

# Habit #1

# Be Proactive

Based on the work of Stephen Covey



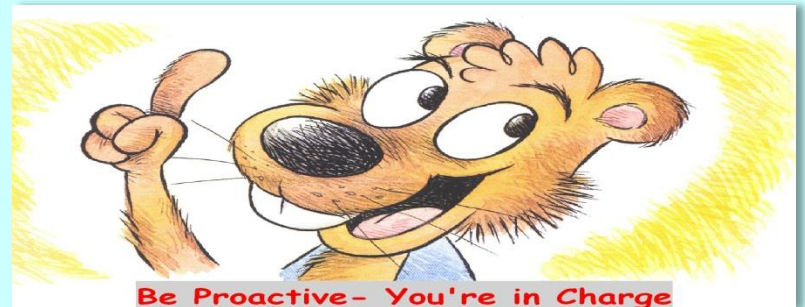
# HABIT 1: Be Proactive

I am responsible for my own actions. I do not blame others for my actions. I do the right thing without being asked, **EVEN WHEN NO ONE IS LOOKING.**



# When you are Proactive, you...

- choose your actions.
- choose your response to how others treat you. No one can “make” you angry; only you can choose to be angry.
- practice having patience.
- Gain control of your emotions - “Calm your body.”
- **STOP & THINK.** Ask: what is the right thing to do?
- take responsibility for your actions rather than blaming others or making excuses.
- focus on what you can control (your mood, your goals, your choices, etc.)



When you are **PROACTIVE**, you act like a water bottle. Even when you get shaken up or upset, you stay calm and don't explode!



When you are **REACTIVE**, you act like a soda bottle. When something goes wrong, you do not stay calm and in control. You get mad and **EXPLODE** on someone or something.



# Proactive vs. Reactive

## When you are PROACTIVE

- You make good choices about how you respond to a problem or situation.
- You are always ready with a calm body and attitude.
- You make good choices, so that the right things will happen.
- When things don't go your way, you may be upset, but you stay calm and in control.

## When you are REACTIVE

- You are ready to explode.
- You are unprepared for things and you have a bad attitude.
- You do not make good choices, and bad things may happen as a result.

## Proactive Language

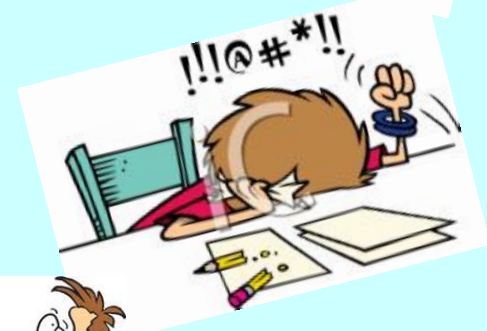
### “Can Do Attitude”

- I'll do it.
- I can do better than that.
- I choose to.
- I'm in charge of me!
- I'm not going to let your bad mood rub off on me.



## Reactive Language

- I'll try.
- That's just the way I am.
- There's nothing I can do.
- Do I have to?
- I can't.
- You made me do it!



# Proactive people focus on things they can control.

## Things you CAN'T control or change:

- Other people
- The weather
- Things you did wrong in the past
- How other people treat others or act
  - Homework

## Things you CAN control or change:

- Your attitude
- Your mood
- Your choices
- How I treat other people

# How would you be PROACTIVE?

- A student from another class cuts in front of you on the lunch line.
- While going home on the bus, your friends are jumping up and down, yelling and screaming.
- You choose to play video games instead of doing your homework.
- You see a raffle ticket on the floor. It has no name on it, and none of your teachers know that you have found it.



# Song



Be Proactive Every Day

Be Proactive, Stop and Think

Even though it's hard to do,

I think you should try it too.

Be Proactive Every Day

Be Proactive, Stop and Think

