



Hacks for "R" Challenges

Challenge 1: Difficulty managing what gets your attention

To help have more control over what has the ability to get your attention, you can put the goal of "managing what gets your attention" on your radar. Once something has your focus, you are **really good** at accomplishing whatever it is.

First, write this down and put it where you can see it often:

"Proactively managing what gets on my radar will transform my life."

Then,

Write:

The top three things or the time of day that things hijack your attention.

Some examples of what might make the list: texts dinging, phone ringing, getting online, transitions (e.g. you or others coming home from work or school), trying to work when others need you, kids coming in while you are working

List your top three below.

Write:

For example, if texts are a culprit, which they are for most Rs,

One thing you will do to manage each of the predictable intruders you identified.

you might have your phone on silent all of time so that you are in control of when you tend to texts or calls,

Write your strategy for each of your three intruders below.

Challenge 2: No filter

Most Rs have a tendency for whatever enters their mind to come out of their mouth. Here are some tools to help you manage that:

UTILIZE A PARTNERSHIP

Ask someone you feel comfortable with to let you know when you are bull-doing or coming across harshly

It is a great idea to identify a key word. It doesn't matter what it is. You both just need to agree on what it is.

Partner: _____

Keyword: _____

COMMIT TO STOP

When they say the keyword, **commit to stop**--no matter what is going on!

Walk out of the room if you need to.

Another tool you can use to manage your filter:

SET AN ALARM

Set an alarm to go off 3-4 times per day to remind you to stop and notice what is going on inside you.

WRITE

Alarm #1

Take a second and write how you are feeling on a scale of 0-10

What am I feeling? _____

Circle the Rating:

0 1 2 3 4 5 6 7 8 9 10

Alarm #2

What am I feeling? _____

Circle the Rating:

0 1 2 3 4 5 6 7 8 9 10

Alarm #3

What am I feeling? _____

Circle the Rating:

0 1 2 3 4 5 6 7 8 9 10

Alarm #3

What am I feeling? _____

Circle the Rating:

0 1 2 3 4 5 6 7 8 9 10

You can't change the tendencies you have for these and other challenges to arise from your R-ness. You can utilize the strength you have of accomplishing the things you set out to do!

You just need to keep in mind that you have to **do the things that produce the outcomes you want**, regardless of whether or not they align well with your temperament.

