

***ELITE PERFORMERS LEAVE
NOTHING TO CHANCE, EVER.***

EQ 101

Powered by:

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Golf EQ

The Game Between Shots

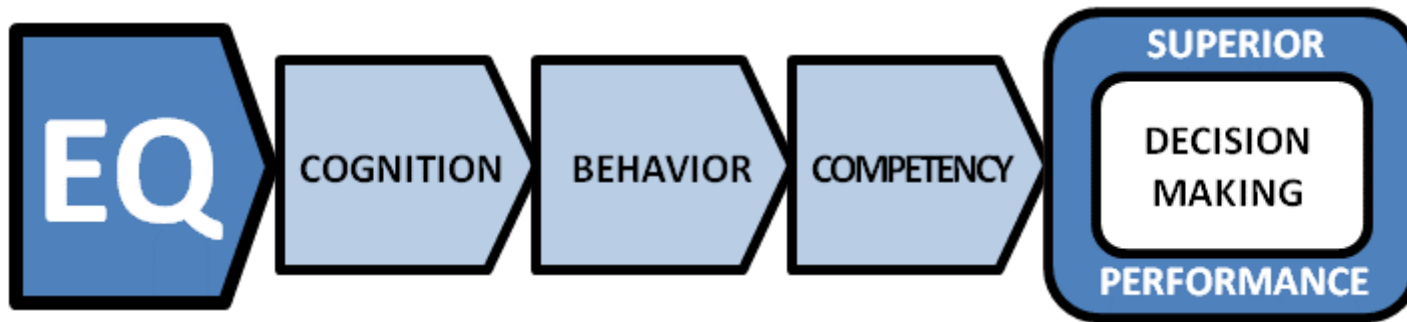


Dr. Izzy Justice

Foreword by Gary Player

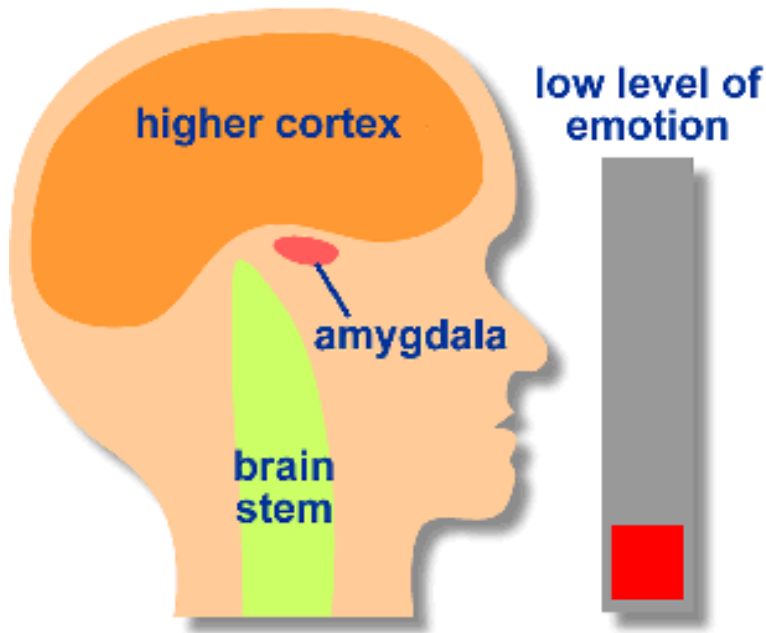
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▶ How are decisions made?



Emotional Intelligence is the ability to sense understand and effectively apply the power and acumen of emotions to facilitate high levels of collaboration and productivity (Cooper)

