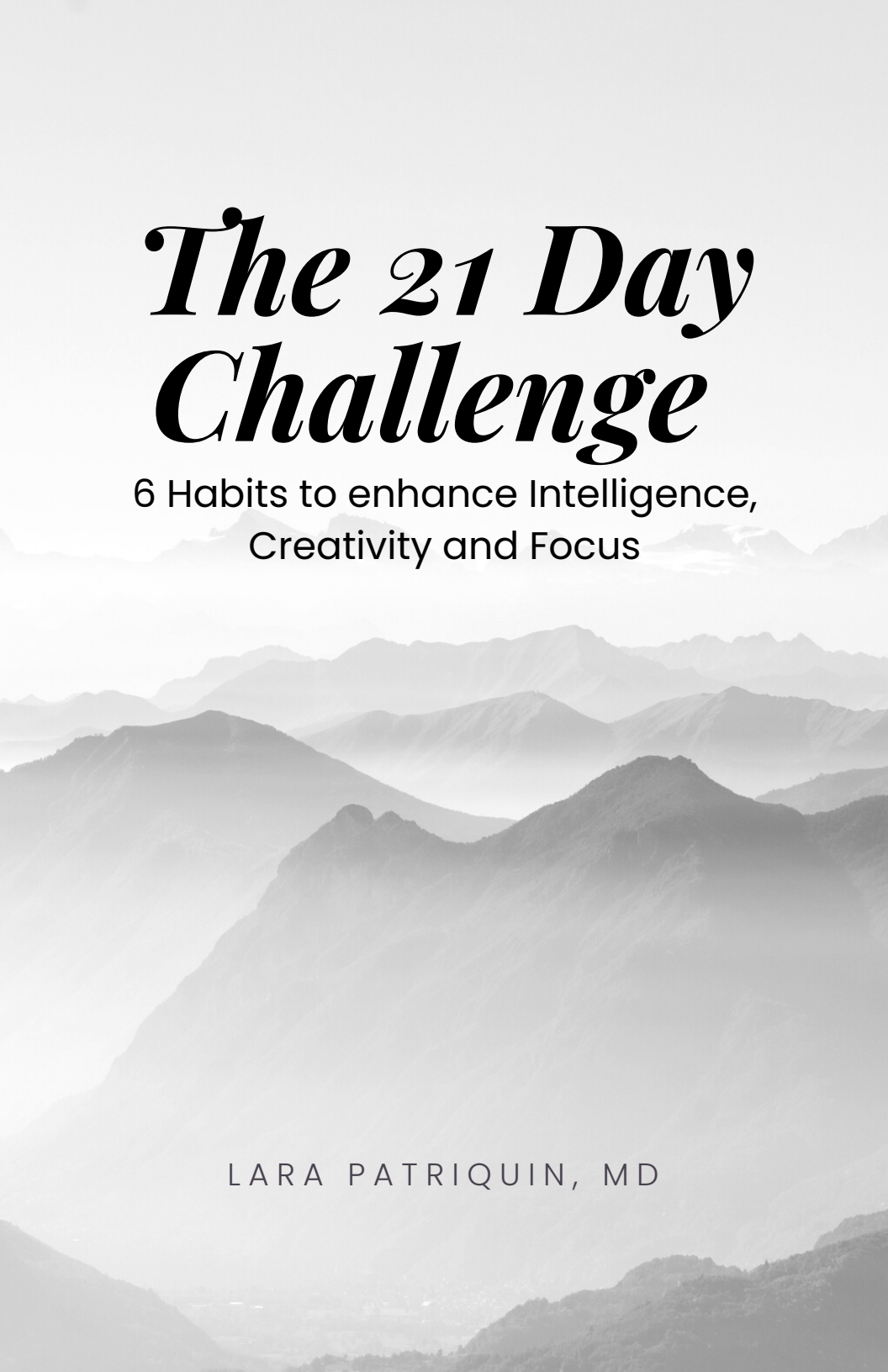
The 21 Day Challenge

6 Habits to enhance Intelligence, Creativity and Focus



LARA PATRIQUIN, MD

The pressures of our busy times can make us feel stressed and out of control. We often find ourselves in fluctuating moods and inconsistent productivity despite a genuine desire to succeed and be happy.

How can we gain greater control over our mindset?

FOR MORE INFORMATION AND RESOURCES PLEASE VISIT THINKING2POINT0.COM

We are what we repeatedly do... therefore excellence is not an act, but a habit.
~ Will Durant

The 21-day challenge asserts that short daily habits can impact the quality of our minds: thriving individuals have consistent habits that bolster their success.

Each practice of the challenge boosts our neurochemistry, causing a "hit" of beneficial hormones that shift our mindset from self-absorption to generosity, scarcity to abundance, and fear to love. Practiced over time, they hardwire positive neural pathways, creating a healthier brain.

