share your talents   ..if so,..then you’re living on ‘your terms’.  [More here.](https://www.pricelessprofessional.com/recipe-for-a-happy-life-2.html)

1. **Knowing What Puts Gas In My Tank**

I have learned to fully embrace, allow and do more of MORE of what interests me and captures my attention. Consciously choosing to do more of what puts ["gas in my tank"](https://www.pricelessprofessional.com/intrinsic-motivation-values.html) makes me happy and leaves me feeling very satisfied and eager. This state of being helps me to be more open, helpful and of service to others. Awareness of my top interests by way of the [Workplace Motivators](https://www.pricelessprofessional.com/more-motivation.html) Assessment AND noticing what I'm doing when I feel energized, has been key to creating more Wake Up Eager.

1. **Ask for What You Want...**

Recently a client was complaining about several things that were not working. I listened closely, asked probing questions, provided supportive comments and basically let him talk and express for a quite awhile. (He needs "Talk to Think" based upon his [DISC Style](https://www.pricelessprofessional.com/communication-problems-in-the-workplace.html).)

I realized he was a little stuck when he started to go back through everything again. I jumped in and asked, **"Ken, what do you want?  And if you knew what that was - could you just ask for it?"**

He went completely silent. We just sat together in the silence for quite awhile. Eventually he said, *"Oh my goodness - THAT is such a good question. I don't think I even know what I want. I've been too busy complaining! I get it - I need to move to that question. Hmmm... What DO I want"*

**Here's the Takeaway:**When you see and experience what you don't want, don't get stuck there. Eventually (sooner would be better than later) start thinking about and talking about what you now know you want!

1. **Do I Enable?  Should I Confront Bad Behavior More Often?**

I read this from Entrepreneurial Coach and Best Selling Author [Alan Weiss](https://alanweiss.com/) and have not stopped thinking about it since,*"Most of the people whose****habits and behaviors we detest are enabled by us****because we refuse to confront them to avoid the pain of conflict. So instead we tolerate long-term pain."*

I teach [how to address conflict effectively](https://www.pricelessprofessional.com/handle-conflict-like-a-pro.html) because so many leaders avoid having difficult conversations. And, as a result, I am MUCH better at having direct, honest and straightforward conversations with everyone in my life. But Alan's quote has got me wondering if I enable some people and if I should be having MORE conversations...

1. **Feedforward - Helping People Move Forward...**

Feedforward is a **coaching process**. The name lets you know that it is **FORWARD looking,** unlike feedback - which is focusing on what someone’s done in the past. It's simple, powerful and really does help people move forward!  I recommend and[use this feedforward process](https://www.pricelessprofessional.com/support-files/feedforwardquestions.pdf) with leaders. I interviewed TPI Hospitality SVP Dennis Wallenta, a client, and asked about this process [in this podcast episode](https://www.pricelessprofessional.com/leadership-advice-podcast.html). Listen to learn about the difference feedforward  makes, why it works, how it helps and what can hinder feedforward success.

1. **Knowing When to Zip Your Lips**

A litmus test I use before I share ‘tough’ or direct advice with clients, friends or family: **“Is what I am about to share something I think will truly help?  Or is there something within me that wants to share because I think I will impress them or maybe I want to hurt them?”**  It helps me stay aware of my feeling-state and to test my intent. If I realize that in the moment I REALLY want to impress or hurt, I need to ZIP MY LIPS!

1. **Perfection - Learning That Less Is More**

*"Perfection is finally attained, not when there is no longer anything to add, but when there is no longer anything to take away,"*Antoine de Saint-Exupery, French writer, poet, aristocrat, journalist and pioneering aviator.

Perfection in any creation (design, a presentation, writing, art, etc.) is the **ability to strip away** the unnecessary so that the necessary is evidently clear. This takes expertise, focus and determination to make something complex, simple and clear. **Bottom line: Less is more AND a process that does not always come easy.**

1. **What Do You Know, Believe and Tell Yourself and Others?  It Matters!**

Don't miss the important message in this study... In [this study](https://www.ncbi.nlm.nih.gov/pubmed/17425538?_ke=eyJrbF9lbWFpbCI6ICJzdXppZUBwcmljZWxlc3Nwcm9mZXNzaW9uYWwuY29tIiwgImtsX2NvbXBhbnlfaWQiOiAibXk3NXk2In0%3D) researchers were studying **relationship between exercise, health and mind-set.** They studied 84 hotel maids 67% of whom told researchers that they “didn’t get any exercise” even though the researchers had determined that they were already meeting or exceeding the U.S. guidelines for exercise by just doing their work each day.

The maids were put into two groups. The **first group was told** that just by doing their job, they burned a lot of calories and got more than enough exercise. The **second group didn’t get any information** like this.

**A month later, researchers were astonished to find that the first group:**  
   **-** **Lost an average of two pounds**  
**- Lowered their percentage of body fat**  
**- Lowered their systolic blood pressure by an average of 10 points**

This happened WITHOUT doing additional exercise outside of work or changing their eating habits! The first group didn’t experience any of these positive changes.

What beliefs do you have?  Are they helping or hindering your progress in every area of your life?

1. **A Tool to Improve the Quality of Your Writing**

I like the [Hemmingway App for better writing](https://betterhumans.coach.me/will-this-tool-make-you-a-better-writer-4ce7d4e49dd3). It’s like an extra pair of eyes on your work. It improves the quality of your writing and will make you a better writer. (I need to use it more!)

1. **Focus, Prioritize and Reduce Complexity**

Top performers master selectivity and focus. They find and create the simplest solutions - fewest steps, meetings, metrics, goals - while retaining what is truly necessary to do a great job. **"As few as you can, as many as you must."**   Said in another way they reduce complexity and prioritize. (My [Daily List of Six Process](https://www.pricelessprofessional.com/motivation-in-the-workplace-home.html), my simple solution for getting out of overwhelm and getting things done, is one example. It helps me EVERY day!)

1. **Slow is Smooth and Smooth is Fast**

Take the Long View in ALL of your personal and professional decisions. A great example of taking the long view would be Petsmart's purchase of Chewy.com in 2017 for $3.5 BILLION, the largest eCommerce deal EVER.**Petsmart CEO shared that the short term view did not make sense, as Chewy was losing money and pundits said they'd NEVER be able to compete with Amazon.**   He knew though that Chewy had one of the STRONGEST customer retention rates he had ever seen and he believed the business provided something Petsmart needed.

HE TOOK THE LONG VIEW. Today - Chewy is worth $11 Billion and they are going public.  
I like understanding that  - Slow is Smooth and Smooth is Fast. And that means, taking the Long View!

1. **Dream A Little with WIBNI...?**

Wouldn’t It Be Nice If…  (my shorthand: WIBNI...?) is a writing and thinking 'prompt' that helps me think and write about the future. It moves me away from the way things are now, and helps me dream about what I want and where I want to go next.

A friend of mine recently confided in me that her husband ‘Jimmy’ doesn’t ever dream, think about or  talk about their future. She shared, "He's so busy, with his head down, working hard in his business and caring for our family, that he can't even think about the future... It's like he's stuck..."   So, while they 'stockpile' their savings for a future they never talk about, she’s afraid that when the future comes, he'll not have any idea what he wants.

When we were kids we day dreamed naturally. As adults daydreaming with your answers to the "Wouldn't it be nice if..." (WIBNI...?) writing prompt can be energizing and can help you look beyond today. Dream a little. Journal with this simple little tool.

1. **Why Strengths Matter**

I am thinking about the power of knowing and using your strengths today, as I prepare for a talk next week to a group of leaders. According to Gallup Research **3 out of 4 adults CANNOT** name their strengths and their not using them on the job every day. And THAT my friends explains why so many people are dis-engaged at work!  Check out why strengths matter with this [19 Reasons Why, article.](https://www.pricelessprofessional.com/if-you-wanna-be-happy.html)

1. **Focus on Taking the Small Steps That Double in Value Over Time**

If I offered you $3 million right now OR a penny a day that doubles in value for 31 days, which would you choose?  If you picked the penny - you will be very pleased with yourself. It's worth $10,737,418.24. The power in this example is remembering that small efforts add up. Success is about daily steps forward... **Remembering this settles overwhelm, impatience and is a call to focus in the moment on taking the steps that will double in value, over time.**

1. **Movement Forward Is The Way of Life...**

I have been thinking about this: **For every hello there is a goodbye, and for every goodbye there is a hello.** Realizing that change, loss, letting go, turning toward the new - is the FLOW of life, a continuous in and out. This thought helps me let go in love, to allow ease when change comes and to embrace the truth in movement forward.

