

Life is 10% what
happens to you and 90%
how you react to it.

Charles Swindoll

This has always been one of my favourite quotes because it reminds us that it is our response that usually determines the outcomes we get in life. COVID19 is certainly an event that no one was expecting and how people are responding is interesting. Many years ago, I read a book by Jack Canfield called "How to get from where you are to where you want to be." In his chapter on taking 100% responsibility for your life, he shared a formula that I have used with my clients, my children and my friends for many years: **E + R = O.**

Event + Response = Outcome.

Here is an example of how this formula works:

The **Event** is *Corona Virus* + the **Response** is to *panic, to worry, to look at things pessimistically* =
The **Outcome** is *more Fear. Greater stress on minds, our bodies and our economies. Greater selfishness, stronger negative emotions, less connection and more problems.*

The illustration above shows a negative response. Whereas the one below demonstrates how a positive response might work:

The **Event** is *Corona Virus* + the **Response** is to *remain calm, to be practical and look at things positively* =
The **Outcome** is *less Fear. Limited stress on our minds, bodies and our economies, greater empathy & compassion for others, more connection and less problems.*

The above examples only highlight some of the outcomes we are currently experiencing, and I am conscious that some of us are impacted more than others. The important lesson here is that we do have a *choice as to how we respond*, we are the only ones in control of our minds and actions. Now more than ever we need to take a much more practical and positive approach.

I am very passionate about creating *less fear* in our working environments, communities and families. I hope that this simple, yet effective tool can bring some perspective and support you, your employees, fellow teammates, friends and families as we navigate our way through these unprecedented times.

Stay Fearless!

Kylie