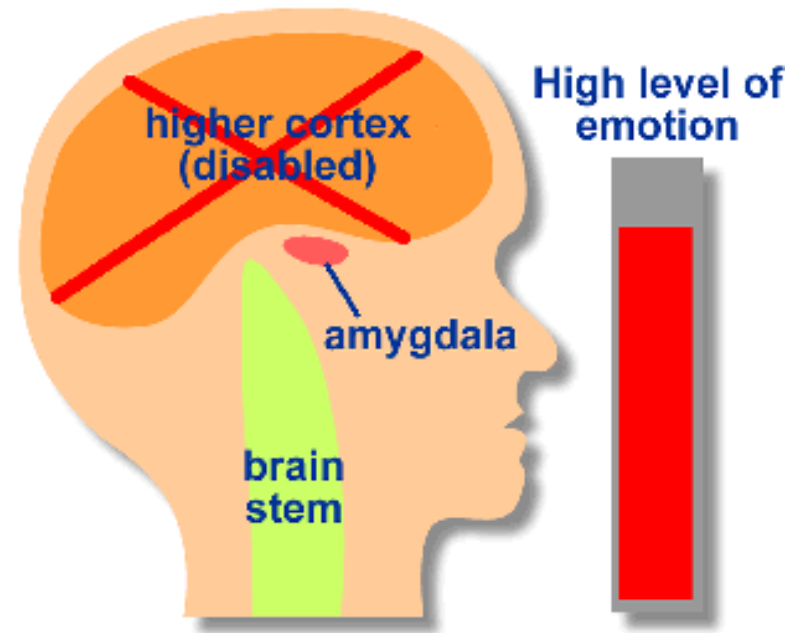
Your Brain Under Stress



Emotion

(calm, relaxed)

