


# Quietosophy



THE *of Three*  
POWER



*How three simple exercises bring  
you calm and build your resilience*

# THE POWER *of Three*

## Why the Power of Three? What it is and how you'll benefit

The Power of Three is a simple, transformative practice that will benefit you emotionally and physically and help you to build and protect resilience levels.

- Do you feel that you are racing through life and that things often get on top of you?
- Would you like to find some simple exercises that will help you to feel calmer and more in control?
- Do you feel that you don't have the time to fit anything complicated into your schedule?

My clients often answer yes to all three of the above questions. This is why I created the Power of Three. Incorporating the Power of Three into your day is simple and won't feel like yet another chore on your to-do-list.

### **What do I need?**

Nothing, although you may like to have a pen or paper, or your phone to take notes. I have included a weekly worksheet that you can print out and use.

### **How long will it take?**

5-10 minutes per day.

### **How long do I need to do it for?**

I recommend committing to the practice for 28 days so you are able to reflect fully on what you have learnt. My hope is that it will become part of your self-care programme that you continue long after the 28 days are up.

### **How will I benefit?**

By practicing the Power of Three on a daily basis you will improve your wellbeing and resilience, train yourself to acknowledge the positives, and help gain a clearer perspective on what matters to you.

# THE POWER of Three

# 3

- Moments of Calm
- Things you did well
- Things you're grateful for

# THREE MOMENTS *of Calm*

At least three times per day, find a moment to pause, re-centre and refocus.

By making a conscious choice to stop, it will help to put the constant chatter inside your head on hold for a while. As you pause, tune into yourself and how you are feeling, objectively look at what is around you and allow everything else to fade away temporarily.

As an introvert, it is easy to feel overwhelmed or drained of energy. Use these moments of calm to help replenish you and reset your energy levels. You will become more aware of your energy which will help you to recognise when you need to take steps to recharge.

Over time this practice can help reduce stress and anxiety and show you that small moments of calm can have a positive cumulative effect on your mood.

Remember, moments of calm can happen anywhere and at any time. It does not have to be structured, it does not have to last long, it simply needs to happen.

A few suggestions:

- Stop whatever you are doing and allow your mind to wander.
- Have some fresh air. Get outside for a while a change of scene can be a great way to reset how you feel.
- Have a cup of tea.
- Read a couple of pages of a book you enjoy or an online article you've been looking forward to.
- Get away from any noise distraction and enjoy the silence for a moment or two.
- Take a few deep breaths while noticing your surroundings and how your body feels. Are you holding tension anywhere? Consciously release your muscles.

## TOP TIP

You can set a reminder on your phone at certain times each day if that will help you ensure that your moments of calm actually happen

# THREE THINGS YOU *Did Well*

Each day recognise three things you did well.

Our brains are hard-wired to recognise and remember what didn't go well, which serves us well in moments of danger when we need to protect ourselves; but is inconvenient most of the time.

I'm sure you've had times when you receive a piece of feedback: mostly positive, but there may be some areas where there is room for improvement. And where do you focus? On the areas where there is 'room for improvement'. Often you don't even pause to acknowledge what you did right.

By consciously drawing attention to what you did well you will start rewiring your brain to remember the good stuff: to focus on what you did do right and not only what went wrong or didn't happen at all.

If you have perfectionist tendencies, it likely means that you put huge amounts of pressure on yourself and anything less than 'perfect' will cause you to dwell on it for way too long. Learn to not focus solely on what didn't happen, but to learn to give yourself credit for what did go well.

Anything counts, no matter how big or small.

For example:

- You kept calm in a difficult situation when you would normally get angry
- Maybe you respected your boundaries and energies and said no to a request that you would normally have agreed to.
- You completed a task from your to do list that has been hanging over you
- You went for a walk you'd been meaning to
- You took time out of your day to check in on a neighbour, friend or family member
- You spoke up in a meeting at work when you would normally have stayed silent.

## TOP TIP

Sometimes the smallest things can be the most powerful. Don't worry about what didn't happen: concentrate on what you did achieve today.

# THREE THINGS YOU ARE *Grateful For*

Each day think of three things you are grateful for.

Gratitude has been shown to enhance your long-term happiness, reduce stress, increase self-esteem, improve your relationships, make you more effective at work, make you more patient and improve your overall health.

Some days this can seem difficult if it feels like nothing has gone your way, but there will always be something that you can be grateful for. Identify what that is, even if it's tiny.