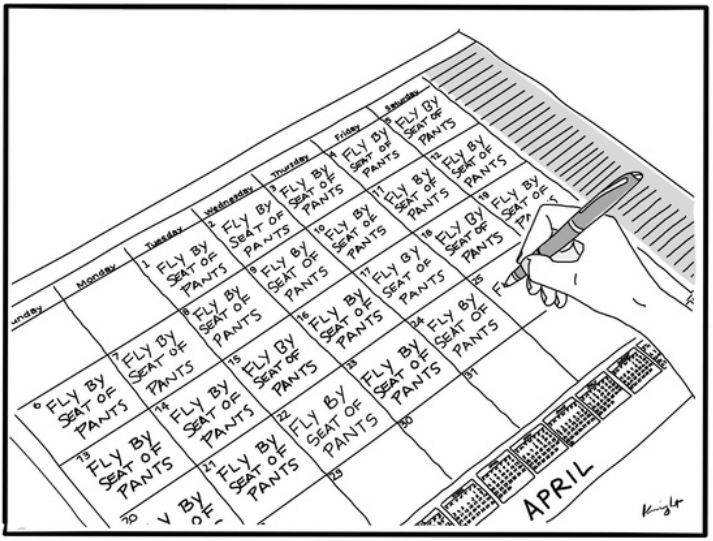
In my experience, a clear, compassionate, and creative mind is not just possible: it is our birthright. Finding joy, humor, and love in life is what we were meant to do.

I would love to go further into this exploration with you and hold you accountable for your well-being.

Please reach out for a free coaching session.
larapatriquin@gmail.com or (505) 269-4097

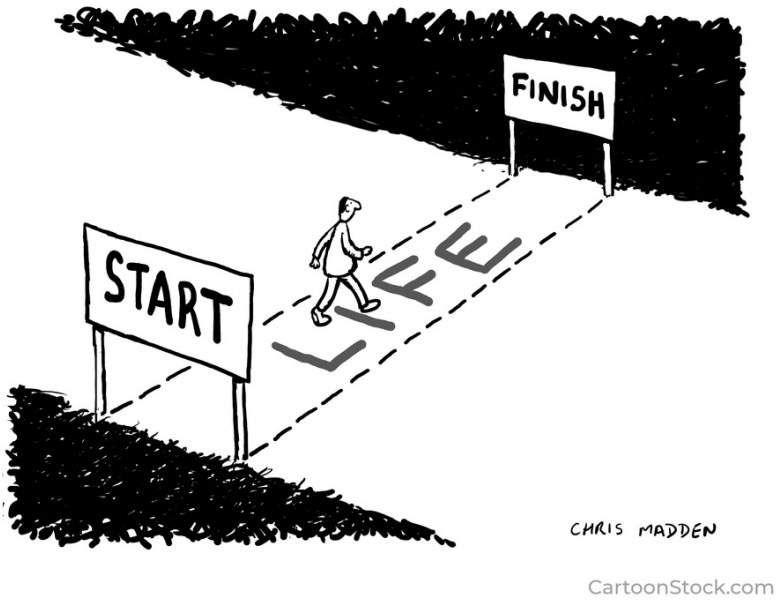
Lara Patriquin, MD

THINKING 2.0
EMOTIONAL INTELLIGENCE
AT WORK



COULD IT BE TIME TO BE MORE INTENTIONAL ABOUT HOW WE SHOW UP?

PLEASE USE THIS QR CODE TO ACCESS THE 21 DAY CHALLENGE INSTRUCTIONS



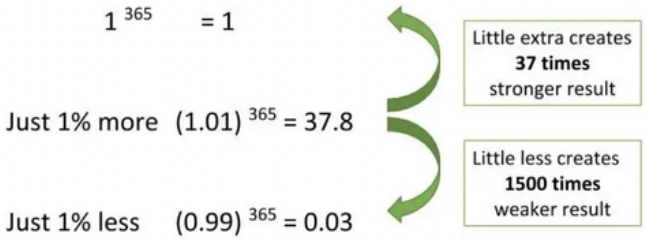
KNOWING LIFE IS SHORT, ENJOY IT DAY AFTER DAY, MOMENT AFTER MOMENT.
SUZUKI ROSHI

BETTER MINDSET, BETTER RESULTS

Our minds are the operating systems of our lives.
Like any computer, we benefit from regular maintenance and frequent upgrades.
We rarely get intentional about our internal systems and leave our happiness and sense of meaning to chance.

The 21 day challenge shows us that just a few moments of preparing our minds for our lives can yield great dividends.

The 1% Principle...

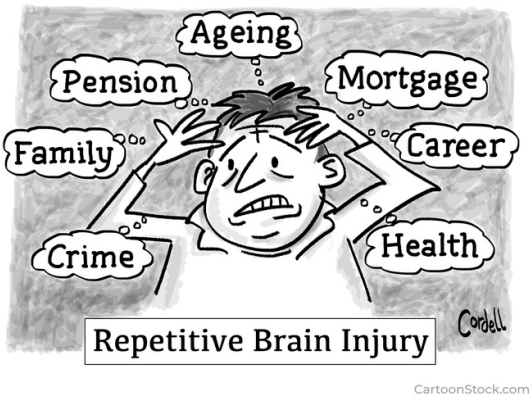


Just like money accumulating compounding interest, the benefits of our daily practice increase our mental well-being exponentially over time.

Warren Buffet still invests in the market at age 91; we are never too old to start investing in our well-being. Unlike the stock market, the benefits are reliable and quick.

Even a small daily effort adds up fast!

NOT ALL THOUGHTS ARE CREATED EQUALLY



If there is a take-home point from the 21-day challenge, it is that "**not all thoughts are not created equally**."

