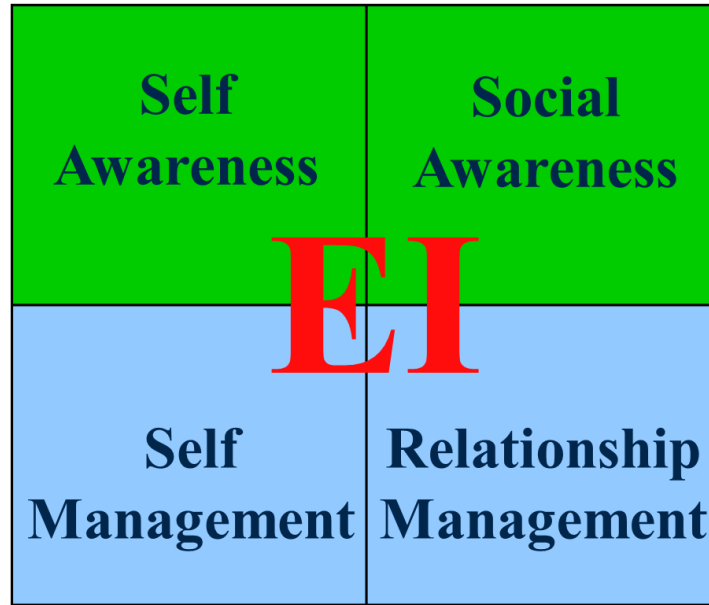


Recipes

Jalapeño



Give yourself a score in each quadrant. 0 to 10. 10 is consistently world-class.

Watch your Language! (words & thoughts) Our language often communicates that we do NOT have the ability to influence our emotions – that we’ve abdicated that ability to someone or something else – that the bottom of the grid doesn’t even exist. Monitor language. Catch yourself saying or thinking phrases that give the “jalapeño” away. “That makes me feel...” & “This project is killing me”= giving away the jalapeño! Sometimes this is obvious, but often it is not. For example, you may say, “I don’t know what to do.” If you add the word “yet” to the end, doesn’t it changes your thinking & emotions significantly? Compare saying, “I can’t figure this out” with “I haven’t figured it out, yet.”

When and how do you give the jalapeño away? How will you improve at monitoring and changing your language?

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In which scenarios are you most likely to give away the jalapeño? With which people? Around which conversations/topics? How can you interrupt your thought/speech pattern? What might you think/say instead?

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Enlist help! Do you have a friend who can partner with you on this? Ask that person to help you watch your language. Discuss it regularly. Try to be brutally honest and ask them to hold you to it!

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The *Iceberg*... and the *Horse*



Emotions are contagious. Are yours worth catching? Reflect on recent interactions with contagious emotions. Before which interactions should you remind yourself that “Emotions are Contagious”?