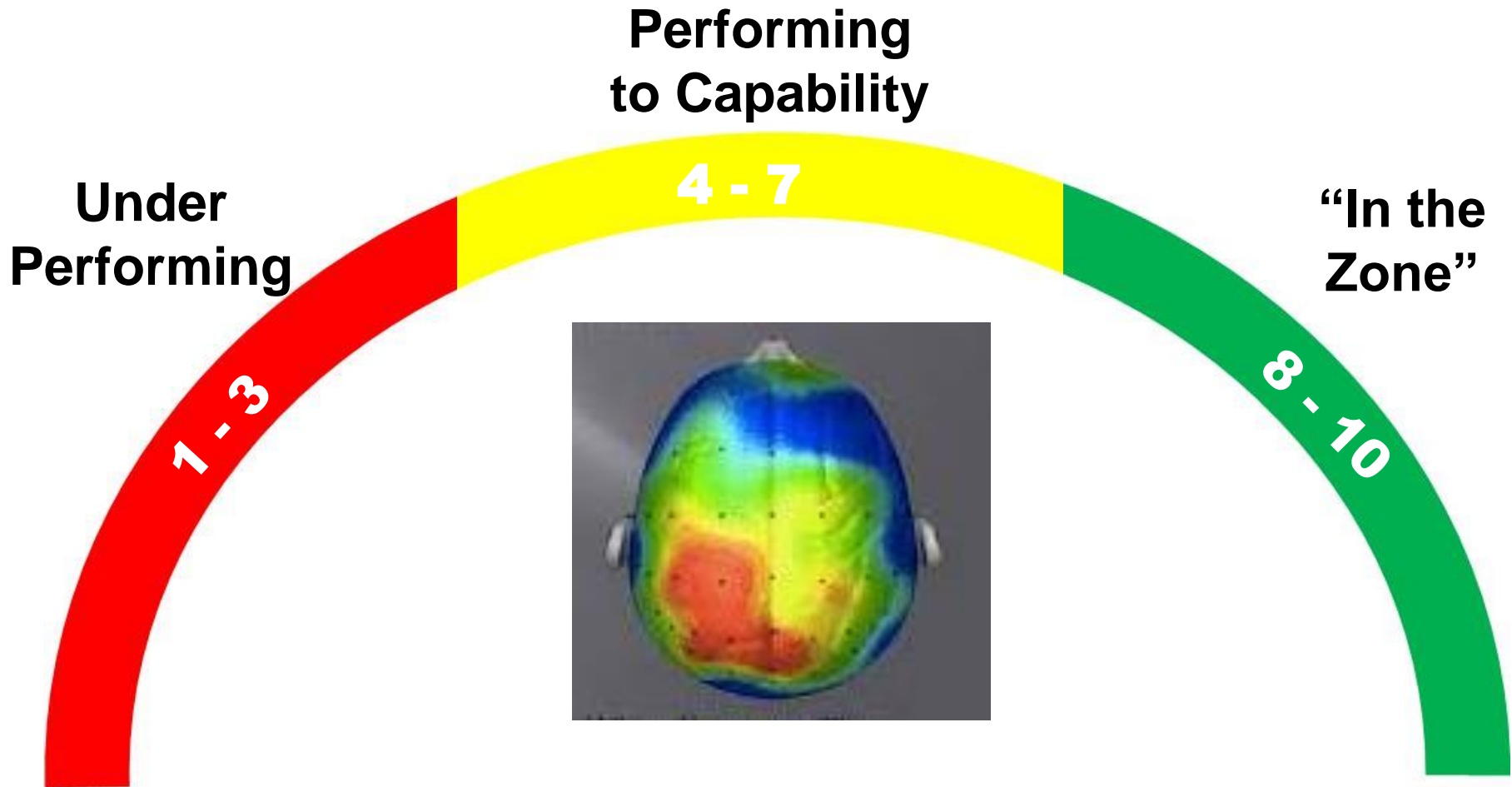
Low Cortisol, High Dopamine



