

Habit #1

Be Proactive

Based on the work of Stephen Covey



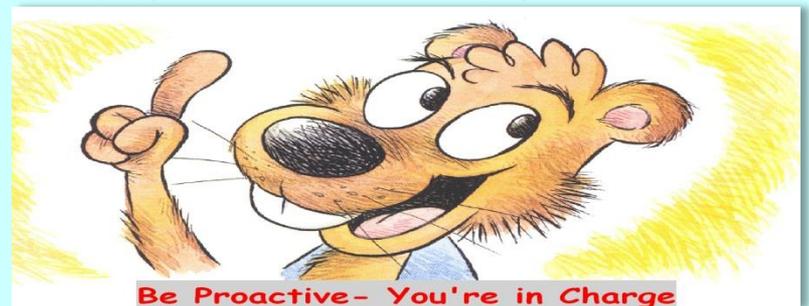
HABIT 1: Be Proactive

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