1. **Focus on What You Love and What IS Good, Regardless...**

I've been thinking about this Proust quote, *"It is the imagination that is responsible for love, not the other person."* I can CHOOSE to focus on what's Lovable and Good about the people I live with and interact with, and if I do - I will  create the MOMENTUM of LOVE within, regardless of what they are or are not doing.

1. **"Hey Alexa..."**

Apple Podcasts announced that **we can now EASILY access podcasts on Alexa-enabled Amazon devices** in the United States. Making podcast listening while cooking, cleaning at home or in the office, even easier!

Try it with our podcast:*“Alexa, play*[*Wake Up Eager Workforce*](https://www.pricelessprofessional.com/wakeupeagerworkforce.html)*on Apple Podcasts”*  
Once in our podcast - use these directions:  *“Alexa, play the previous episode on Apple Podcasts”*  
OR *“Alexa, skip ahead 30 seconds”*

1. **Embracing Change**

I like to follow a process AND I like to change and mix things up, OFTEN. I am constantly changing based upon what I learn. So of course, you know I love this quote,**“Learn the rules like a pro, so you can break them like an artist.”** Pablo Picasso

1. **Review the Year in 30 Minutes, A Great Way to Reflect and Plan**

At the end of each year - take a few minutes to review the previous 12 months. Look through your calendar. Make a quick and simple list of how you spent your time (personally and professionally) and think about how you felt in those activities.

**What will you do more of, less of and exactly same next year?**  It takes about 30 minutes and can be summarized into a one page document.

I just did this, as I do every year. I find it funny that I 'forget' what I've accomplished, and it's great to review what I liked and what I disliked. In very short order **it clarifies my thinking and focus for the next year.** It helps me appreciate what I've accomplished and guides me to continually focus and choose what is the best use of my time.

# 41 Body Insights, Ideas and Tips

1. **Effective and Quick Fitness at Home**

I love using the [Peloton](https://www.onepeloton.com/) Spin bike in our home gym. I've been [Spinning](https://www.pricelessprofessional.com/best-spin-workout.html) for years, but just got the actual Peloton system as a gift from my husband for my birthday. It's a tough [HIIT](https://www.shape.com/fitness/workouts/8-benefits-high-intensity-interval-training-hiit)workout, that's fun, motivating and versatile. I highly recommend this tool for easy access, highly effective AND quick fitness!  (My Peloton 'handle' is: wakeupeager1 - if you're using Peloton too, say hello there, and maybe we can race each other!)

1. **Multi-tasking my Dog Walks**

I have a  home office and a six month old Tibetan Terrier puppy Oliver. (Watch a 30 second video of Oliver cuteness, [here](https://vimeo.com/394764568" \t "_blank)). Oliver NEEDS long daily walks before he will "let" me sit down to work!  I love walking and him, but it's been a challenge to do that AND workout AND do my work!   To increase efficiency and reduce the time pressure - I've been taking him and Walter (our two-year old shi-poo) on long walks using a [Weighted Walk Vest](https://www.amazon.com/dp/B07G4HQ6H6/ref=twister_B07HB844NN?_encoding=UTF8&psc=1)while listening to favorite work-related podcasts or books ([Audible](https://www.pricelessprofessional.com/audible.html)). They sniff, stroll and bark at everything, while I learn and track my steps for the day using the app [Pacer](https://www.mypacer.com/). (Where there's a will, there's a way!)

1. **Healthy Breakfast Options**

I've been eating the same breakfast for the past six months. It takes a few minutes to throw together, but it's worth it because it tastes great, it is FULL of nutrients and it keeps me satisfied for at least six hours. **I love the idea of "flooding my body with nutrition."**  
  
Here are the ingredients - most of the ingredients can be found at Whole Foods. Just throw it all together into a bowl and enjoy! [Coconut Kefir ;](https://www.ancientawakenings.net/WhereToFindUs.html)[Unsweetened Kite Hill Almond Yogurt - No sugar, no dairy – High protein;](http://www.kite-hill.com/our-food/yogurts/?gclid=EAIaIQobChMI5-mroJrc3AIVSo0bCh13oQGaEAAYASAAEgJO7PD_BwE#unsweetenedplain)[A scoop of Solutions4 Chocolate Nutritional Shake](https://www.solutions4.com/solutions4-nutritional-shakes/) ; I order this yummy nut butter from Amazon: [Zinke Almond Butter](https://www.amazon.com/Zinke-Orchards-Crunchy-Almond-Butter/dp/B00AJ58FQM/ref=sr_1_4_a_it?ie=UTF8&qid=1533688714&sr=8-4&keywords=zinke+orchards+almond+butter&dpID=51-Q%252BTIcNlL&preST=_SY300_QL70_&dpSrc=srch" \t "_blank); Organic Blueberries;  Chia Seeds;  Ground Flax Seed. *(For more 'flood your body with nutrition breakfast' ideas and info check out this*[*blog post series I did on breakfast*](https://www.pricelessprofessional.com/healthy-eating-facts.html)*, years ago.)*

1. **Sleep Aid I Am Trying**

I tend to wake up a lot when traveling in different time zones. I use [Sleep Mode](https://www.bulletproof.com/products/sleep-mode-60-count), a Bulletproof Product, to help me wind down and keep to my normal sleep pattern so I'm not tired or groggy. Here's what's in it:  Clinically-backed, optimal dose of bioidentical melatonin; L-Ornithine, an adaptogenic amino acid that acts on cortisol, your stress hormone; Brain Octane® oil as efficient fuel for cellular recovery during sleep.

1. **The Many Benefits of Fasting**

This week is my **quarterly week-long fast.** It's probably the 10th time I've fasted. I see it as a time to reset, realign and to give my body a rest. I actually look forward to it. The change in my eating routine helps ensure that past habits, like too much coffee, wine or processed foods, do not creep back in my daily life. And, there are so many benefits to fasting. ([Here are ten](https://www.lifehack.org/articles/lifestyle/10-benefits-of-fasting-that-will-surprise-you.html).) Before I had my first fasting experience, I didn't think I could do it. Listening on Audible to [The Complete Guide to Fasting](https://www.amazon.com/dp/B01MF8SC2X/ref=dp-kindle-redirect?_encoding=UTF8&btkr=1)and using the guidelines and supplements my [Wellness Coach](http://vivicarewellness.com/) provides, helps. It's surprisingly doable. I'm now a fan of fasting. Crazy how you can adjust, learn and benefit in so many ways by just being willing to try something new...

1. **Ode to Tea**

This week I have **kicked my coffee habit to the curb**with a new,  better habit: [Pique Teas](https://www.piquetea.com/). It's like no tea I've ever had! It tastes great and is high quality. There are no toxins, it has 12x the polyphenols (healthy stuff) of other teas (verified by 3rd party testing) and it comes in easy to use packets that are **tea crystals.** Pique explains that the caffeine in green tea is released in smaller does over 4 - 6 hours and does not lead to the spikes and crashes coffee's caffeine causes most of us, and that **coffee can become a fat inducing roller coaster (YIKES!)**because it causes cortisol (the stress hormone) to rise quickly. Check out this short PDF eBook for all kinds of interesting tidbits about tea: [Ode To Tea.](https://cdn.shopify.com/s/files/1/2135/4367/files/Ode_To_Tea_The_Ultimate_Guide_To_Tea_Health_Benefits.pdf?utm_campaign=Email%201%20-%20Thank%20you%20%28Q4Nc5E%29&utm_medium=email&utm_source=New%20Customer%20Thank%20You&5673560540816536142=&utm_content=ode_to_tea&_ke=eyJrbF9lbWFpbCI6ICJzdXppZUBwcmljZWxlc3Nwcm9mZXNzaW9uYWwuY29tIiwgImtsX2NvbXBhbnlfaWQiOiAiTXVHU3AzIn0%3D)Yes, I have finally kicked coffee to the curb, and I feel great!

1. **Look 30 Years Younger**

30 Years Younger: This Journal of Applied Psychology [study](https://www.physiology.org/doi/full/10.1152/japplphysiol.00174.2018) shared by [@chriskresser](https://twitter.com/@chriskresser) found that **regular exercise may keep your body 30 years younger.** The researchers found that people in their 70s who had exercised regularly for decades had muscles that were, in many ways, indistinguishable from people that were decades younger. Wow! That's enough incentive to get and keep moving, right?  I've been a long time fan of [Cathe.com](https://cathe.com/)home workouts. You could say I'm a 'Cath-lete'. Her [latest workouts](https://shop.cathe.com/LITE-s/179.htm) are - as always awesome. Working out at home with Cathe - works!