I am not suggesting that you put a solely positive spin on the world. This is unrealistic and unhelpful. In fact, toxic positivity – where you only focus on the positive and totally ignore anything even vaguely negative – only succeeds in putting more pressure on yourself. I recommend being a realistic optimist instead: where you hope and dream for the best and you're able to check those hopes and dreams against a likely reality.

Some of my clients will start a gratitude practice, but after a few days, will come back to me and say, 'I've been grateful for everything and now I just feel like I'm going through the motions and I'm not benefitting'. What has likely happened here is they have focused on the big stuff: having a roof over their heads, enough food to eat, a partner, family or friends who care about them and having been grateful for these items a few times they feel they've 'done' gratitude. While all these items are undoubtedly important, taking time to be grateful for the smaller things is where gratitude is also beneficial and help to change your focus.

Here are some examples:

- It didn't rain when you went out today
- A friend called to say hello
- A difficult email was received more favourably than you thought it might be
- One of the tasks on your list took less time than you expected, so you were able to get ahead on another project
- You relaxed watching your favourite TV show

## TOP TIP

Whatever it is, spend some time looking for what you are grateful for. Other days, you may have too many things to choose from, so don't limit yourself to three if you don't want to!

# HOW TO MAKE IT WORK *For You*

The Power of Three is deliberately flexible to allow you to make fit into your life. However, most people benefit from having some structure, so you may like to commit to having a moment of calm morning, afternoon and evening and taking some time towards the end of the day to record what you did well and identify what you are grateful for.

For other people starting the day thinking of what they are grateful for inspires them, so trust that you know how to make it work for you. Once you have decided, commit to making it happen on a daily basis. I suggest implementing the Power of Three for at least 28 days.

Some people like to record their Power of Three exercises and I've created a worksheet to help you do this; while others take notes on their phones, or some don't write it at all and just keep a mental note.

All of these options are valid, but I would recommend writing the results of your practice down as this can be particularly beneficial when you are having a bad day. Looking back at what you have achieved and what you are grateful for can be a simple and effective way to boost your mood and to show what your general frame of mind is. You may well find that this will help to put a difficult moment into perspective. If you find that each day is a struggle and you feel overwhelmed, do reach out for help.

## TOP TIP

An additional option that one of my clients has found helpful is putting an emoji for how you have felt over all the day has gone, which again can be very helpful when you look back. I've included this on the worksheet.













Every day ensure that you have:  
Three moments of calm  
Recognise three things you did well  
Find three things to be grateful for

# THE POWER of Three

## WEEK ONE

Date: \_\_\_\_\_

MONDAY		I FEEL
MOMENTS OF CALM	1. 2. 3.	
WHAT I DID WELL	1. 2. 3.	
WHAT I'M GRATEFUL FOR	1. 2. 3.	
TUESDAY		I FEEL
MOMENTS OF CALM	1. 2. 3.	
WHAT I DID WELL	1. 2. 3.	
WHAT I'M GRATEFUL FOR	1. 2. 3.	
WEDNESDAY		I FEEL
MOMENTS OF CALM	1. 2. 3.	
WHAT I DID WELL	1. 2. 3.	
WHAT I'M GRATEFUL FOR	1. 2. 3.	

THURSDAY		I FEEL
MOMENTS OF CALM	1. 2. 3.	
WHAT I DID WELL	1. 2. 3.	
WHAT I'M GRATEFUL FOR	1. 2. 3.	
FRIDAY		I FEEL
MOMENTS OF CALM	1. 2. 3.	
WHAT I DID WELL	1. 2. 3.	
WHAT I'M GRATEFUL FOR	1. 2. 3.	
THURSDAY		I FEEL
MOMENTS OF CALM	1. 2. 3.	
WHAT I DID WELL	1. 2. 3.	
WHAT I'M GRATEFUL FOR	1. 2. 3.	
FRIDAY		I FEEL
MOMENTS OF CALM	1. 2. 3.	
WHAT I DID WELL	1. 2. 3.	
WHAT I'M GRATEFUL FOR	1. 2. 3.	



# WHAT HAS HELPED *Me Most*

The most effective ways of feeling calm:

What I've achieved that I am most proud of:

What I'm grateful for that I has surprised me:



I hope you've enjoyed the implementing the Power of Three practice over the past few weeks and have felt benefits from these three simple tasks.

I'd love to hear how you've got on, so please let me know at [hello@quietosophy.com](mailto:hello@quietosophy.com).

If you'd like further information about my coaching and courses it can be found at [www.quietosophy.com](http://www.quietosophy.com).

Thank you!  
Sophie