Monkey mind thinking is the highly repetitive, annoying roommate in our heads constantly complaining about things, worrying about what could go wrong, and undermining our self-confidence with rude and demanding thoughts such as "you aren't good enough."

These thought patterns keep us up at night, give us ulcers and other stress-related illnesses and make us dislike our jobs, and bring drama into our relationships.

They are reactive, rarely helpful, and cause significant anxiety. They are mechanical in nature, not fresh or insightful. When we say "same s$%^, different day", we aren't referring to our circumstances but to our highly predictable, patterned, and mechanical thinking patterns.

MONKEY MIND THOUGHTS AREN'T THE SOURCE OF OUR GENIUS AND GET IN THE WAY OF A HAPPY AND SUCCESSFUL LIFE.

The Mountain Mind

We know we are in the mountain mind when we experience the many "C" and "P" qualities of a mind operating from the **true Self** and not from the highly conceptualized and reactive monkey mind.

Unlike monkey mind thoughts, mountain mind thoughts aren't stressful, even if they are sometimes audacious, and lead us to do courageous things. They are also more "action" oriented, where you notice yourself calling a client, writing a new business plan or reaching out to a friend.

"P" qualities
Presence
Persistence
Perspective
Playfulness
Patience

"C" qualities
Compassion
Curiosity
Clarity
Creativity
Calm
Confidence
Courage
Connectedness

THE MIND IS A TERRIFIC TOOL BUT A TERRIBLE MASTER

The right and left halves of the brain see the world very differently.

These differences became a subject of scientific study starting in the 1970s when epileptic patients underwent an operation to cut the fibers connecting the two sides. These "split-brain" patients were literally left with two operating systems in their heads, one of which was dominating at any moment. The patients were able to function pretty well, but it was clear that each side of the brain had its own personality and preferences. Ask them what they thought of the current president and they might give one thumb up and the other down, depending on which side of the brain was being used.

Since then, research has painted a picture of two distinct ways of operating in the world.

The right brain sees the world holistically, relying intensely on imagination and creativity. It has a big-picture feel and is not great with details. It feels love and rapture, and is likely at play when we undergo highly "spiritual moments". It is a parallel processor so it can handle multiple seemingly opposite views, such as "I love my teenager with all my heart, and he drives totally crazy".

Multiple Intelligences Personality Quiz

THE MIND IS A TERRIFIC TOOL BUT A TERRIBLE MASTER

The left brain, on the other hand, is highly rational, and detail-oriented. It is a serial processor, so can only handle one reality at a time. It is the storehouse of knowledge and informational learning. It is highly verbal and never at a loss for words.

Clearly, the left brain's practical abilities are key to our survival. The simple act of walking to the kitchen to make a cup of coffee depends on the left brain. I am grateful to my well-developed left brain that measures, compares, and describes my patient's CAT scans.

We also very much need the wider lens of the right brain. If we are myopically involved with our daily tasks, we can't see the bigger picture of our lives, we can't live with purpose, which is a right brain function.

If I try to navigate a fight with my husband by measuring, comparing, and describing him, our marriage is bound for trouble! Healthy human relationships rely heavily on the right brain to find the functions of empathy, connection, and love.

A truly prosperous life involves the rewards of both the right and left brains: it is not a question of valuing one over the other.

It is rather a question of which part rules our life.

This entertaining in and insightful video by one of the masters of this field, Iain McGilchrist, is very helpful in our understanding.

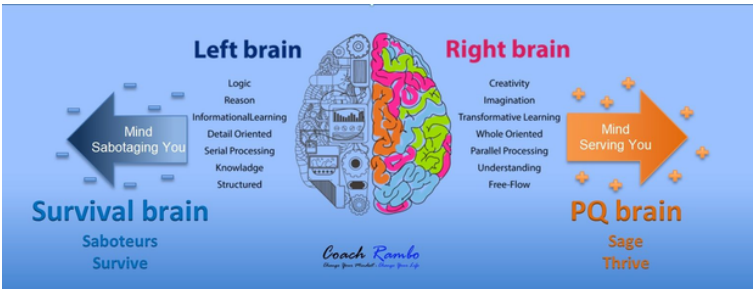
Not all Thoughts are Created Equally

Monkey Mind
90% of your thoughts: psychological self-defense. Reactive, mechanical, uncreative, and stressful.

Left Brain-Primitive brain dominant

Anger, shame, guilt, regret, blame

Prezi



Diagrams from "Positive Intelligence", a training program to improve mountain mind qualities, highly recommended! More info here.

Not all Thoughts are Created Equally

Mountain Mind
10% of your thoughts are high quality.
Not stressful
Helpful
Right Brain dominant
Curiosity, empathy, joy, creativity

	SURVIVOR BRAIN	PQ BRAIN
ANATOMY	Brainstem, Limbic System, Left Brain	Middle Prefrontal Cortex, Empathy Circuitry *, Right Brain
FOCUS	Survive	Thrive
VOICE	Saboteurs	Sage
EMOTIONS	Anxiety, Anger, Disappointment, Shame, Guilt, Regret, Blame	Curiosity, Compassion, Joy, Creativity, Peace, Calm Resolve

* Empathy Circuitry consists of the Mirror Neuron System, the ACC and Insula Cortex of the MPFC.