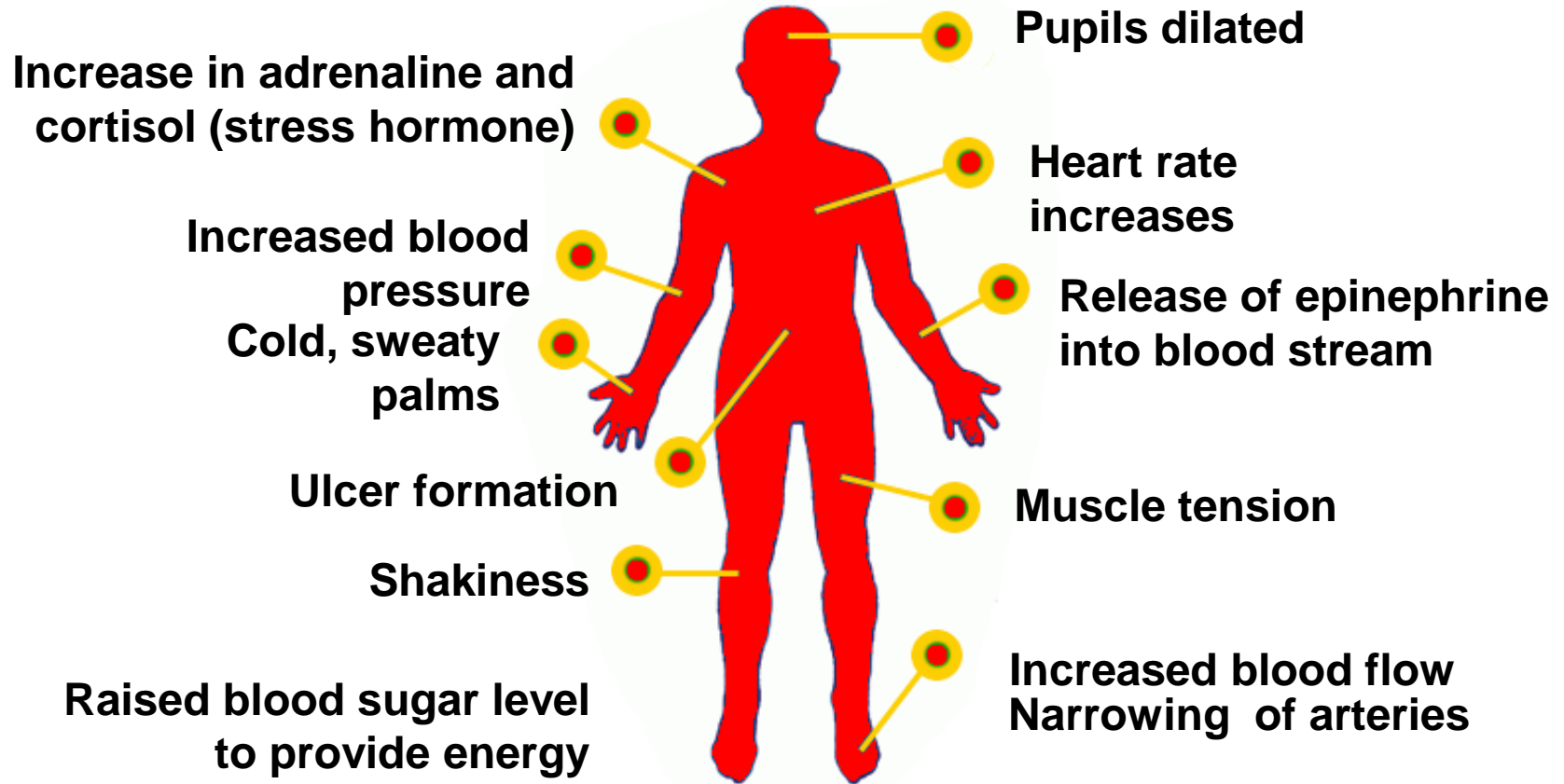
Emotion

(anger, fear, excitement, love, hate, disgust, frustration)

