



Episode 140 Listener Guide

Stop Hiding Under the Covers – Tools to Get Out of a Funk and Wake Up Eager

Ever have a day when you'd rather pull the covers over your head than face your to-do list? This one-page guide captures the key tools from Episode 140 so you can shift from funky to focused, one small, intentional step at a time.

1. Tune In Time (TNT) – The 1% Solution

What it is: 15 minutes a day (just 1% of your time) with no phone and no distractions to think, breathe, pray, write, or simply be quiet.

Why it works: Over a year, TNT becomes 91 hours of intentional focus and stress management. It's like mental compound interest – small daily deposits, big long-term returns.

- Pick a consistent 15-minute window (morning, lunch, or evening).
- Choose one practice: appreciation list, quiet meditation, scripture or inspirational reading, or slow breathing.
- Protect it like an appointment – this is time to tune in, not to perform.

2. The Intentional Focus Method – Change Your Relationship with the Task

What it is: A way to realign your head, heart, and hands when you can't change the situation, but you can change how you show up.

Quick steps: Over a year, TNT becomes 91 hours of intentional focus and stress management. It's like mental compound interest – small daily deposits, big long-term returns.

- Pause and name it – are you over idealizing (Systemic), overdoing (Extrinsic), or over feeling (Intrinsic)?
- Pre-pave: choose one intention such as “calm curiosity” or “genuine understanding.”
- Journal Positive Aspects: “Because of this situation, these good things have happened...”
- Re-label the task: shift from “I have to” to “I get to help, learn, or contribute.”

3. Self Mastery Is True Power – Tiny Moves, Big Shifts

What it is: Choosing small, aligned actions that help you manage your mood, mind, and behavior instead of letting the day manage you.

Try one of these:

- Morning intention: “Today I choose to focus on what I want to see.”
- Daily List of Six: pick six non-negotiable actions for tomorrow – no more, no less.
- Environment reset: make helpful habits easier (fruit on the counter, guitar out of the case) and unhelpful ones harder (phone in another room, TV unplugged).
- Progress, not perfection: when you feel overwhelmed, ask, “What's one tiny step I can take right now?”

“Between stimulus and response, there is a space. In that space lies our power to choose.” – Viktor Frankl

Your 1% Challenge: For the next 7 days, commit to 15 minutes of Tune In Time and one small, intentional focus shift each day. Notice how your energy, clarity, and attitude begin to change

Listen to the full episode and grab more tools at: PricelessProfessional.com/getoutofafunk