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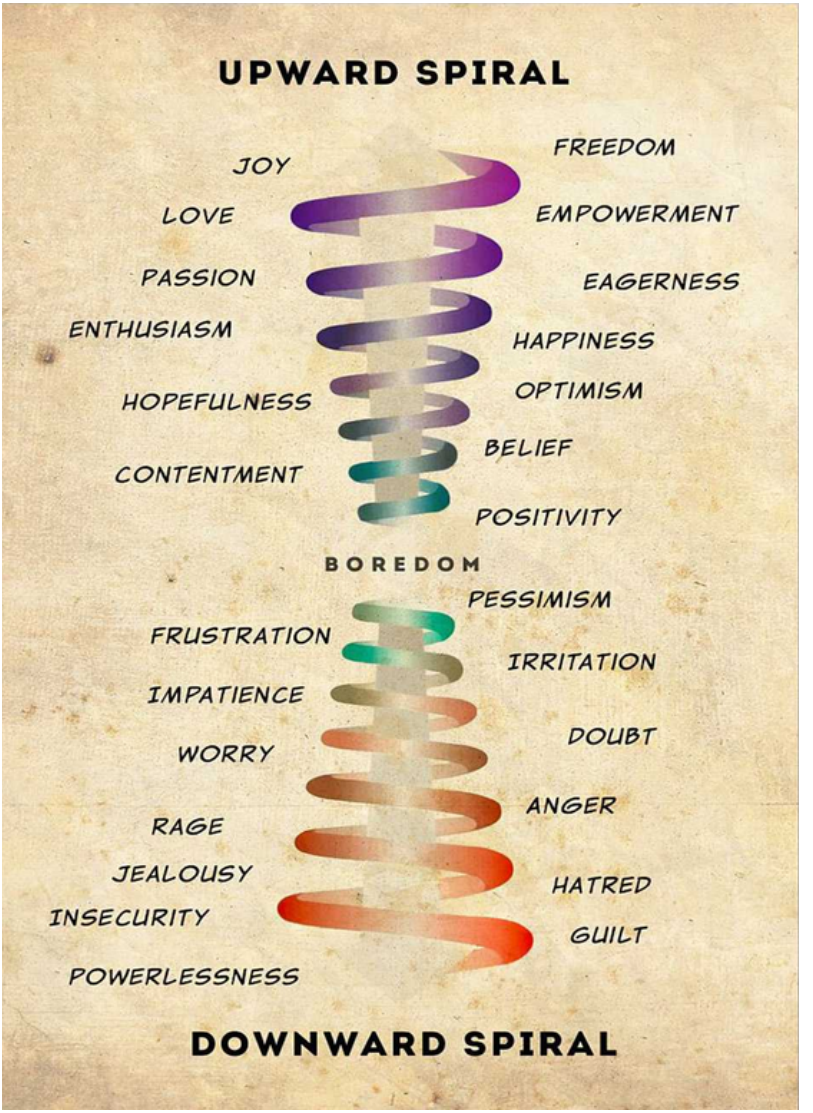
THE MAP OF CONCIOUSNESS BY DAVID HAWKINS

	Name of Level	Energetic "Frequency"	Associated Emotional State	View of Life
MOUNTAIN MIND	Enlightenment	700–1000	Ineffable	Is
	Peace	600	Bliss	Perfect
	Joy	540	Serenity	Complete
	Love	500	Reverence	Benign
	Reason	400	Understanding	Meaningful
	Acceptance	350	Forgiveness	Harmonious
	Willingness	310	Optimism	Hopeful
	Neutrality	250	Trust	Satisfactory
*	Courage	200	Affirmation	Feasible
MONKEY MIND	Pride	175	Scorn	Demanding
	Anger	150	Hate	Antagonistic
	Desire	125	Craving	Disappointing
	Fear	100	Anxiety	Frightening
	Grief	75	Regret	Tragic
	Apathy	50	Despair	Hopeless
	Guilt	30	Blame	Evil
	Shame	20	Humiliation	Miserable

*Notice the role of **courage** in the rise out of the monkey mind.

Courage is not the absence of fear but the triumph over it. The brave man isn't he who does not feel afraid but he who conquers that fear.
- Nelson Mandela



Mountain Mind is the mindset in an upward spiral.
Monkey Mind is the mindset in a downward spiral.

Why are we stressed out?

For most "working people", stress exists because we process our emotions as if they were threats. It is an evolutionary glitch.

For most of our existence on this planet, our fight or flight systems have alerted us to external threats and changed our physiology so that we might fight, flee, flee, or fawn (FFFF) our way to safety. This has kept us alive for centuries.

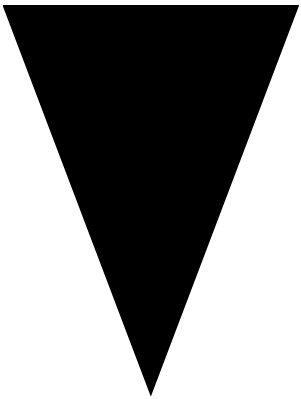
The frontal lobes of our brains have evolved dramatically and now we don't just perceive external threats, but we can also *imagine* them. **Our FFFF systems haven't gotten the same upgrade**: they don't know the difference between reality and imagination. In addition, our FFFF gets triggered not just by imagined scenarios but by our feelings about these scenarios. We imagine a scenario, an emotion arises, and we feel triggered by the emotion. We go into FFFF, our primitive brain takes over, and we lose access to our higher cortical functions such as reason, wisdom, compassion, and wisdom. We get caught in a negative stress spiral, we lose the emotional intelligence we actually need to help ourselves out.

