

227: The Equation for High Performance

10 Point Checklist

Brian Kight

Want to gain as much knowledge as possible out of Get Yourself Optimized? Read on below for a 10 point checklist that gives the next, real steps you can take for introducing these insights and optimizing your life.

Get **YOURSELF OPTIMIZED**

HOSTED BY **STEPHAN SPENCER**



"E+R=O stands for event plus response equals outcome. The reality is, for all of us, we don't control events. The harder reality is that we don't control outcomes. You and I, and everyone listening, can only control how we respond."

BRIAN KIGHT

10 STEPS YOU CAN TAKE TODAY

Want to take charge of your health, wellness, and success?
Here are 10 steps that can move you closer to your goals – today.

- Write the formula E+R+O on a sticky note to always remember what it stands for: Events + Response = Outcome.
- Be prepared for possible worst-case scenarios that may happen in my business. Make sure that when life becomes challenging, I am trained and equipped to navigate and solve problems efficiently.
- Assess the skills needed to govern and produce ideal results whether in business or in my personal life.
- Make each day an opportunity to become better. Improve my skills and knowledge by reading books, listening to podcasts, taking classes, etc.
- Steer clear from the reactive state and position myself in a proactive state at all times. Any situation can only become worse if I allow it to be one.
- When things go south, own up to my mistakes. And instead of succumbing to a fight or flight response, find a solution that will save what I've worked for.
- Stop complaining. Instead, take a pause to assess the situation and find ways to alleviate the given problem as fast as I can.
- Be mindful of what I feed myself physically, mentally, and emotionally. Everything I consume or spend time on, whether it's food, knowledge, or people I interact with, can affect who I am as a person.
- Invest in company training and workshops that can help improve my employees' skills and knowledge for them to become assets to my business.
- Check out [Brian Kight's website](#) for more information about his business and future events/workshops.

To view the transcript, resource links and listen to the podcast, visit:

<https://www.getyourselfoptimized.com/the-equation-for-high-performance-with-brian-kight/>