1. **Chocolate, Chocolate, Chocolate...**

I love [Hu Chocolate](https://hukitchen.com/collections/chocolate). It's 70% House Ground Dark Chocolate - Organic Cacao, Paleo, Vegan, Dairy-Free and **Yummy!  Small bites for a guilt free treat.** (NO Dairy,  NO GMOs, NO Emulsifiers, NO Soy Lecithin, NO Gluten, NO Refined Sugar, NO Cane Sugar, NO Sugar Alcohol)   
  
Here's what Hu Chocolate's shares on [their story and philosophy](https://hukitchen.com/pages/story) page:  *"The goal isn’t to just get by. The goal is to live actively, age gracefully, and flourish. We are inspired by quality food’s ability to heal versus poor quality food’s guarantee to hinder. We started Hu to help people get back to eating, living, and thriving like humans"* I say, AMEN to that AND to great tasting, healthy treats!! Whole Foods carries it. I ordered mine from [Thrive Market](https://thrivemarket.com/why-thrive), an online membership community that uses the power of direct buying to deliver the world’s best healthy food and natural products at wholesale prices.

1. **Toxins No More - A Great App**

My Dad's memory issues prompted me to tune into the work of Brain Specialist, Dr. Daniel Amen of [Amen Clinics,](https://www.amenclinics.com/about-us/)through several podcast interviews and his book: [Memory Rescue](https://www.amazon.com/Memory-Rescue-Supercharge-Reverse-Remember/dp/1496425618/ref=tmm_pap_swatch_0?_encoding=UTF8&qid=1552430397&sr=8-1). He's doing amazing work on health and improving brain function with his [Personal Brain Health Workout.](https://1440.org/blog/daniel-amens-personal-brain-health-workout/) One area that he discusses is how [toxins](https://www.amenclinics.com/blog/toxins-steal-your-mind/) "Steal your mind". He recommends using the [**Think Dirty App**](https://www.thinkdirtyapp.com/)to **scan personal products and eliminate as many toxins as possible** (parabens, phthalates, lead, aluminium, PEGS). One afternoon I walked around Whole Foods with this app and was amazed as I scanned 'healthy' deodorants, shampoo, soap and detergents. Not everything is as it is advertised! This app is one simple way to eliminate extra toxins by**managing what you put ON your body.**

1. **Perfect Solution for Nutrition When You Have a Hectic Schedule**

What's a nutritious, delicious, easy to make and easy to clean up meal?  [Green Smoothies!](https://www.pricelessprofessional.com/benefits-of-healthy-eating.html)**They are the perfect solution to a hectic schedule.** I discovered them back in 2010. Check out [my article](https://www.pricelessprofessional.com/benefits-of-healthy-eating.html) and get the one page ingredient guide. Smoothies are another easy way to FLOOD your body, mind and spirit with nutrition!  I made one this morning... Yummo!

1. **My Cabi Joy**

I was teased as a 3rd grader for not having 'the right' clothes. In college, as an Intern in Washington. DC for a Congressman, I didn't have the business attire that every one else had, and I looked out of place. While no one in the congressman's office said anything, and I was recognized for doing good work and had a great time, I noticed that I was out of step. Things like this stoked my desire to have clothes that look and feel great.  
  
Today as an adult I buy the clothes I want. **It brings me joy. I don't judge it. I just notice how good it feels to be able to wear things that help me look and feel my best.** 90% of my closet is from the[Cabi Clothing line with my personal stylist, Rhonda King Sprague](https://rhondakingsprague.cabionline.com/). She's fun and super helpful. My clothes match, are appropriate for each situation and I'm in style. That helps me feel at ease, comfortable and fully-present when I walk into any room, anywhere with no negative mind chatter. As Rhonda says, *"Life's too short to wear boring clothes!".*

1. **Easy Nutrition - Three Free...**

For health and energy, I am always looking for **tasty and quick ways to flood my body with nutrition**. In Body Tip No. 10 I shared that Green Smoothies were an easy and quick on-the-go option. **Here's another option that I've been using for a while:**[Daily Harvest](https://daily-harvest.com/r/RE-2VHHA3K). This delivery service offers delicious ready-to-blend smoothies, harvest bowls  and ready-to-heat soups for health nuts who don’t always have the time for meal prep. All-natural ingredients are picked at the peak of maturity to ensure maximum nutritional value, with no added sugar or preservatives. They share, *"We take care of food, so that food can take care of you, so that you can be at your best, always."* Sounds like Waking Up Eager to me! Try it with [this link and get three free cups](https://daily-harvest.com/r/RE-2VHHA3K). Plus, I get three free cups too!

1. **Okay, This Guy Is Funny!**

This video by Trey Kennedy is **super funny.** Its a **comedy routine about people who brag about their fitness and health routines online.**  I love to think about health and fitness, and it's a personal hobby. BUT - I don't ever want to be this guy. [You have to laugh when you watch this...](https://www.pricelessprofessional.com/just-for-fun-2.html#bragfitness)

1. **Handling Dog 'Business'**

I preface this Body (Extrinsic/Doing) tip with a reminder that this area includes ANYTHING related to - getting things done - that help me Wake Up Eager. Until today, I've shared health and fitness tips. Get ready for a tip around HANDLING DOG 'BUSINESS'!  I have three dogs. ([See them here](https://youtu.be/S-JagGIghmQ)).

These TOOLS make my 'work' as a dog mom - easier:  [The Best Doggy Poop Bags, EVER](https://www.amazon.com/gp/product/B00BSYR7K8/ref=ppx_yo_dt_b_asin_title_o08_s00?ie=UTF8&psc=1),  [Poop Bag Holder Hook](https://www.amazon.com/gp/product/B0797YJR3Q/ref=ppx_yo_dt_b_asin_title_o07_s00?ie=UTF8&psc=1) and this [Poop Bag Leash Attachment](https://www.amazon.com/gp/product/B01979RHTG/ref=ppx_yo_dt_b_asin_title_o07_s00?ie=UTF8&psc=1). The poop bags are AWESOME!  They have a nice scent and when you roll them out, the way they're printed, you can easily open the right end, quickly. This is ESSENTIAL when it's raining, dark or when I'm juggling three leashes!

**Other's agree. There are over 10,000 five star reviews about them, on Amazon!!** Who knew that dog business was such a pain point for so many people?!?!  I can honestly say that these "dog business" tools contribute to my Wake Up Eager days by making a hum drum, not very glorious, clean up 'job' - SUPER EASY.

1. **Two of My Favorite Writing Products**

I stock up on these two daily writing products:  
  
1) **I love**[this pen](https://www.amazon.com/gp/product/B00ADMT1HS/ref=ppx_yo_dt_b_search_asin_title?ie=UTF8&psc=1)**in black ink.** I've ordered many and I place one every area I write, work and think. It's smooth and water-based, which is good for us lefties as there's no smear on your hand.   
  
2) My favorite daily [List of Six](https://www.pricelessprofessional.com/motivation-in-the-workplace-home.html) notebook is this simple, inexpensive [Project Planner](https://www.amazon.com/gp/product/B0054QFOHE/ref=ppx_yo_dt_b_asin_title_o03_s00?ie=UTF8&psc=1). It's weird to say, but I AM LOST WITHOUT IT. I reference it at least ten times a day!  **It grounds me and keeps me on track.**  
  
On the weekend I think about the upcoming week by reviewing key appointments and listing my top priorities for that week. Then, every day I list the SIX THINGS I MUST AND WILL DO THAT DAY. All week I revisit my notes to see if I am on track, or if I need to either adjust a priority or adjust how I am CHOOSING to spend my time.  
  
**It's not that we need anything fancy to stay out of overwhelm and to ensure that we're moving forward, we just need to find tools and USE THEM to help CONSISTENTLY PRIORITIZE, THINK and PLAN.** These work for me.

1. **How to Cook the Perfect Steak**

We had a perfect steak dinner last night, and I cooked it! My attempts with steak used to be hit or miss until I found this recipe in the Wall Street Journal in 2007. The journalist visited one of the most renowned steakhouses in the country to learn how to make meat like a pro. The steps are easy and it works every time!

