

# ELGLBHAV Leader LifeSkills™ — the 3R's™

The 3R's are Rules for Living which help develop Social Intelligence, Emotional Management and Effective Citizenship Skills in kids. Together, Respect, RightLife, and Responsibility work cooperatively to teach essentials for navigating Life in an Intercultural Community! Forming the basis for healthy attitudes while directing positive actions the 3R's practiced, build needed bridges of civility and kindness to overcome the divides prevalent in society today. Lived consistently, they prepare us to deal effectively with people who come from different backgrounds and who may be completely at odds with the way we think. They are LifeSkills leading to Life, Liberty and Happiness.

People with high levels of Social Intelligence and Emotional Management are able to maintain their own Self Identity while pursuing empathetic cooperation. This results in an evolving world good for all people. Effective Citizenship Skills allow us to consciously realize the thoughts, feelings, and needs of others while maintaining our Values and negotiating a mutually beneficent path forward. Here is how we teach the 3R's.

## Respect

**Listen, Look, Learn, Love.** This is the first 'R,' **Respect**. As we learn to Respect ourselves and Respect all others, we learn to **Listen** carefully to others as they speak. We **Look** at them with all our attention, and this opens us up to **Learn** and equips us to grow. Appreciating and caring for both ourselves and others leads us to realize a LifeStyle of **Love!**

### Key Messages:

**"Everyone is Valuable, worthy of Respect — no exceptions."**

**"Respect is given, not earned. Every person is valuable deserving of Respect."**

## RightLife

**Treat others the way you want to be treated.** This is real Love — patient, caring Love! It is also the second 'R,' **RightLife**. As we learn to **Live RightLife**, we learn to think about others and then truly care about others. We have true regard for our neighbor. We are practicing Love through Empathy as we *listen* and really concentrate on *hearing and understanding* someone, not judging them. We consider their viewpoint and think about how we can show Love to them! Choosing to act with compassion, we can grow together into a true Beloved Community — One People together persevering toward a More Perfect Union of Love.

### Key Message:

**"Stop, Think, Act means Stop and Listen, Think with RightLife, then Act in Love."**

## Responsibility

**Own your thoughts and actions, develop your Best Self Potential.** Keeping your mind focused on Humanity's Incredible Potential for Awesomeness leads you to choose a consistent Life Approach. We are Stronger Together when everyone is Valued for their Potential as a Positive Contributor to the world. Understanding our actions typically follow our thoughts and emotions, to gain inner strength and become Self-Aware and Responsible we — *think about our thinking, stay aware of our feelings while learning to regulate them, and focus on our 'Why.'* Honoring our Potential alongside of other's Value and Potential, gives us a basis for discovering Life, Liberty and Happiness. Together we can become our Best Selves — a People United by common purpose, making this world a better place for all people!

### Key Messages:

**"You are Responsible for You. It's no longer your teachers, or parents — it's You!"**

**"Be accountable for You!"**