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## TRAINING AN ELITE MINDSET STRATEGY

### EVENT + RESPONSE = OUTCOME MENTALITY

There is a simple math equation that I want you to learn and, more importantly, implement into your daily mental performance routines.

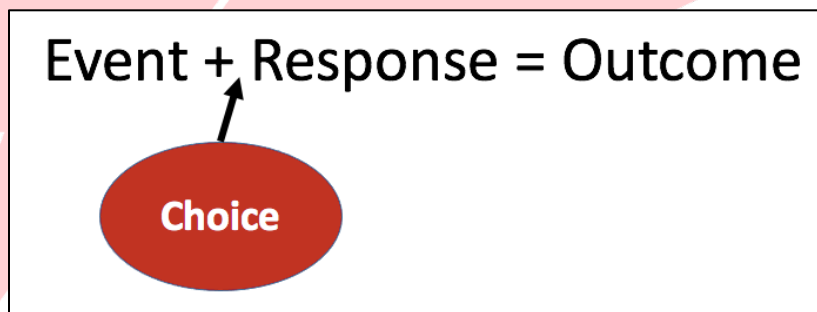
#### **E [Event] + R [Response] = O [Outcome]**

In life, it's not what happens to you, it's how you handle what happens to you. It's your ability to respond (response-ability) that is going to determine your outcome when adversity is thrown your way.

We often don't have much control over the events in our lives, but we do control our responses. This is an empowering notion, because once you realize that you control half the equation, you recognize that you have significant impact on the outcome.

If a negative event occurs and you keep a positive present moment focus, with an elite mindset and big picture mentality as your response, then you will significantly influence the outcome in your favor.

In your life, things out of your control WILL happen. But if you focus on the one thing you can control—your response (choice) — the common challenges and setbacks that trip a lot of people up can become more manageable.



The Power Mental Performance methodology will teach you how to be responsible by accepting the events that happen in life, formulating appropriate responses, and, therefore, significantly influencing the outcomes.

This recognition of how we respond is vital to Mental Performance conditioning, because we can train ourselves to pause in between the stimulus (an event) and our response. Once we are aware of our innate responses to certain stimuli (an event), we have the power to control and change them. Most people are unaware of this unique human ability, and these are the people we say have poor self-control.



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Start becoming aware of how you respond to certain stimuli (an event). To gain awareness and challenge yourself to catch that pause in between the event and your reaction, reflect on how you react to events.

Those trained in discipline and response-ability face adverse stimuli with poise. They control their pause by taking a deep breath and responding in a manner conducive to the achievement of their goals.

Developing control over that pause is what separates those who stay in control under pressure and those who crack.

### **WHEN/HOW TO USE IT**

Event + Response = Outcome Mentality is a great entry-level strategy for training an elite mindset that can be used with anyone who struggles with things “outside of their control” getting in the way of their goals.

To utilize this strategy, follow this simple process:

Keep track of any “events” occurring during the week that present a challenge or cause you to “mess up” the plan for achieving your goals. Write these down and bring it with you when you meet with Roger.

Review the “Event log” with Roger. He will ask how they utilized the Event + Response = Outcome strategy to overcome each challenge.

For any challenges that you struggled to respond in a way beneficial to your goals, Roger will coach you through discovering how you could have responded to better support your goals by focusing on your response so that they have a plan for when this or a similar situation arises in the future.

Use the “pause” method: any time you are faced with an event that could potentially trip you up, the goal is to pause for a few seconds and evaluate what the best response is based on their goals and the current situation. At some point, Roger will talk about a simple technique called “Palms Down”.

As you begin to gain more awareness about this strategy, use a proactive approach by also anticipating challenges that may arise in the upcoming week that could interfere with your goals and develop an action plan for how you will respond in way to stay on track.

This is a simple strategy that be incredibly powerful at building the “awareness” component of an Elite Mindset so that you direct your energy toward controlling what



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you can and anticipating challenges and formulating an appropriate response beforehand.

The key to this working is accountability: hold yourself accountable for providing a written log of the challenges you are facing and follow up with the log on a weekly basis to provide feedback to yourself as you utilize the Event + Response = Outcome mentality. Roger will support you during this process.

Let's Practice:

What was the **Event** that caused you a challenge or tested you this week?

Describe your **Response** in detail.

Describe the **Outcome** in detail.



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Do some Self Reflection. Describe below what you would've done differently to get your desired **Outcome**.

Below is model Roger will discuss with you in a session that will help you walk systematically through how to achieve your desired Outcome. Every situation we encounter elicits thoughts which give us a feeling. That feeling drives our behavior and outcome in a powerful way. If we choose the right response, we usually get the outcome or result we want. But we must slow down how we see and perceive these situations. Introspection is needed. The model below helps us do exactly that PLUS helps us think of a Mental Skill technique you and Roger have discussed to get your desired outcome.

<u>Event</u>	<u>Thought</u>	<u>Feeling/ Emotion</u>	<u>Mental Skill</u>	<u>Outcome/ Result</u>
<i>Jumped offsides again</i>	<i>Coach is going to take me out</i>	<i>Frustrated/ Discouraged</i>	<i>Trigger Word "Next Play"</i>	<i>Neutral/ Reset</i>



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Pick a challenging **Situation** and complete the model below. Use extra space on the page if needed.

<u>Event</u>	<u>Thought</u>	<u>Feeling/ Emotion</u>	<u>Mental Skill</u>	<u>Outcome/ Result</u>