**Lessons From the Pros Master Recipe**  
**2 steaks:** cut strip steaks or rib-eyes about 1 1/2 inches thick, filet mignon, 2 1/2 inches;   
2 teaspoons **oil** and **Kosher salt**  
-Remove steaks from refrigerator **2 hours before** cooking time. Dry them with  
a paper towel. Preheat oven to **400 degrees**, with a rack set in the middle.  
-Heat a**heavy, cast-iron** skillet over medium-high heat, until a few drops of water  
sprinkled in the hot pan evaporate within 3 seconds. **Coat the bottom of the pan** with  
2 teaspoons of grapeseed or canola oil. (I use avocado oil.)  
-Liberally**salt** the steaks with kosher salt, about 3/4 teaspoon for each steak.   
-Place steaks in pan and **sear for 2 minutes on each side**, flipping only once with tongs.  
-Transfer the steaks, still in the pan, **to the oven** and roast for roughly**8 to 9 minutes**  
for 1 1/2-inch steaks to achieve medium-rare (an instant-read  
thermometer should register between 125 and 130 degrees).  
-Let the steaks**rest, under a tent of aluminium foil, for 5 minutes** before serving.  
PERFECT EVERY TIME!!

1. **The Best Getting Things Done Mantra and Mindset**

A favorite doing mindset mantra and attitude goal of mine is, **"I get things done immediately, thoroughly and cheerfully."**

Notice the three **different and equally important descriptors in this mantra**: immediate *(I don't procrastinate)*, thorough *(I don't rush and make mistakes)* and cheerful *(I feel happy in the doing*).

I can feel how well I'm doing AND I can actually MEASURE IT through the TriMetrixHD assessment, by looking at my clarity and emotional orientation score in one of the six key dimensions that we measure: **Practical Thinking** - Here's the definition of Practical Thinking: **The ability to anticipate potential opportunities and problems. Sound problem-solving abilities. A calm, cool approach to managing opportunities and problems. Good follow-through.**

One key trait of good practical thinkers is that they spend more time working diligently toward important goals than they do "putting out fires," which are urgent but potentially less important in the long run. For example 84% of a 30-person department had lower Practical Thinking scores. They were stressed, making mistakes, putting out fires and becoming disengaged. Knowing that the gap exists is the first step to making a change.

Here's a [little worksheet](https://www.pricelessprofessional.com/support-files/practical_thinking_improvement.pdf)with tips and ideas to**improve Practical Thinking scores.** *"I get things done immediately, thoroughly and cheerfully."*Yes, this IS possible.

1. **Whole Body Vibration**

**I have a Whole Body Vibration Plate in my office.**  I get on it when I want to think, need a break and before calls. There are a lot of [benefits.](https://blog.bulletproof.com/biohacking-fitness-upgrade-whole-body-vibration-training/?utm_source=salesforce&utm_medium=email&utm_campaign=newsletter050919&utm_content=vibe_education&GUIDWA=&%20ajs_trait_wc_user_id=&TSend=&) It can promote fat loss, it's energizing, balances hormones and increases flexibility and mobility. **I like mostly it because it feels good!** (To see what it looks like and hear about the research around it watch this [video](https://youtu.be/rch-RWwH_D8).)

1. **Cleaning House...**

With Intermittent Fasting (IF) - there's daily fasting AND feasting. The top three benefits for me have been:

1) more energy and mental clarity; 2) it gives my body the ability to naturally heal and re-balance (something called: [autophagy](https://en.wikipedia.org/wiki/Autophagy));  3) I get to enjoy a fantastic and satisfying meal every day, while staying lean and fit.

I like the freedom of it and all of the healing science around it. It feels easy, doable and very satisfying. *(While, I am always open to learning and making changes in my health regime I think this may become a way of life for me as it feels great. I'll keep you posted!)*

1. **The Best Wine!**

Speaking of Wine - [Dry Farm Wines](https://www.dryfarmwines.com/) is the ONLY wine I have at my house these days. These wines are curated from European Wine Regions and are FREE of: chemical additives, commercial yeast, sulphates, added sugar, pesticides, corn syrup, sterilizing agents and over 76 other additives that are generally used in US wines. (Have you ever seen a nutrition label on a wine bottle? Nope.)  These wines are: All Natural & Additive Free, Lab Tested For Purity, Sugar-Free & Low Alcohol.

Bottom-line: They just taste better and are better for your health. Love, love, love Dry Farm Wines! (Hear the Dry Farm CEO talk about wine and health, [here.](https://podcasts.apple.com/us/podcast/026-drinking-all-natural-low-sugar-alcohol-toxin-wines/id1228755008?i=1000393558924)

1. **Spices, Ahhh and Waking Up Eager**

I cook dinner every night, when I am home, so that my husband and I can eat together after we've both had full work days. While I don't love to cook, and the meals are usually pretty simple, it is a commitment that I've made to us.

Recently I cleaned out my spice drawer - a BIG drawer full of LONG outdated and MUCH under used spices of all sorts of varieties, gathered over the years. I ordered all new spices in smaller sizes and organic through [Thrive Market.](https://thrivemarket.com/search/results?filter%5Bsearch%5D=spices)

**A simple task that ensures fresher spices, better meals and an ahhhh feel-good-feeling every time I open that drawer!**  A Wake Up Eager Life and Day is made up of many ahhh-moments. My cleaned spice drawer is now part of that!

1. **Grooving with Red Light Therapy from Joovv**

I am trying out Red Light and Near Infrared Light Therapy with my [new Joovv Mini device](https://joovv.com/pages/if-podcast). I learned about the health benefits of Red Light Therapy, through one of my favorite health podcasts: [The IF Podcast](https://ifpodcast.com/intermittent-fasting/). The benefits of short doses of the right kind of light are many - better sleep, improved mood, skin tightening and fat loss. There are NUMEROUS research studies to back these claims. I'm using my Joovv for 15+ minutes every morning and night. It feels good, and I'm sure it's helping with my 'glowing skin and age gracefully' plan!

1. **Go Faster Please!  A Time 'Hack'**

I love to create [my own podcast](https://itunes.apple.com/us/podcast/the-wake-up-eager-workforce-podcast/id965957578?mt=2&ls=1) and I love listening to other podcasts!  One **simple little time 'hack' is to listen to podcasts at a faster speed.** Simply click in the settings of the app of the podcast you are listening to, and change the speed. I usually go to 1.25 or 1.50. Try it!

1. **The Journalist in Me, Loves This...**

One of my top interests is learning new things and is a characteristic that  many Journalists have. I am curious and intrigued by mysteries. The journalist in me has thoroughly enjoying listening to this podcast, [Live and Die In LA.](https://livediela.com/)

1. **If You're Not Waking Up Eager and Rested, THIS is a MUST Listen...**

If you're not waking up eager and feeling rested every day - than this is a [must listen biohacking podcast](https://melanieavalon.com/sleep/) started by one of my favorite biohacking/health and fitness podcasters/authors - @melanieavalon. She interviews Dr Kirk Parsley a former Navy SEAL, has helped SEALs get more sleep and is a sleep expert. Top two general takeaways: 1) Getting enough sleep should be a top priority, and 2) How to set things up so that you do!  Great info....

1. **Add THIS to Your Estate Planning To Do List!**

I thought this news clip - [What Happens to Your Digital Life After You're Gone?](https://www.nbcnews.com/nightly-news/video/what-happens-to-our-digital-life-after-we-re-gone-61594693629) was interesting. We ALL have a Digital Life and if we're not considering that when we're writing up our wills and managing our estates - we should be. A good reminder that we also need to add plans for accessing and managing our Digital Life to our Estate Planning To Do List!

1. **20 Natural Remedies for Colds and Flu**

[Chris Kresser](https://chriskresser.com/podcasts/) is reinventing healthcare with functional medicine through his books, podcast and in the training of more functional health care providers. He provides **evidence-based advice** and has an awesome newsletter that I always read. **Cold and flu season** seems to kick in for so many with back to school and the change of weather. I like his [20 natural remedies for cold and flu](https://chriskresser.com/the-top-20-natural-remedies-for-cold-and-flu/?utm_term=top-20-remedies&utm_medium=email&utm_campaign=ck-consumer&utm_source=klaviyo&utm_content=&_ke=eyJrbF9lbWFpbCI6ICJzdXppZUBwcmljZWxlc3Nwcm9mZXNzaW9uYWwuY29tIiwgImtsX2NvbXBhbnlfaWQiOiAibXk3NXk2In0%3D) article.

1. **Nifty Little Tool**

I like these [colorful silicone magnetic twist ties](https://www.amazon.com/gp/product/B07P1XS4PX/ref=ppx_yo_dt_b_asin_title_o05_s00?ie=UTF8&psc=1" \t "_blank) for bundling cables and more. I am using them in my office, kitchen, briefcase, garage and more. A nifty little tool!