Stress management is about learning to relax in the face of strong emotions, to allow them to be sorted out by the most sophisticated parts of our brains and not by our lizard brains!

Notes

ENERGY DRAINS

SHORT TERM EFFECTS

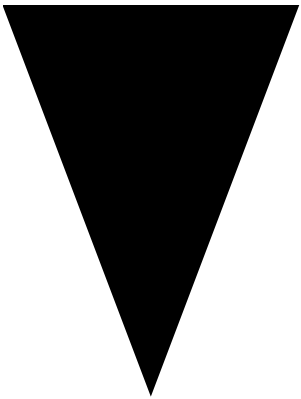


LONG TERM EFFECTS

- Blocked Breathing
- Distractions
- Screen Time
- Excess food, alcohol
- Chronic Stress
- Toxic Relationships
- Poor Sleep
- Disease

BOOST YOUR ENERGY

SHORT TERM
BENEFIT



LONG TERM
BENEFIT

Breathwork
Hydration
Food
Sleep
Exercise
Good Relationships
21 Day Challenge practices.

ADAPTED FROM LOUIS-SAMUEL JACQUES
TEC CHAIR, QUÉBEC

Dealing with Stress

When stressed, we often reach for things to numb us from difficult thoughts and feelings.
How do you numb yourself?
What would be a smarter way to reset and learn?

NUMB OUT	RESET
Surf the net	Go to gym

DON'T GET TOO COMFORTABLE

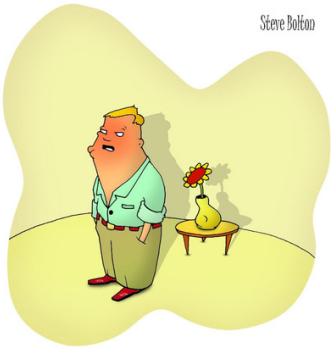
To get to the next level you have to learn to be comfortable being uncomfortable.
Tony Robbins

By definition, Vistage/TEC members have accomplished more than 99% of the population. The discomfort of transatlantic flights, tough negotiations, and risky business deals is something you can clearly handle.

For many of us, the next level isn't just: "how can I grow my business", but "how can I grow my business while finding meaning and happiness in my life."

At a certain life stage, we notice that all the success in the world doesn't seem to neutralize the feeling that we aren't nearly as happy as we imagined ourselves being at this stage of the game. Or, it may be that chronic stress. is starting to show up as illness or pain in the body. Often key relationships feel tenuous or sour. Or maybe we simply notice that we aren't having that much fun anymore. Whatever it is, there is a yearning for joy, authenticity and meaning. We want to laugh more and feel more at ease.

Just as climbing the business ladder requires you to feel OK during uncomfortable times, the growing edge of personal growth is personal discomfort: putting ourselves out there in a new which feels vulnerable and scary.



Discomfort is often foreign to the type A successful businessperson. It feels hard to have intimate and honest conversations. It is hard to show up authentically, and display kindness and compassion when we are used to being "large and in charge." It is hard to get up early to exercise, do breathing exercises and check in with ourselves through journaling. It feels weird to tell people what we are grateful for.

Heck, it is even harder to sit quietly for 10 minutes with none of our usual distractions!

It is precisely this discomfort we are seeking. As we improve our "personal distress tolerance", a whole new world opens to us. We are no longer limited by a mind telling us we can't be who we want to be because we might become "uncomfortable."

We have an easier time sharing our vision, love, and energy. We lead from a place of deep inspiration rather than by how our deepest fears would have us show up.

Working with the discomfort of personal development leads us to our authentic selves. So, just as you might run an extra mile or do extra reps in the gym, hit these exercises hard. Your reward will be happiness, connection, and creativity.

ED, SHOWN HERE WITH A FEW OF HIS LONG-STANDING CRITICS

The most common question I get in my seminars is "Don't I need my inner critic? I feel like without it, people would walk all over me and my business would fail."

In fact, the biggest reason people resist the practices of the 21-day challenge is that they think it will make them will lose their edge.

My answer is illustrated by a conversation with a client.

Bill was a mechanical engineer and owner of a successful construction firm. He was happy about his success but felt the strain of the stress he was carrying.

Bill: If I am honest, the most tiring part is the negativity; not a moment goes by where I'm not running a story about how my employees are doing things wrong. Then I turn on myself. Why haven't I found a new girlfriend? How come I still need to lose weight? Why didn't we grow as fast last year? Sometimes the inner critic is so loud that I can't sleep. I stay up drinking myself to sleep in front of the TV.

Me: Let's do some work on this narrative so that it can quiet down and you can get some sleep.

Bill: The thing is, negativity works. I back off and people get complacent. Also, if I don't pick at myself, I won't improve. I really want to get a girlfriend and lose weight.

I invited Bill to notice the critical feeling. Was it old or new? How old was the critic? How old did it think Bill was?