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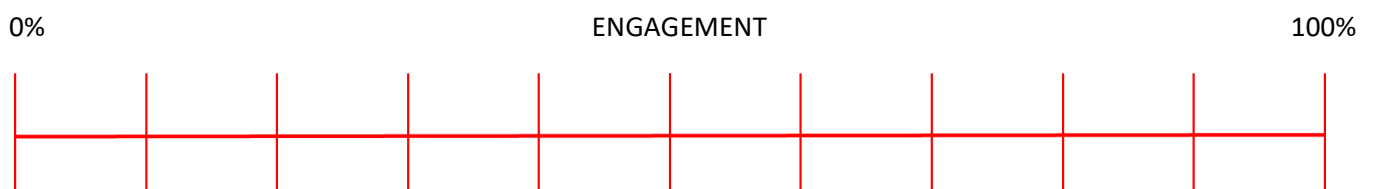
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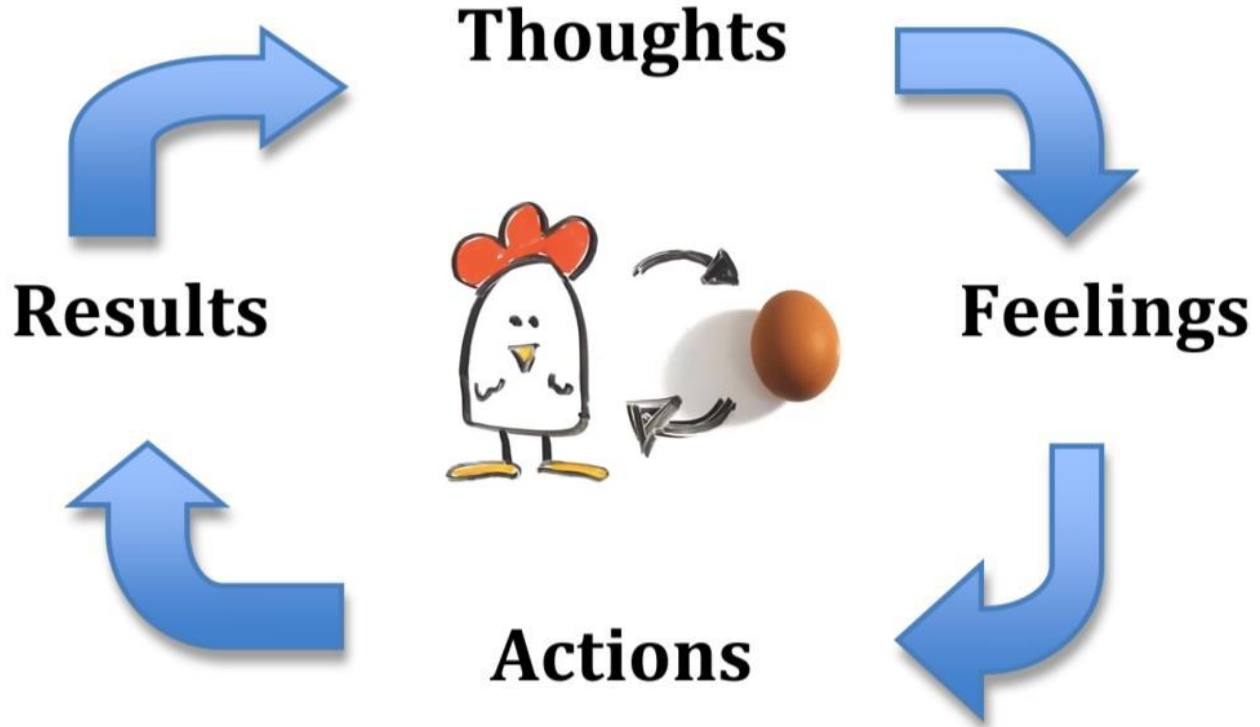
Yesterday, today, and tomorrow: Good habits are hard to form but easy to live with. Bad habits are easy to form but hard to live with. List a few emotional habits that might be worth changing.

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Observe yourself over a period of time (an hour each day?). Track your emotional state. Just look at your personal “engagement”. Make a few notes. Where do you spend time? Why? What ingredients go in the recipe?





We have a much greater ability to influence the other three points on the TFAR Cycle, especially Thoughts and Actions. Commit to a practicing shifting your confidence along this scale. Start with Thoughts and Actions.



Notice which ingredients have the most impact on you. Which thoughts?

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Which actions?