1. **Feeling Relief and Finding More Time and Efficiency**

I have so many Apps on my iPhone and iPad that I didn't even know what I had!  It felt messy and inefficient. During down time in between meetings I organized my apps into folders. I immediately felt relief and more ease. I also found more time and efficiency. A good article on this: [Here's 7 Creative Ways to Organize Your Mobile Apps.](https://mashable.com/article/mobile-apps-organize/)

1. **Lack of Sleep Has a Catastrophic Effect on Our Health**

You're not getting enough sleep and it's killing you. At TED 2019, neuroscientist Matthew Walker argued that sleep deprivation is having a catastrophic effect on our health and safety—[here are all the ways.](https://www.wired.com/story/youre-not-getting-enough-sleep-and-its-killing-you/?curator=MediaREDEF)

1. **Sugar Sabotages My Goals**

I grew up eating cake for breakfast. (My mom LOVES everything sweet!) As an adult though I've realized that sugar and me -**we do not pair well together!** Simply put - the short time "high" of the sweet treat SABOTAGES my long term goals of: clear mindedness, balanced and strong energy levels and a youthful appearance, even as I age.

I noticed once again how sugar is not something that works for me, when on vacation I had dessert every night. While we were having fun, the backlash I felt upon returning home was: my skin tone was less than dewy,  I felt sluggish and I did not sleep as well. Lesson learned, once again!  This is a good article with good tips to help: [11 Reasons Why Sugar Is Bad For You.](https://www.healthline.com/nutrition/too-much-sugar#section2)

1. **Those "granny" Blue Blockers Glasses Are Actually Hip AND Helpful**

I recently purchased these [Clip On Day and Night Blue Blocker Glasses.](https://www.amazon.com/gp/product/B07N98MG54/ref=ppx_yo_dt_b_asin_title_o06_s02?ie=UTF8&psc=1) (Also known as sleep glasses.) Leading edge fitness researchers share that our biological clockwork (circadian biology) gets disrupted due to UNDER EXPOSURE to natural light (hello, cubicle) and OVER EXPOSURE to blue light by way of our computers and mobile devices. This can cause stress to our body, eye strain and a disrupted sleep cycle. That's where blue blockers come in. The tint of their amber lenses are **designed specifically to block light on the blue portion of the spectrum before it can reach your retinas,** thus lessening the effects it can have on melatonin production. I might look like a nerd, but I'm sleeping better!

1. **Five Months of IF - Super Easy...**

As of the time of writing, I have been doing DAILY INTERMITTENT FASTING for **five months**. It's surprised me how easy it is, how good and lean I feel and all of the related - feel good benefits.

Here's an AWESOME overview of [everything you ever wanted to know about Intermittent Fasting](https://bodyketosis.com/intermittent-fasting/). *(I receive a lot of emails from people asking me if their articles can be shared here. I chose to share this one from Alex at bodyketosis.com because it is truly a comprehensive high-value read on Intermittent Fasting. Enjoy!)*

1. **How We Create Our Own Stress - The Planning Fallacy**

The **Planning Fallacy** is a little known concept, and a strong tendency to chronically underestimate task completion. The planning fallacy --- Roger Buehler, a psychology professor estimates that **people on average underestimate task-completion time by as much as 40%.** His studies have found that this applies to the same issues for matters as small as mailing a letter and as critical as income taxes. I do this ALL the time. At least I am aware of it and sometimes I actually manage this tendency. I share some of the tips in this podcast episode:  [How to Get Out of Overwhelm.](https://www.pricelessprofessional.com/how-to-get-out-of-overwhelm.html)

1. **What Are My Top Strengths?**

Your strengths are MORE than your experience and education, they also include your interests and top personal traits. Here are a couple of actions you can take right to know what YOUR TOP STRENGTHS ARE:

1. **Answer these 'What's My Why' Questions..**. *”While working at (my company) I want to gain…”  “I am a (Job Title) because I most want…”   “I work at (my company) because…”*Hint, hint - what you most want - relates to your top strengths.
2. **Review past assessment results and feedback from others.** What did the assessment share about your top strengths?  What have people ALWAYS said about you and how you shine?  We often take our strengths for granted, this time don't do that. Make a list. Own it. Consciously use them. (Review the Wake Up Eager Formula and lots of tips, [here](https://www.pricelessprofessional.com/motivation-in-the-workplace-directory.html).)
3. **Great Drive Time Podcast...**

I was driving for six hours recently and found that this podcast, [How I Built This](https://www.npr.org/podcasts/510313/how-i-built-this) with NPR's Guy Raz. passed the time in an enjoyable and informative way:  Raz captures the stories of entrepreneurs.

So far I've listened to the founders of products I'm a fan of - **Peloton** (my spin bike), the **Larabar** (a yummy natural on-the-go bar), **Crate and Barrel** (I've shopped there for furniture and dishes),**Gimlet Media** (a podcast development company recently bought by Spotify for $200 million) and **Headspace** (a meditation app).

1. **Helping Me Make Sure My iPhone Helps and Does Not Hinder...**

I have been working my way through this  AMAZING how-to article: [How to Configure Your iPhone to Work for You, Not Against You](https://medium.com/better-humans/how-to-set-up-your-iphone-for-productivity-focus-and-your-own-longevity-bb27a68cc3d8) The Very, Very Complete Guide to Productivity, Focus, and Your Own Longevity by @tonystubblebine. It is helping me be more productive and less distracted.

1. **What, You're in Hawaii on the Beach?**

I love online conference call, meeting and virtual training software Zoom. I have been playing with their [Virtual Background option](https://support.zoom.us/hc/en-us/articles/210707503-Virtual-Background?mobile_site=true) that allows you to display an image as your background during a Zoom Meeting. I use this [green screen that fits on my chair from Amazon](https://www.amazon.com/gp/product/B06Y2G2YP5/ref=ppx_yo_dt_b_asin_title_o02_s00?ie=UTF8&psc=1), the shopping mecca in the sky! I have a home office and I like the idea of having a more professional background behind me. Zoom makes this SO simple. Very cool.

1. **Find a New Podcast to Listen To**

I not only enjoy creating my podcast, I enjoy learning and being entertained by other podcasts while driving, walking the dogs and doing errands around the house. Here's a [list of the most listened to Podcasts in 2019](https://www.podcastinsights.com/top-us-podcasts/).

1. **Baby It's Cold Outside and THIS Is Soothing**

It's cold here and my neck is tight from computer work and just being busy. A friend gave me this [Lavender Scented Microwavable Heating Pad for Neck and Shoulders](https://www.amazon.com/Carex-Lavender-Therapy-Stress-Relief/dp/B07VWC7878/ref=sr_1_16?crid=2NQVDHB518ZA3&keywords=microwave+lavender+neck+body+wrap+reusable+scented&qid=1576623973&sprefix=scented+body+wrap%2Caps%2C369&sr=8-16) at a girls Christmas dinner get-together. I've given something like this as gifts in the past - but have never used one. I have it on my shoulders right now as I type. Simple, warming and comforting. Ahhh...

1. **Not Trying to Be Everything to Everyone - But This Helps Me**

[Prep-dish](https://prepdish.com/) has me covered with healthy simple recipes for meals that are easy to prepare and something my husband will eat! (He's picky.)  I keep looking for tools to make dinner time easy - and so far, I keep coming back to Prep Dish. I'm thrilled that I have Christmas Meal Plan - and I didn't have to do a thing, other than pull up their shopping list and recipes.

I don't have time to track down  recipes or to spend much time cooking, and they've done all the planning work for me. I can't be all things to everyone - so, for now, my days of poring over cookbooks are over - BUT I CAN create great meals simply. Sweet relief.

# 41 Spirit Insights, Ideas and Tips

1. **Daily Tune in Time**

I try to spend at least 15 - 30 minutes every day 'being' quiet. (When I get off track I can feel the difference in my stress!) Sometimes I write lists of [appreciation](https://www.pricelessprofessional.com/self-motivation-tips-appreciation.html), [meditate](http://www.abraham-hickslawofattraction.com/getting-into-the-vortex-guided-meditations-and-user-guide.html) or just turn off all noise (phone, social media, music, t.v. etc.) and breathe. It's amazing how simple it is, the difference it makes in how I feel and how hard it can be sometimes to actually slow down to do it!  I'm recommitting to this practice, once again...

1. **Learning to Listen - An Art Reminder**

[The Listener](https://www.christcenteredmall.com/stores/art/christensen/zooms/the_listener_zoom.jpg), a painting signed by James C. Christensen that I recently purchased and hung in my office is inspiring me. The image is staying with me and reminding me to listen, connect and tune in first, before taking action. This quote goes with the painting as a wonderful reminder of how and who I want to be, *"There are two types of people - those who wait to talk and those who listen."* -Anon.