Bill: the feeling has been around forever, at least since I started kindergarten. I hated sitting all day, doing dumb busy work. I just wanted to get outside and play! I had to get on myself so I could get by in school and not upset my teacher and parents.

Me: So you are saying that you are currently being bossed around by a 5-year-old inner critic who still thinks that you are just a kid who hates schoolwork?

Bill: Yes, but what is the alternative? Just drop everything?

Me: I hear that you want a part of you to notice what needs to be done and to help you keep employees in line and get yourself to the gym. If you could choose a better coach to help you who would that be?

Bill: It sounds kind of silly, but I love my peloton coach: she inspires me to work out harder. She isn't easy on me, but she doesn't demean me either.

Me: Would it be possible then to replace your inner critic with a more mature, inspiring yet exacting coach, like the ones on Peloton?

Bill: that would probably work a lot better than the 5-year-old maniac constantly ruining my day!

The greatest benefit of my practices is that I can reprogram my inner critic into a dynamite inner coach and be twice as successful with half the negativity.

Cultivating New Habits

STEP 1

Set your challenge goals (CG). In 21 days I want:

- ☐ A better connection with:
- ☐ Better Health (body, mind, spirit):
- ☐ Professional goals:

STEP 2

Commit to a few practices*:

- ☐ Morning and evening journaling
- ☐ Media and numbing out habits
- ☐ Breathing (Wim Hof, five long exhales)
- ☐ Random acts of kindness
- ☐ Meditation
- ☐ Other practices such as jogging or yoga:
- ☐ Diet/Lifestyle such as limiting alcohol or sugar:

STEP 3

Share three grateful items/day with your partner (agree on a modality text, email, or IM)

START DATE: END DATE:

* See detailed instructions at: Thinking2point0.com

HOW TO USE THIS JOURNAL

Journaling can take as little as 2 minutes a day.

You will get the greatest benefit if you don't just write the answers to the prompts but if you take a moment to visualize and feel what it would be like to fulfill your goals.

When a basketball player prepares for a game, he memorizes how his muscles activate to score; he mentally sees the basket going through the hoop, and he feels the thrill of victory in his body. This process has been scientifically proven to significantly improve his results.

Similarly, when you consider your highest ideals, such as how you want to feel, visualize what feeling great would look like. What would you achieve if you felt great? How would others respond to you? Where in your body would you know you are in a great place?

Jill Bolte Taylor reminds us that we are "feeling beings that sometimes think, not thinking beings that sometimes feel." By "feeling the feeling of the wish fulfilled", we are capitalizing on the law of attraction, which states that what we focus on both mentally and energetically will come to us. It may sound overly simplistic, but when we practice feeling like a winner, we win.

"Man, you can really learn a lot about somebody by reading her diary."

CartoonStock.com

WHAT THIS JOURNAL ISN'T

- A pity party of everything that is going wrong for you.
- A place to reinforce guilt and shame
- A time sink
- Depressing
- Embarrassing if someone else read it

WHAT THIS JOURNAL IS

- A place to notice what is going well in your life
- A log to notice how your 21 day experiment is working
- A commitment partner to hold you to your intentions
- A way to stay intentional about the kind of person you want to be.
- A repository of your dreams and highest aspirations.
- A way to safeguard your agenda, in a busy world that wants your time and attention
- A check in with your self in a busy world

21 MORNING AND EVENING REFLECTIONS

If you don't set the tone for your day, who will?

Notes

Morning Reflections

Day 0

WHOM CAN I THANK?

WHAT AM I GRATEFUL FOR?

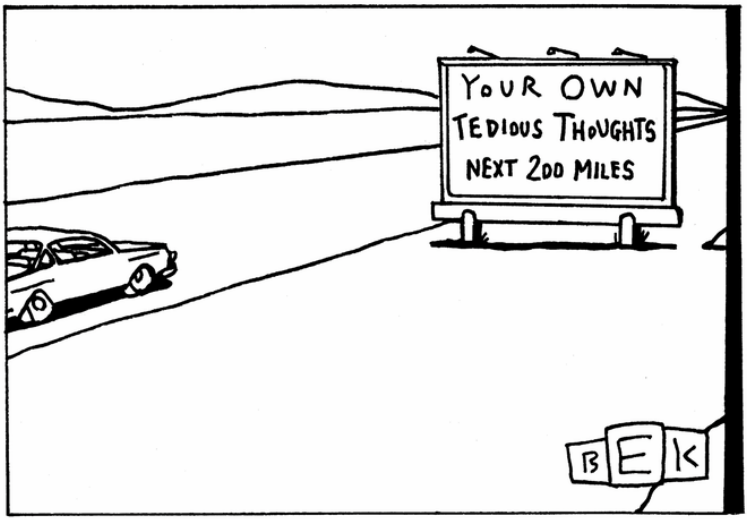
HOW DO I WANT TO FEEL?
WHAT CAN I DO TO FEEL THAT WAY?

WHAT PROJECTS HAVE I PUT OFF? WHAT CAN I DO TODAY?

REVIEW THE CHALLENGE GOALS. WHAT CAN I DO TODAY?

HOW CAN I BE OF SERVICE? WHO CAN I REACH OUT TO?

WHAT ARE MY LIMITING BELIEFS ABOUT SUCCESS AND HAPPINESS?



