**The R Factor Disciplines**

E+R=O and the following six disciplines provide the system for a consistently discipline-driven **Response**.

##### R:1 Press Pause.

Before you Respond, slow down. Use time to think. Focus on what you want to accomplish and understand the situation. Get off autopilot. Be exceptionally clear about the Event you are experiencing and the Outcome you are pursuing.

##### R:2 Get Your Mind Right.

Pay attention to the thoughts and feelings directing your inner Response. Get into a productive mindset by taking ownership of what you focus on, the story you tell yourself, and the emotions you feel.

##### R:3 Step Up.

Respond, right now, with discipline*.* Engage in the best possible Response given the Outcome you want and the situation you’re in. Your Response requires the most discipline when the Outcome is most important, and the Event is most difficult.

##### R:4 Adjust & Adapt.

Get good at responsive and proactive change. Life requires you make adjustments whether you’re ready or not. Success goes to those who are adaptable.

##### R:5 Make a Difference.

Create great experiences for others. Your attitude and behavior are deeply personal but rarely private. What you do has a profound impact on the people around you. Your R is an E for others.

##### R:6 Build Skill.

Be intentional about how you develop habits. Your behavior patterns have you on a path. Develop the skills that take you where you really want to go.