1. **A Heartfelt Call to Live a Good Life**

The [lyrics in the song - My Life](https://www.pricelessprofessional.com/inspiration-pictures-videos.html#mylife) by songwriter Pam Rose is inspiring me today. It's a heartfelt call to use all of your talents, love and life so that you can say at the end, "I lived my life, I did something good with it." There's nothing sadder to me than wasted talent and regret...

1. **Watched This Movie on the Plane - Lovely...**

I don't have children and I almost never watch 'kids' movies, but one of my mentors shared that she enjoyed the [Christopher Robin movie.](https://www.youtube.com/watch?time_continue=76&v=bkWQ2I8hH1s) I watched it on the plane ride to Vail. It's sweet and touching. Pooh is a great example of being present, non-judgmental and kind, and is quite the philosopher!  One of my favorite Pooh quotes:*"I always get to where I'm going by walking away from where I've been."*

1. **We All Have a Negative Bias**

We just returned from Vail, Colorado and like every other trip my husband and I take, as we were flying home we recapped everything we did that was fun, enjoyable and satisfying. It's a way we **savor and appreciate** all that went well. I like to do this at the end of most days, too - recalling  **my ten favorite things about the day**. It's interesting how quickly I can 'forget' all of the things that go my way, every day. There's a scientific reason to consider taking time to appreciate, and that is that our brains have a strong bias towards negativity, which psychologists appropriately call the [negativity bias](https://intentioninspired.com/positivity-bias-to-end-negative-thoughts/). Positive thinking is a skill that can (and needs to) be cultivated. I like knowing about the science, but mostly though, I just like recalling what went well because it just feels good!  

1. **Art in my Office with a Great Daily Reminder**

**"The Best Way to Get Approval Is to Not Need It."**   I have [Gaping Void's Art](https://www.gapingvoidart.com/gallery/approval/) of this quote framed and hanging in my office so that I see it every time I walk in. It reminds me to align with my knowing of my intrinsic worth and value, before I take any action. It reminds me to believe in myself and to step back and realign, ANY TIME I start to whine or feel needy.

1. **Two Things to Do When Under Stress**

Two Things When Under Stress: If I start to feel stressed I do two things, after I've pouted for a bit, 1) I stop and prioritize everything going on around me, because not everything is equally important at once and I need to remind myself of that; and 2) **I figure out what kind of support will help me feel better and to think more clearly.** This week - the extra support**I allowed for myself**  included - finding more dog walkers ([WAG app](https://wagwalking.com/)) to give me more time to work on a special project. I also tried [SHIPT](https://www.shipt.com/) - a grocery shopping and delivery service. Thumbs up to both! I will use again, and ahhhhhh - I feel supported...

1. **Mature Content Podcast - Worth Listening To**

I found:  [Where Should We Begin? with Esther Perel](https://www.amazon.com/esther-perel-audible/s?k=esther+perel+audible) on Audible and listened to it when I was in for a long ride by myself. It's fascinating to listen in on couples counseling with a famous therapist. It's raw, intimate and profound. (Warning: this is mature content.) While different from coaching, I noticed that she includes coaching in her therapy sessions. (Coaching mostly helps others look ahead and move forward, while Therapy often helps people unravel, understand and heal the past, so that they can move forward.) Esther Perel is amazing. These couples are brave. I was wide awake for my entire drive!  Good stuff...

1. **Your Life is a Sacred Journey**

I've carried this lovely statement, in a framed poster, to every office I've had since 1992. It will stay with me until I leave this earth. It inspires me, every time I read it. It FEELS RIGHT TO ME to look at life this way. I thought you might like it too: ***"Your life is a sacred journey.*** *And it is about change, growth, discovery, movement, transformation,****continuously expanding your vision of what is possible,****stretching your soul, learning to see clearly and deeply, listening to your intuition, taking courageous risks. embracing challenges at every step along the way.****You are on the path exactly where you are meant to be right now.****And from here, you can go forward, sharing your life story into a magnificent tale of triumph. of healing, of courage, beauty, wisdom, power, dignity & love."* By: Caroline Joy Adams  (Every day IS a new day, let's begin again, now!)

1. **Letting People In**

If you're feeling out of time, pressed and stressed here are two questions for you: 1) **Are you willing to allow more support into your life?** 2) **Are you willing to let other people into your world to help?**  
  
If so, here are **ideas of help and support** that I've used over the years without guilt: house cleaners, dog walkers, business mastermind phone calls, shopping services ([Instacart](https://inst.cr/t/ahvA1ivw1" \t "_blank), [Shipt](https://www.shipt.com/" \t "_blank), Amazon), wellness coach, business coach experts on specific topics, therapist, massage therapists, reconnecting with high school girlfriends for annual getaway trips, annual birthday dinners with 'soul sisters', virtual assistants, yard helpers, dog groomers, task helpers at [Fiverr.com](https://www.fiverr.com/) and clothing stylists. It's funny, once you DECIDE TO ALLOW more support and to let people in - there are options for help and support EVERYWHERE. But - first, we have to LET IT IN. I can and do get caught in stressed and pressed days, because life is just happening all around me. I also try to catch myself and choose every day to set things up so that I let in the support I need. I want less feelings of stressed and pressed, and more feelings of ease and happiness.

1. **I'm Happy With Who I Am, And...**

In our [TriMetrix Assessment](https://www.pricelessprofessional.com/support-files/tri_hd_coaching_sample.pdf" \t "_blank)one of the areas that we measure, that impacts performance at work and personal fulfilment, is SENSE OF SELF. It measures how clearly you're VALUING and treasuring YOU.

**It's an indication of how much you do or don't give yourself a break.**

**The ideal is to see your value, to know your worthiness and to ALSO be open to learning and growing.** If your Sense of Self is lower it can impact your ability to: handle stress, manage your time and take accountability for mistakes. It can also impact whether you are defensive or open to other's ideas and feedback. It's important to advocate for your goodness and value as much (maybe more) as you advocate for others. Here's a Sense of Self mantra, ***"I'm happy with who I am and I give myself the benefit of the doubt. I'm also eager to learn and grow, and motivated to improve. I want to use ALL of my potential."***

1. **Get Clear with Appreciation**

**The power of appreciation...** Don't know what to do? At a loss about anything?  Make a list of appreciation about everyone one and everything in your life, and watch what changes. Observe the clarity, insight, answers and energy that flows through you and to you! **The more I do steps 1 through 7, below - the more I get to live step 8!**Let this be your mantra...

1. Appreciation before me,
2. Appreciation behind me,
3. Appreciation to the left of me,
4. Appreciation to the right of me,
5. Appreciation above me,
6. Appreciation below me,
7. Appreciation within me,
8. **Appreciation ALL around me!**
9. **Connection Is More Important Than Busy**

Due to my naturally urgent nature - I can OVER FOCUS on getting things done quickly. I tend to be a  'busy' person.

This quote reminds me to [get in the flow](https://www.pricelessprofessional.com/how-athletes-get-in-the-zone.html) before taking action:***"When we get too caught up in the busyness of the world, we lose connection with one another - and ourselves.”***― Jack Kornfield

My remedy?  Take 15 minutes a day for [Tune in Time](https://www.pricelessprofessional.com/stress-management-activities.html) every day, and sometimes several times a day. Connection trumps precision. Alignment first, action next.

1. **Must Read Book**

[The War of Art](https://www.amazon.com/War-Art-Steven-Pressfield-ebook/dp/B007A4SDCG/ref=sr_1_3?keywords=the+War+of+art&qid=1555526077&s=gateway&sr=8-3) by Steven Pressfield is a**must-read** (or listen to on [Audible](https://www.pricelessprofessional.com/audible.html)) for anyone who wants to create anything - art, a business or  a great life. I've listened to it three different times and will do it again, soon, as I clear my thinking for writing the next book. He explains internal resistance and how to beat it. It is empowering and enlightening.