"When we are not engaged in thinking about some definite problem, we usually spend about 95 percent of our time thinking about ourselves."

– How to Win Friends and Influence People by Dale Carnegie

Morning Reflections

Day 1

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Evening Reflections

3 THINGS THAT WENT WELL

I WAS AT MY BEST WHEN:

WHAT DID I RECEIVE TODAY?

WHEN WAS I STRESSED OR TRIGGERED?
HOW CAN I IMPROVE THIS TOMORROW?

ARE THIS MORNING'S LIMITING BELIEFS TRUE?

REVIEW CHALLENGE GOALS; WHAT DOES SUCCESS LOOK LIKE?
WHAT DOES SUCCESS FEEL LIKE?
TAKE A MOMENT TO VISUALIZE AND FEEL SUCCESS

Morning Reflections

Day 2

WHOM CAN I THANK?

WHAT AM I GRATEFUL FOR?

HOW DO I WANT TO FEEL?
WHAT CAN I DO TO FEEL THAT WAY?

WHAT PROJECTS HAVE I PUT OFF? WHAT CAN I DO TODAY?

REVIEW THE CHALLENGE GOALS. WHAT CAN I DO TODAY?

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Morning Reflections

Day 3

WHOM CAN I THANK?

WHAT AM I GRATEFUL FOR?

HOW DO I WANT TO FEEL?
WHAT CAN I DO TO FEEL THAT WAY?

WHAT PROJECTS HAVE I PUT OFF? WHAT CAN I DO TODAY?

REVIEW THE CHALLENGE GOALS. WHAT CAN I DO TODAY?

HOW CAN I BE OF SERVICE? WHO CAN I REACH OUT TO?

WHAT ARE MY LIMITING BELIEFS ABOUT SUCCESS AND HAPPINESS?

Evening Reflections

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Morning Reflections

Day 4

WHOM CAN I THANK?

WHAT AM I GRATEFUL FOR?

HOW DO I WANT TO FEEL?
WHAT CAN I DO TO FEEL THAT WAY?

WHAT PROJECTS HAVE I PUT OFF? WHAT CAN I DO TODAY?

REVIEW THE CHALLENGE GOALS. WHAT CAN I DO TODAY?

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WHAT ARE MY LIMITING BELIEFS ABOUT SUCCESS AND HAPPINESS?

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Morning Reflections

Day 5

WHOM CAN I THANK?

WHAT AM I GRATEFUL FOR?

HOW DO I WANT TO FEEL?
WHAT CAN I DO TO FEEL THAT WAY?

WHAT PROJECTS HAVE I PUT OFF? WHAT CAN I DO TODAY?

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Evening Reflections

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Morning Reflections

Day 6

WHOM CAN I THANK?

WHAT AM I GRATEFUL FOR?

HOW DO I WANT TO FEEL?
WHAT CAN I DO TO FEEL THAT WAY?

WHAT PROJECTS HAVE I PUT OFF? WHAT CAN I DO TODAY?

REVIEW THE CHALLENGE GOALS. WHAT CAN I DO TODAY?

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Morning Reflections

Day 7

WHOM CAN I THANK?

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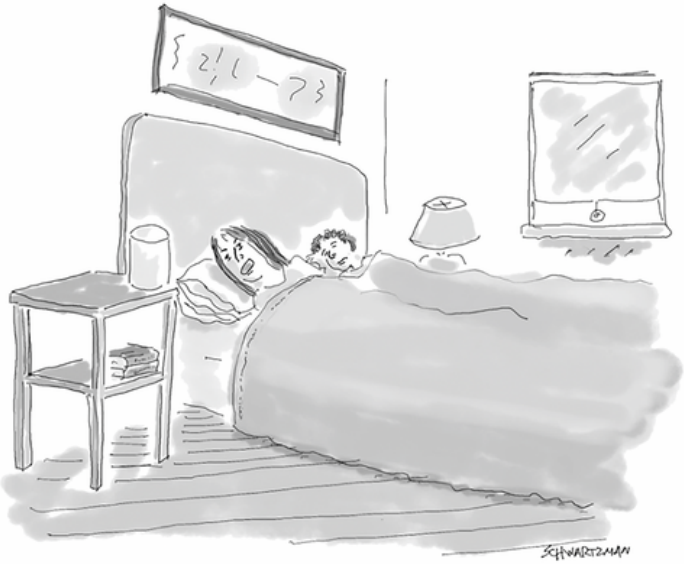
TAKE A MOMENT TO VISUALIZE AND FEEL SUCCESS

WEEK 2



"Alexa, what fresh hell are we in for today?"

"There's something within you that knows what to do. There is a power greater than you that knows how to take care of you without your help. All you've got to do is to surrender to it. Surrender your thoughts, your mind, your ego, to the current that knows the way.

- Robert Adams

Week 2 Re-commit

What worked this week?
How am I feeling?

STEP 1
Review your challenge goals (CG) for the week.

- ☐ A better connection with:
- ☐ Better Health (body, mind, spirit):
- ☐ Professional goals:

STEP 2
Commit to a few practices*:

- ☐ Morning and evening journaling
- ☐ Media and numbing out habits
- ☐ Breathing (Wim Hof, five long exhales)
- ☐ Random acts of kindness
- ☐ Meditation
- ☐ Other practices such as jogging or yoga:
- ☐ Diet/Lifestyle such as limiting alcohol or sugar:

STEP 3
Share three grateful items/day with your partner (agree on a modality text, email, or IM)

Morning Reflections

Day 8

WHOM CAN I THANK?

