



# FOCUS 3

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# THE **R** FACTOR



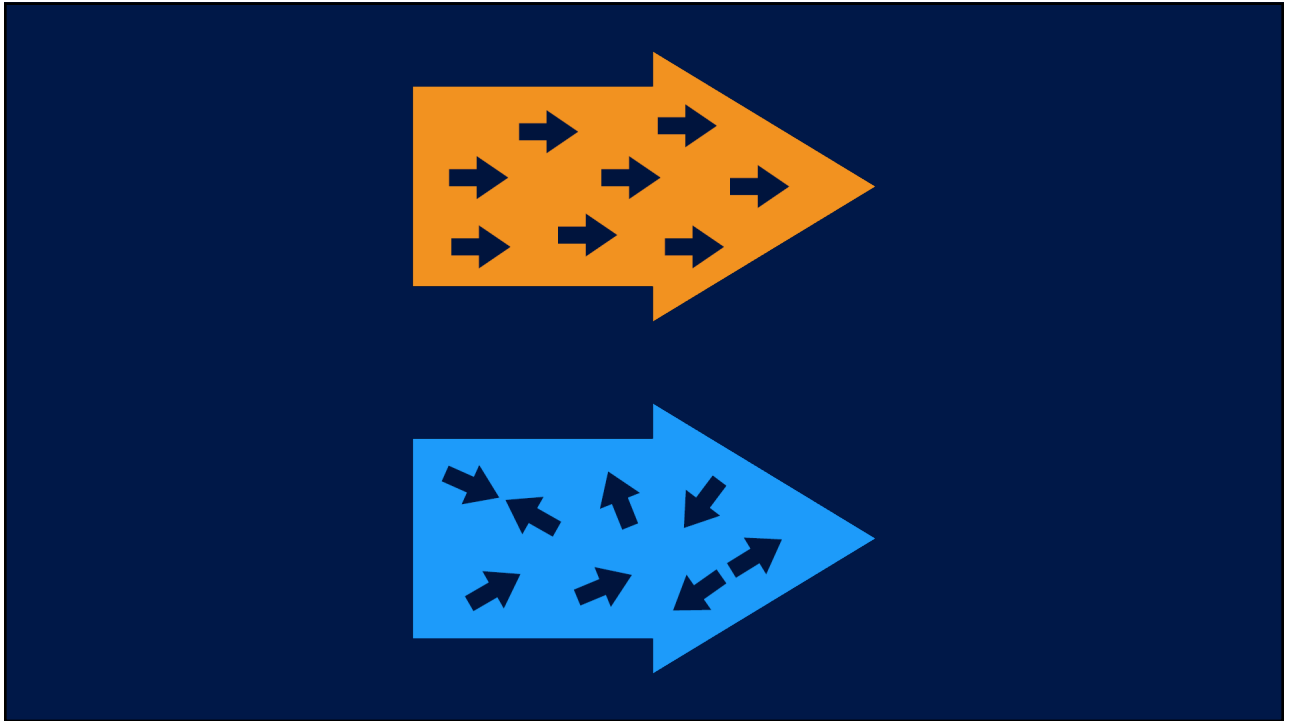
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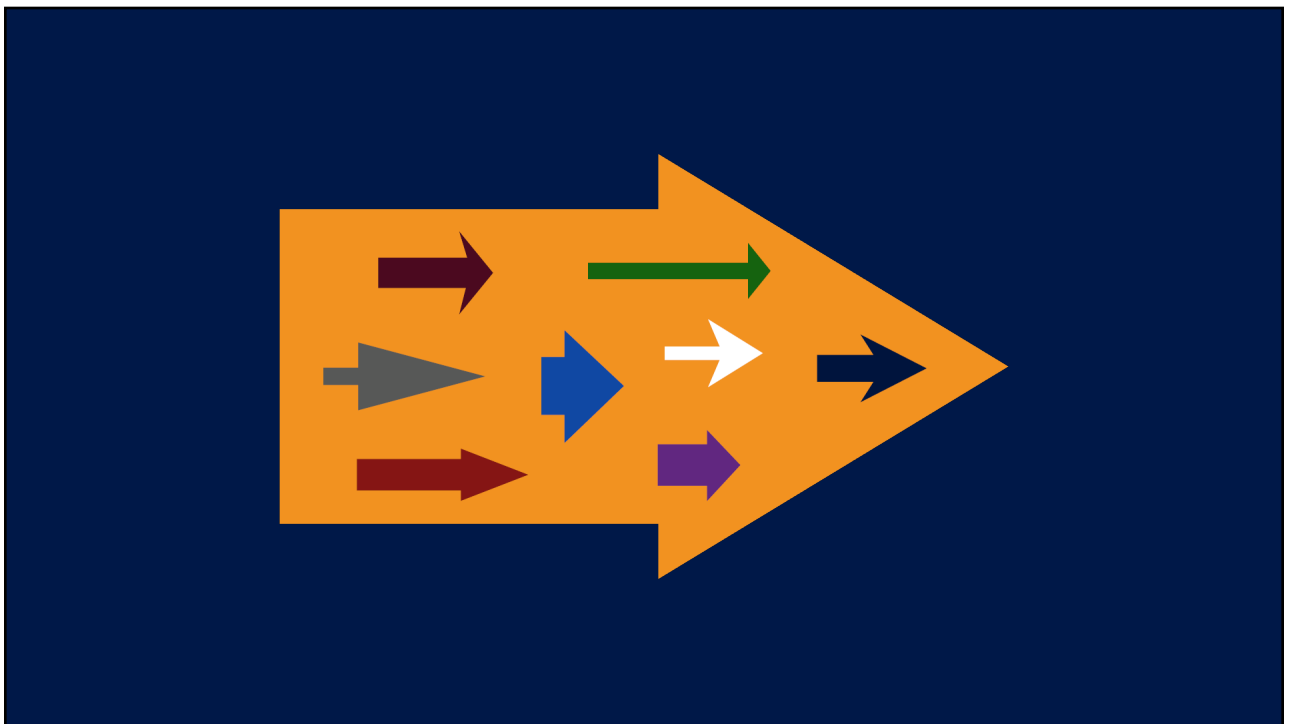
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# Two Realities:



**#1** Behavior skills drive job skills

**#2** Everyone matters

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$$E + R = O$$

Event + Response = Outcome

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## THE **R** FACTOR MINDSET

- I do not control Events.
- My Response is my choice.
- I earn Outcomes by the quality of my Response.
- E+R=O is the way life works.

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**DISCIPLINE**

- *Intentional*
- *On-purpose*
- *Skillful*

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**DEFAULT**

- *Impulsive*
- *On-autopilot*
- *Resistant*

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**Get rid** of any lingering **attachment** to the **entitled mindset** that you shouldn't have to deal with frustrating or inconvenient things.



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## THE **R** FACTOR DISCIPLINES

**R:1** *Press Pause*

Clarity

**R:2** *Get Your Mind Right*

Energy

**R:3** *Step Up*

Action

**R:4** *Adjust & Adapt*

Flexibility

**R:5** *Make A Difference*

Impact

**R:6** *Build Skill*

Growth

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**E + R = O**

***Welcome to the journey!***