1. **Warren Buffet is Not "Busy"**

*"Busy is the new stupid."*  Here's a [short video clip](https://youtu.be/x11nJjR26cg) (1:30) of a conversation with Bill Gates and Warren Buffett around being deliberate about how you spend your time, and that sitting and thinking could be a better use of your time. **Take at least 15 minutes today to reflect, write and think. (15 minutes = 1% of your day.)**

1. **Write Your Way to Clarity and Direction**

*"Journaling, I believe, is a practice that teaches us better than any other the elusive****art of solitude****— how to****be present****with our own selves, bear witness to our experience, and****fully inhabit our inner lives****."* Maria Popova, [Brain Pickings](https://www.brainpickings.org/2014/09/04/famous-writers-on-keeping-a-diary/?mc_cid=c29a566d34&mc_eid=4b3f442e32)

I agree with Maria's statement about taking time every day to reflect and think. I almost never re-read or keep my journals. (I've been writing in them since college.)  For me the gift is the in-the-moment reflection, quiet time and appreciation. **The result for me, every time, is clarity and direction.**

1. **Advocate for YOU Today**

**This Wake Up Eager Facebook Post was liked and shared a lot:** (Go over to our [Facebook Page](http://www.facebook.com/wakeupeager), like it and get these Tips and other notes every week!)

ADVOCATE for yourself today. APPRECIATE you today. Relish in your awareness of your talents, your wisdom, that you care and that you are doing the best you know how to do, right now.

CONTRARY to popular belief, believing in your value and worth does NOT make you arrogant.  
It helps you be RESILIENT, AVAILABLE TO OTHERS AND OF GREATER SERVICE TO THE WORLD.  
Say it with me now, "I AM AMAZING!" - then go be, do and have all that makes your heart sing...

1. **What Do You See?**

We did a [Team Building Tune Up](https://www.pricelessprofessional.com/team-building-workshops.html) program last year - to help a team build bridges of trust and communication so that they become a truly **cohesive and effective team**. The goal was not only to improve self awareness, but to help them discover each other's point of view, strengths and to embrace - their blind spots.

We used our science in the Talent Insights Assessment, to provide a framework for MORE understanding and appreciation of their differences, and to REDUCE JUDGMENT and FRUSTRATION. (No matter how much we talk about diversity it is a human bias to want others to think and do things the way WE DO THEM!)  If we want TRUE connection and appreciation, we HAVE to learn to VALUE and APPRECIATE our differences.

When we live work and play with others -**"It's not what you look at, it's what you see."**  Do you see their strengths and value - EVEN when they are very different from you?  (THAT's LOVE and truly embracing diversity!)

1. **Doing More of What Puts Gas in my Tank**

The Intrinsic part of these Tips covers both feelings and connection with others. And over my 45 days of IF last year I felt great. My mind is clear and my energy stable and strong. Many days I am feeling a powerful sense of peace and ease, within.

In addition, since I love to learn (my top [motivator/interest/put gas in my tank](https://www.pricelessprofessional.com/intrinsic-motivation-values.html) focus is: Theoretical/Knowledge)  it's been super fun to not only learn while listening to the two ladies on the Intermittent Fasting Podcast, I've enjoyed connecting with others who also love to learn. These ladies both have active Facebook Pages that are fun to follow, create a sense of community around IF and further cement the knowledge and this new habit.

1. **Finding Acceptance for Ourselves and Others**

I recently heard an emergency room doctor share that when people come back from death they all say something similar, **"I felt love. I felt accepted. I didn't want to come back."**  The word acceptance stood out to me and touched me.

Since then I've heightened my attention around**how accepting** I am. I'm noticing when I mentally judge or critique someone, and then try to shift toward more appreciation and enjoyment around who they are, to focus more on acceptance.

The value of Intrinsic, based upon the Science of Axiology/Acumen (one of the sciences in our [TriMetrix Assessment)](https://www.pricelessprofessional.com/understanding-trimetrix.html" \t "_blank) is infinite and is the richest of all values. It represents love, appreciation, understanding and ACCEPTANCE of others AND ourselves. The founder of this science, Robert S. Hartman, was a colleague of Abraham Maslow, and was also focused on self-actualization. He discovered this science that help is  measure and consciously move towards self-actualization.

One key variable to becoming all that we can be (self-actualization) is to INCREASE our INTRINSIC valuing (ACCEPTANCE) of ourselves and others. **We receive this at the end of life - why not do more of it for ourselves and others in the here and now?**

1. **No Regrets**

Aunt RaeAnn - my favorite Aunt came to visit. Over all of my teenage and adult years I worked to stay in touch, though we lived in different states and had different schedules.

During our visit - I shared funny and happy stories around the things we use to do together. It was awesome to share and for her to remember some of them - as she is losing her memory, and sometimes forgets who she is and where she is.

**While it's hard to see her in and out mentally, it is glorious to recall and relive all of the joy and laughter we have had together.**  Sometimes she would not remember the story, but she did FEEL the good vibes, and smiled. That was wonderful.

I've definitely not been a perfect family member, a lot of the time, for everyone in my family. But I am so glad that, for the most part, over the years I've taken the time to be with the people who cared for me the most and I've made sure they knew how much they matter to me.

I plan to have no regrets, no loving words unsaid to 'my people' - as time and life marches on.

1. **Not Guru Approved - But Working for Me...**

I need, and suggest for everyone, a minimum of 15 minutes of daily quiet time to reflect, reconnect and align. Taking this time to slow down actually helps me go faster.

So, in true Suzie-fashion I've been doing my [Tune In Time\*](https://www.pricelessprofessional.com/stress-management-activities.html) while sitting in front of my [Joovv](https://joovv.com/pages/if-podcast" \t "_blank). I don't think that most meditation gurus would approve of my multi-tasking approach, but combining both activities works for me!   While I respect other's wisdom,  I am valuing my own Guidance and Knowing around what's best for me - so I'm going with it!

\*Tune In Time is taking a minimum of 15 minutes a day to write, meditate and reflect. The power is that it is doable, 15 minutes is equal to less than 1% of the time in your day AND it adds up to 72 hours of reflection time a year. (Get tips and ideas around implementing the Tune In Time Practice into your life, [here.](https://www.pricelessprofessional.com/stress-management-activities.html))

1. **Finding My Traffic Zen**

When in Atlanta traffic I often turn off the radio and play this chant:  [Om Namah Shiyva.](https://music.apple.com/au/album/om-namaha-shivaya/1045914928) I find the music soothing and the act of chanting as an awesome way to calm my thoughts, raise my energy and feel clarity and ease. (Namah Shivaya means "O salutations to the auspicious one!" which is preceded by the devotional syllable "Om". This chant represents each of the five elements: earth, water, fire, air and sky.)

1. **My Alignment Is The Answer...**

I had this thought the other day after meditating, ***"When I look for my alignment, I always find it."***To me alignment is when there is no distance between my thoughts and my actions. The difference in my energy, mindset and patience with myself and others, when I feel aligned from when I don't, is astounding!  This has me pondering this quote by French mathematician, physicist, inventor, writer Blaise Pascal, ***“All of humanity's problems stem from man's inability to sit quietly in a room alone.”***

1. **The Four Statements That Lead to Wisdom from Chief Inspector Gamache**

Chief Inspector Gamache, a character in a [mystery book series by Louise Penny](http://www.gamacheseries.com/) that I love, shares with the people who work with him that these are the four statements that lead to wisdom - he's so wise and humble!

1. I was wrong.
2. I'm sorry.
3. I don't know.
4. I need help.
5. **What If He Were Right?!**

I am back to this quote again. What if this French mathematician, physicist, inventor and writer Blaise Pascal in the 1660's was right:     *“All of humanity's problems stem from man's inability to sit quietly in a room alone.”*  
  
The **more I see the results**of my getting into mental and emotional alignment and clarity BEFORE I take action  - which I often "find" when I*"sit quietly in a room alone"*  - the**more I see the TRUTH** in Pascal's quote. (Daily [Tune In Time](https://www.pricelessprofessional.com/stress-management-activities.html), matters...)

1. **Letting Love In**

This powerful quote captures what it takes to BALANCE OUT and focus MORE on the INTRINSIC (being with people) as opposed to focusing most of your attention on the Extrinsic (doing, proving) and Systemic (thinking, what's right? what's wrong?) – Something [Robert S. Hartman](https://www.hartmaninstitute.org/) advocated:  **“Your task is not to seek for love, but merely to seek and find all the barriers within yourself that you have built against it.”** Helen Schucman

1. **Google - Highest Performing Skills are Intrinsic**

Here are the TOP SEVEN SKILLS of Google's**highest performing employees**, after reviewing 15 years of [hiring and performance data](https://www.washingtonpost.com/news/answer-sheet/wp/2017/12/20/the-surprising-thing-google-learned-about-its-employees-and-what-it-means-for-todays-students/?noredirect=on&utm_term=.f32a803b7):  **being a good coach, communicating and listening well, possessing insights into others, having empathy, being supportive, and making connections across complex ideas**. Before you ever got to any STEM skills, these others were all more valuable to their success.