WHAT AM I GRATEFUL FOR?

HOW DO I WANT TO FEEL?
WHAT CAN I DO TO FEEL THAT WAY?

WHAT PROJECTS HAVE I PUT OFF? WHAT CAN I DO TODAY?

REVIEW THE CHALLENGE GOALS. WHAT CAN I DO TODAY?

HOW CAN I BE OF SERVICE? WHO CAN I REACH OUT TO?

WHAT ARE MY LIMITING BELIEFS ABOUT SUCCESS AND HAPPINESS?

Evening Reflections

3 THINGS THAT WENT WELL

I WAS AT MY BEST WHEN:

WHAT DID I RECEIVE TODAY?

WHEN WAS I STRESSED OR TRIGGERED?
HOW CAN I IMPROVE THIS TOMORROW?

ARE THIS MORNING'S LIMITING BELIEFS TRUE?

REVIEW CHALLENGE GOALS; WHAT DOES SUCCESS LOOK LIKE?
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Morning Reflections

Day 9

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Morning Reflections

Day 10

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Morning Reflections

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Day 12

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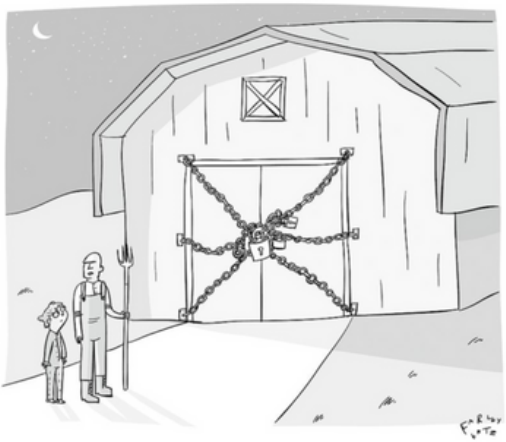
WEEK 3



"This is the barn where we keep our feelings. If a feeling comes to you, bring it out here and lock it up."

"Sometimes, son, the guilt inside builds up so much you have to vent the shame silo."

Week 3 Re-commit

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Morning Reflections

Day 14

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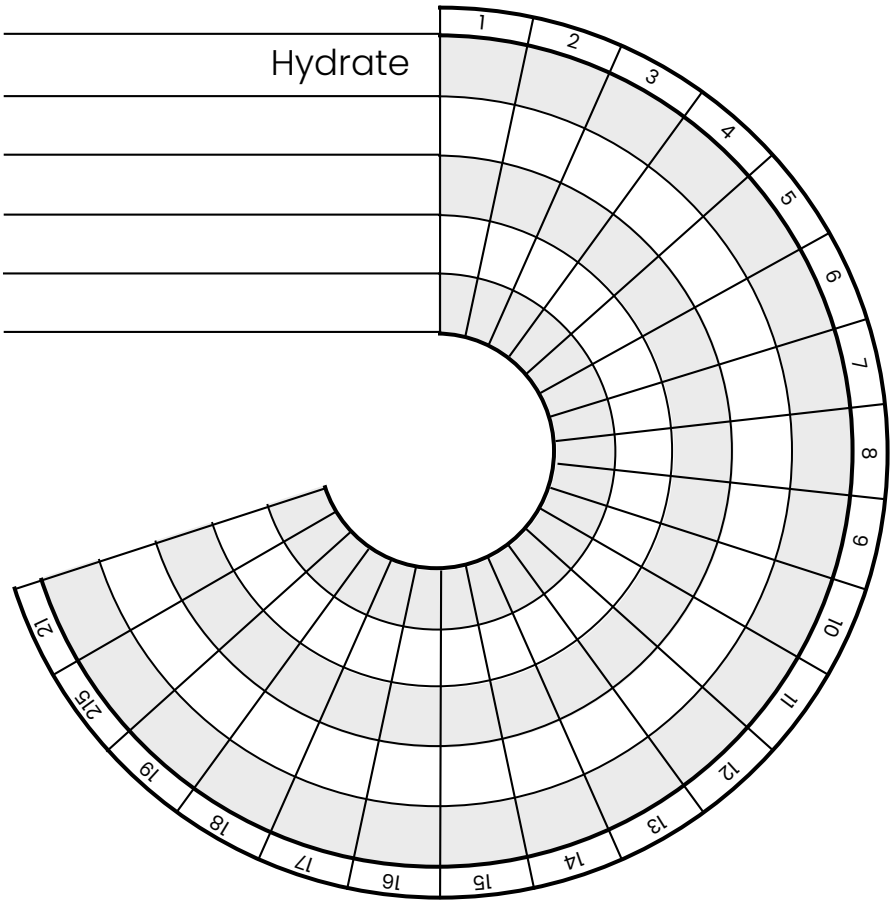
"Basically, there's nothing wrong with you that what's right with you can't cure."

The Swiftest Intelligence comes not only from quieting the mind, but by filling it with love, praise and gratitude.
- Elizabeth Lavine

Habit Tracker



THINKING 2.0

EMOTIONAL INTELLIGENCE AT WORK