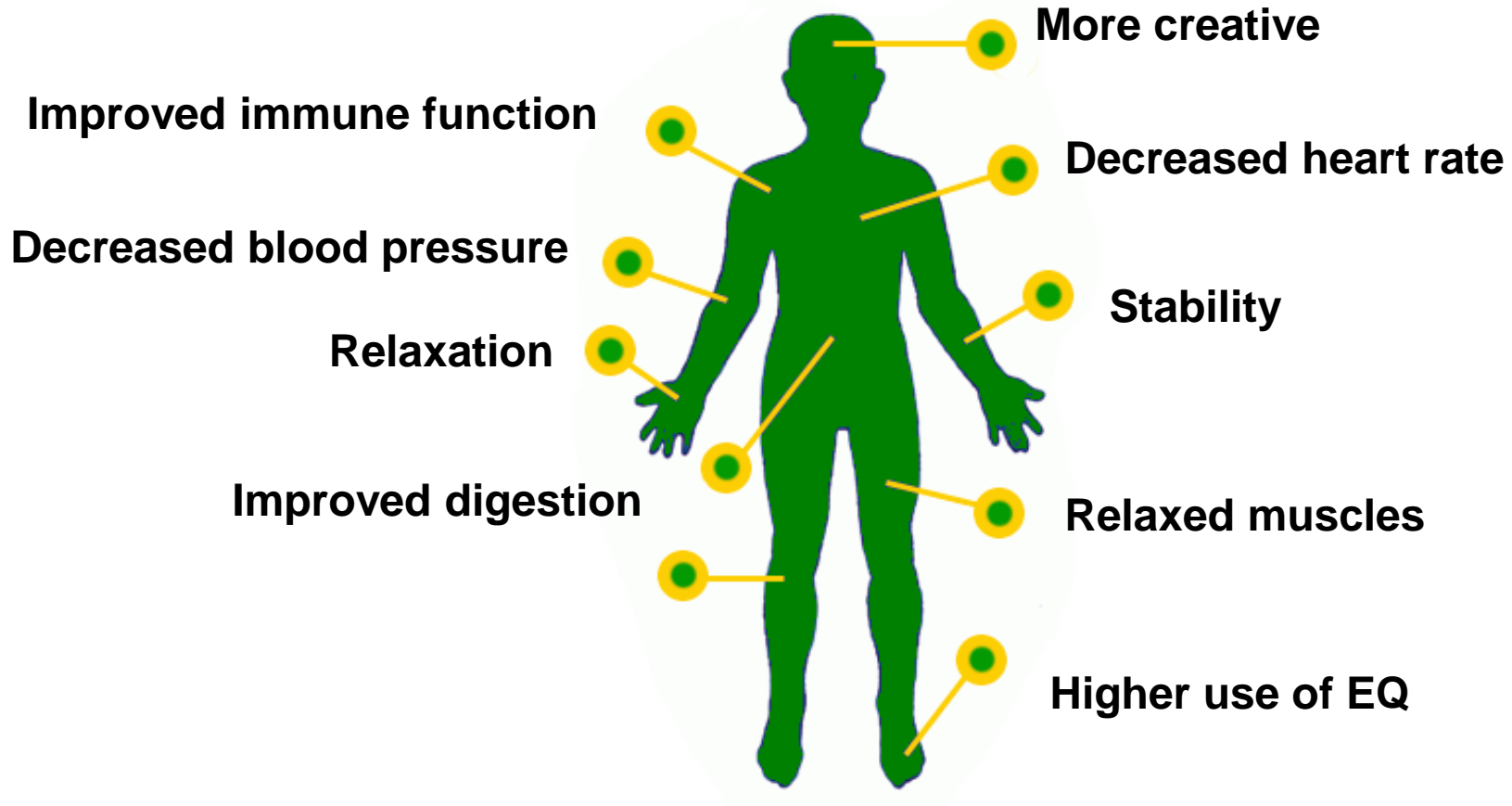
High Cortisol, Low Dopamine



Red State - Physical



Green State – Physical



- 1. You are the Chief Interpreter of YOUR OWN Reality.**
- 2. Issues and Dramas are Simply a DISTRACTION from the GOAL.**

MISHAP CARDS

A. INDIVIDUAL

B. TEAM

C. FAMILY

TIMELINE

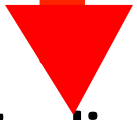
A. DAY

B. LIFETIME

Feeling great!



Feeling Bad



WOULD YOU LIKE TO ELIMINATE ANXIETY?

WHAT IS YOUR GREATEST WEAPON?

THE GOAL IN LIFE IS TO...

BE HAPPY

TWO FEET IN FOR 22

On average, it takes somewhere between 21 to 254 days to form new habits. We all have the need to recruit more positive habits into our lives. Can you think of 1 or maybe a few that immediately come to mind for you personally? I know I can, so I want to encourage you to join me on this adventure.

Let's compete to grow and emerge with healthier minds, bodies and results. Are you ready? It's doesn't need to be January 1 or a life crisis to make the change. It is time to get out of the rut and accomplish what you think may be impossible. Commit to "powering down" and looking closely within your life to identify "time wasters." Why are you so overwhelmed and weighed down with pressure? Could it be too much technology that's overloading your brain? It's time to RESET IT. Buying into and believing in the concept of putting your needs as a priority is vitally important. A BETTER ME, IS A BETTER WE.

Actually, I've always believed in the concept "one more." One more sprint and one more rep signifies you are serious and ready! So, I challenge you to get on board with us for not just 21 days of an improved habit, but a 22 day "ONE MORE" journey. Are you ready for, "Two Feet In for 22 Days?" Join me in leaving your impact. It's a mindset of, let's do "one more." Ready to be 2FTN for 22?

Here's how it works.



THE "TWO FEET IN FOR 22" MOVEMENT

Here's how it works.

- Step 1: Identify 1 area in your life where you see a weakness, a need for improvement, or growth.
- Step 2: Make a list of how it will impact and help the people that love you the most. Drive deep into the idea of how you becoming better in this area improves the lives of others.
- Step 3: Tell your accountability partner the area and habit for improvement and formulate a plan of attack.
- Step 4: Write it down. Display it where you have a daily reminder of your goal and your WHY for accomplishing this improvement and habit adjustment.
- Step 5: Go do it. When it's hard, we have your back, and we won't let you quit on YOU. We will keep showing up and encouraging the "one more" mindset.



#ONEMORE

Is there a reward? Of course. After you've kicked your first bad habit and recruited a positive one into your life during the movement of "Two Feet In for 22 Days," you'll get a complimentary copy of the book, "Two Feet Forward." As you are working through a new challenge and area for improvement, I will grab more FREE SWAG and run to the post office! Congrats! As you go round after round of 22, we'll keep you GEARED UP! Free stuff is always cool, but it's not the real reward. The real reward will be your mindset, spirit and strength.

Game On!

The "2FTN for 22" Movement starts, NOW.



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