1. **Let the Light of Wisdom and Empowerment Flow Through Me**

This is what I intend before all interactions with others, *"When the time comes, and all eyes and ears turn my way, I will leverage my strengths, manage my blind spots, and deeply and deliberately I will be prepared, present and tuned in. I will ask helpful questions and share meaningful insight to help those who want to move forward, do so. Let the Light of Wisdom and Empowerment flow through me."*(From [PPD's Core Values](https://www.pricelessprofessional.com/core-values.html))

1. **Own Your Happiness!**

It is **NOT selfish to own and prioritize your happiness** and feelings of well-being and to spend time doing what is best for you. If you are not able to find your own stability and balance, how are you going to help other people?  (You can't give what you don't have...)

1. **Go or Don't Go, BUT DO Line Up With Your Decision**

I saw this on Facebook recently and liked it, **"If it requires fake smiling, I'm not going."**

To me it ties to No. 30 - Spirit/Intrinsic Idea - to own our own happiness. And that means - line up with what you decide, so that you feel better about it. **Find a way to want to be there**. (NOT be there and then complain, sulk and be mad.)

And, if you can't find a way to feel better about going, don't.

(Ideas for lining up if you feel you must go: appreciation, intention, not complaining to others that you 'have' to go, look for the good, get rest before you go, pre-pave and plan actions that make it better...)

1. **Help Them Get to Where THEY Want to Go (A Great Teacher...)**

This ‘A Great Teacher’ statement is in my Daily List of Six Calendar and I've read it every week for years. It's who I want to be and the kind of teachers I allow to mentor and support me. **In my opinion it applies to how to 'show up in service and love' in ALL of our relationships - personal and professional.**

“A GREAT TEACHER. A great teacher is a fabulous student. A great teacher is someone who understands where you are and understands where you want to go and **helps you build bridges** to get you there. A great teacher is always **looking toward** where she knows you want to go, and never looking back at where you’ve been. A great Teacher **never asks** you to justify why you are where you are but instead **looks optimistically** with you where you are going. A great Teacher loves where she is… but **doesn’t demand** you be in the same place. A great Teacher **honors where you are** and **encourages movemen**t from where you are to what you want to be, and leaves where she is and where she wants to be, out of the student’s equation.” ---From Abraham-Hicks Publications

1. **Five Causes of Low Self Esteem**

At the 43rd [Hartman Institute](https://www.hartmaninstitute.org/) Conference, held this week, Dave Blanchard of the Og Mandino Group, shared the**five causes for a low Self Esteem:**

 1) Unmet Expectations  
 2) Comparison   
 3) Trauma  
 4) Secrets  
 5) Seeing All of Your Value Through What You Do and Have

The good news - these are all things that we can all work on, heal, grow and evolve through!  I liked the list, as it felt true to me. Growing a stronger sense of self, knowing your value as a human being, is related to greater health, resiliency, happiness and performance.

1. **Let It Go, Let It Go, Let It Go**

**"The root of all suffering is attachment."  Buddha.**  To me, this**does NOT mean** not wanting things to be a certain way or abstaining from wealth and progress. I believe it **MEANS being ATTACHED** to what we want in such a strong way that we are inflexible, needy, sad, disturbed and/or angry when we can't "make it happen." Attachment in that way - IS suffering.

**In my view, we were made to evolve, grow, create and expand.** And, we cannot want too much. But we can get ATTACHED to the things we want, if we hold on to them for our identity. If we do that we might make THINGS more important than our love and compassion for ourselves and others. (Think of the [monkey trap](https://twobrainbusiness.com/the-monkey-trap/)...)  Now, THAT is suffering. The key is - want and let go.

1. **Even a Few Seconds or Minutes, Makes a Difference!**

I am reminded, once again, about the power of taking time every day to reflect, align and get ready for my day by just 15 minutes of breathing deeply and trying to quiet my mind. Sometimes my mind doesn't settle and calm until 13 minutes in of my breathing... But EVERY time I do this, even for just a little bit - I FEEL CALM, I FEEL ALIGNED and the rest of my day is BETTER. There is power in an uncluttered mind and spirit.

1. **91.5 Hours of True Power with Daily Tune In Time**

I am someone who naturally wants to avoid quiet time, and yet I believe I am the type of personality who benefits from it the most!  **There is such value in calming, lining up your 'internals' before taking action**. It always amazes me how just 15 minutes of Tune In Time, settles me, clarifies my next steps and makes for an 'in the flow' great feeling day!  15 minutes is 1% of the day. Done daily - it is equal to 91.5 hours in a year!

1. **It's Healing to Embrace Grief - Let the Tears Flow...**

As I write this, it's been one month since my 16 year old doggie pal, Oscar passed away. We've cried and laughed, as we remember his special personality and all the fun we had. It's felt good to cry fully, not hold back. It's refreshing to know that you've loved and been loved. It's healing to let the tears flow, it seems like I am blessing and honoring the past. I can cry AND still look ahead to the joy of the future. **“I will not say: do not weep; for not all tears are an evil.”** J.R.R. Tolkien, The Return of the King

1. **No One Is Broken, They Do Not Need to Be Fixed**

I believe this, and I only like to work with trainers, coaches and consultants who also believe this: **No one is broken, we are ALL evolving.** When helping another in ANY capacity, turn your attention to where they want to go - NOT where they've been and NOT with a thought of trying to fix them.

1. **Peace = Seeking to Change Self, NOT Others**

Oh boy, is this true: ***“To a disciple who was forever complaining about others, the Master said, ‘If it is peace you want, seek to change yourself, not other people. It is easier to protect your feet with slippers than to carpet the whole of the earth. "*** Anthony de Mello

It is SO freeing to give up trying to change others, it's really NOT our work. Love them, and turn ALL of your change efforts on yourself. I know for myself, THAT THAT will keep me busy for - oh, I don't know - THE REST OF MY LIFE!!

1. **Give the Gift of Appreciation - It Means More Than You Think!**

In this British Psychological Society’s Research Digest article: [“Underestimating The Power of Gratitude — Recipients of Thank-You Letters Are More Touched Than We Expect”](https://digest.bps.org.uk/2018/07/18/underestimating-the-power-of-gratitude-recipients-of-thank-you-letters-are-more-touched-than-we-expect/) researchers show the effect of sending letters of thanks and appreciation.

**Participants were asked to** **write a letter of thanks via email to someone who had touched their life in a meaningful way, including expressing what the person had done and how it had affected their life.** Then they were asked to make various predictions about how the recipient would feel and perceive their message.

Message recipients were contacted to find out how they actually felt and what they actually thought. The writers CONSISTENTLY UNDERESTIMATED how positive the recipients felt about receiving the letters and how surprised they were by the content.

**Bottom Line:  Your words of appreciation are REALLY appreciated; it makes a difference and matter**s. Who can you express your appreciation for today and every day?

1. **Okay, This Is Embarrassing to Admit, But - I Want To...**

Here's a great question to consider and write about, after you've reflected on how you've spent your time this year: **What's something you want in your life (work or personal) that you are almost afraid or even embarrassed to say out loud?**  During your [Tune In Time](https://www.pricelessprofessional.com/stress-management-activities.html) this week by using this writing prompt, “Wouldn’t it be nice if…” (See Mind Tip #14, page 14.)  Here's my answer to that question: I want to be an influential thought leader with books and podcasts that many enjoy and are inspired by.

# About Suzie Price



Suzie Price is a results-oriented Professional Facilitator, Consultant and Author with over 25 years’ experience in business and management. Her company is Priceless Professional Development.

She specializes in helping Senior Leaders build an energetic, committed and drama-free workforce, helping them reduce turnover and increase productivity.

Before Suzie started PPD in 2004 she was in operations and human resource roles with great companies like: NCR, State Farm Insurance, Oracle Corporation and Right Management Consulting. She graduated from the University of South Carolina.

Suzie is a life-long learner. Some of her professional certifications include:

* Certified Executive Presence Index Survey Practitioner
* Certified Axiological Practitioner
* Certified Professional Facilitator
* Certified Professional Behavior Analyst
* Certified Professional Motivators Analyst
* Certified TriMetrixHD Analyst
* Certified Customer Oriented Selling Instructor

She produces the Wake Up Eager Workforce Podcast and has written two books: 120 Stress Management Strategies and Daily Tips for Professionals and How to Hire Superior Performers: 70 Best Practices, Strategies and Tips for Interviewers. She provides ongoing inspiration and success strategies for leaders and business owners.

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