**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 the extra time to ***think***. Focus on what you want to accomplish and understand the situation. Be mindful /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. What thoughts are your feelings pointing out? What actions are your feelings requesting? Put yourself into a productive mindset by taking ownership of what you focus on, the story you tell yourself, the meanings you are making, and the emotions you feel. ***Remember that your emotions exist for your protection. They cannot be a danger to you.***

##### R:3 Step Up.

Right now, choose a disciplined Response*.* 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. Remember that this is your choice and your responsibility. Remember that you ***DO NOT have to***, you ***DO get to*** make this choice/accept this responsibility.

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

Develop your skills at engaging in responsive and proactive change. Life requires you make adjustments - whether you’re ready or not. Success favors those who are adaptable.

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

Create great experiences for others. Your attitude and behavior may be deeply **personal**, but they are rarely **private**. What you do has a profound impact on the people around you. Every R you choose may be an E for someone else.

##### R:6 Build Skill.

Be intentional about how you develop habits. Your behavior patterns determine the life you live. Develop the skills that take you where you really want to go.