

Habit #1

Be Proactive

Based on the work of Stephen Covey



What happens to a bottle of soda when you shake it up?



It EXPLODES!



Journal Entry or Discussion Starter:



Sometimes things go wrong, and we feel shaken up. As a result, we might **EXPLODE** on someone or something. This is called being **REACTIVE**. Has this ever happened to you? Explain what happened and why. Was this a good way to let go of all of your feelings? Why or why not?



When you are
PROACTIVE,
you make a choice about
how you react to the
things that happen in
your life. You act like a
water bottle. You might
get shaken up or mad,
but you stay calm and
don't explode!





Journal Entry or Discussion Starter:

Is it hard to stay calm (like a water bottle) even when things don't go your way? Why or why not?

What steps could you take to be more **PROACTIVE** and calm when things aren't going well?



Proactive vs. Reactive

When you are **PROACTIVE**, you make good choices about how you respond to something happening. You are always ready with a calm attitude. You do things to make sure that the right things will happen. You are prepared for anything that might happen. When things don't go your way, you aren't happy, BUT you stay calm.

When you are **REACTIVE**, you could explode at any minute. Things happen and they "catch you off guard". You aren't ready for things that might happen. You deal with things when they happen instead of being prepared.



Where do you fall?



Very

Reactive

Very

Proactive

**How could you be
more proactive?**



How do you feel on days like this?



**What
about
sunny
days like
this?**



**If you could “carry the weather
with you”....**



**you could have a
good day no matter
what comes your way.**



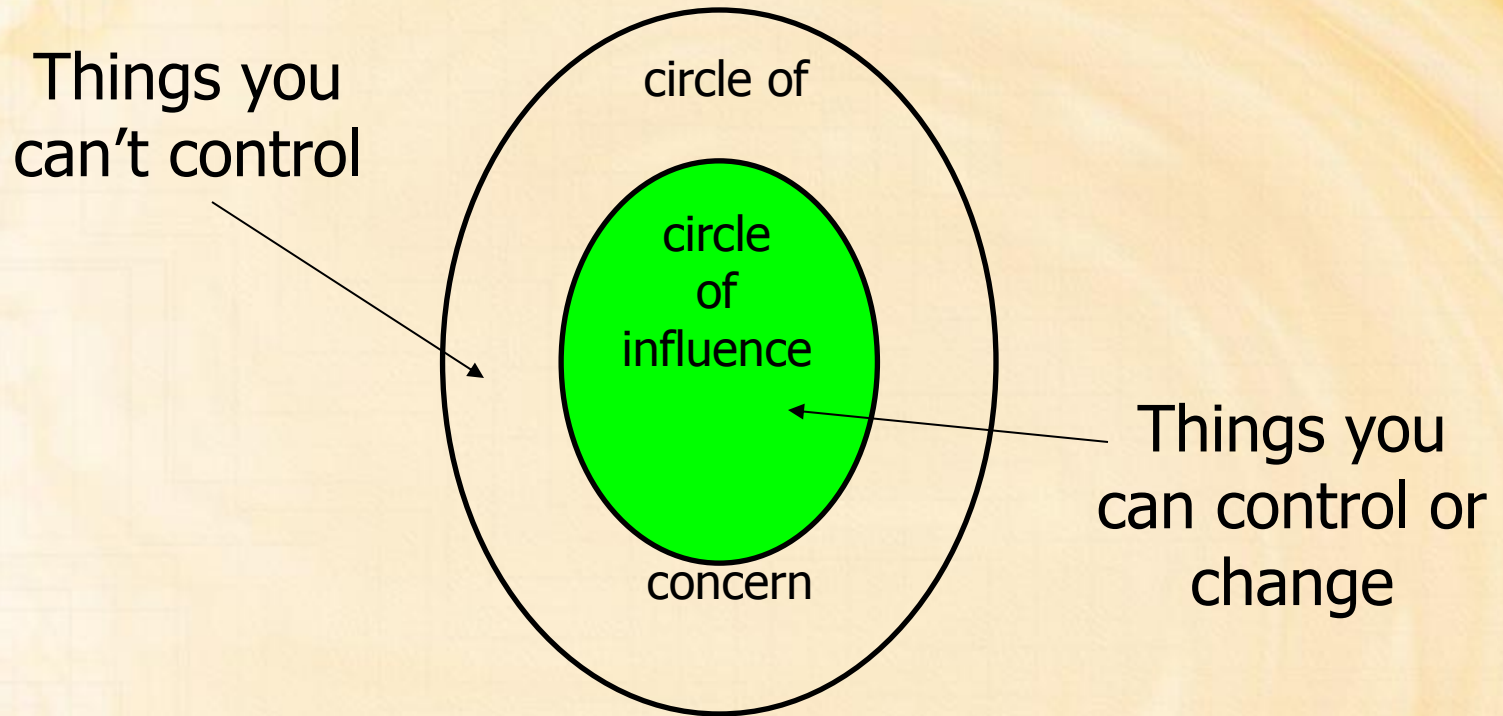
Journal Entry or Discussion Starter:



Do you think it is possible to carry your weather with you? What do you think this means? How would your life be different if you could carry happiness or peace with you no matter what things happen?



Circle of Influence



Focus on things you can
change or influence



Circle of Influence

Things you CAN'T control or change:

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

Things you CAN control or change:

- Your attitude
- Your mood
- Your reaction to good and bad things that happen
- How I treat other people

Can you think of other examples from your life?



Be Proactive

- Change how you handle things. Make a choice to be positive and focus on those things that YOU can change.
- Make a positive difference in your family, your class, your school and the world!



Credits:

This slide show was created by
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using the following resources.

1. The Seven Habits for Highly Effective People by Stephen Covey
2. The Seven Habits for Highly Effective Kids by Sean Covey
3. The Seven Habits for Highly Effective Teens by Sean Covey