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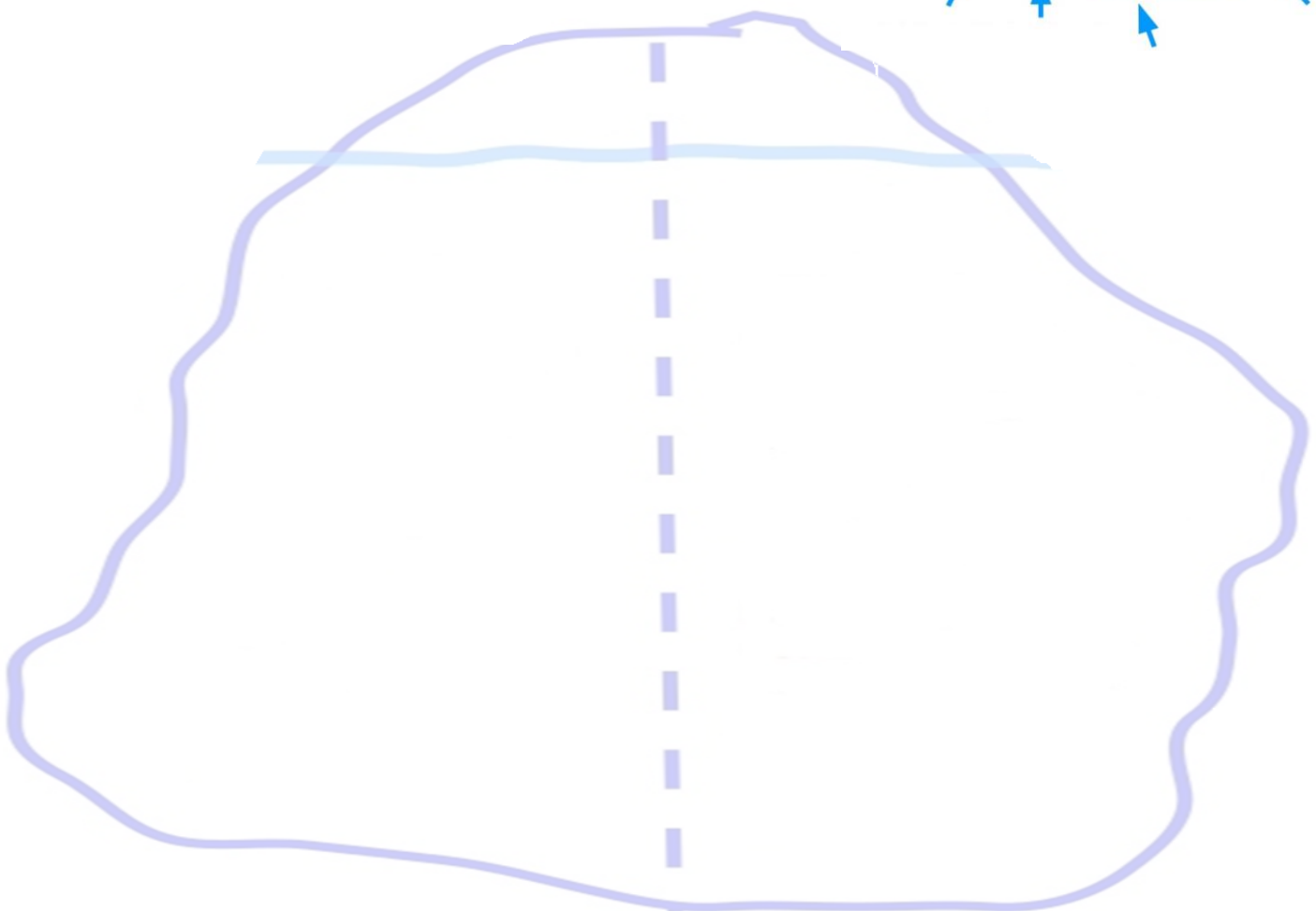
What does your “training” routine look like? How could you make it more fun, consistent, and effective?

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Emotional Contracts: Unwritten and unspoken agreements still carry a tremendous emotional weight. This could be in the form of “I do ____: You do ____.” A few examples include marriage, parenting, friendship, co-worker relationships, in-laws, and business agreements. For example, as a parent, I expect to do ____, while I expect my kids to do _____. At work, I expect to contribute ____, while I expect my peers to contribute ____ or I expect my employer to give me _____. How often do you expect to see your friends? How quickly should they respond to your calls/texts? What is your preferred ratio of talking / listening? Map out at least one of your unwritten agreements. Highlight expectations that seem to cause a lot of trouble!



Where do YOU go from here? Most of life's game-changers are simple things that we actually put into practice. What strategy, routine, habit, or approach will be your game-changer?

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