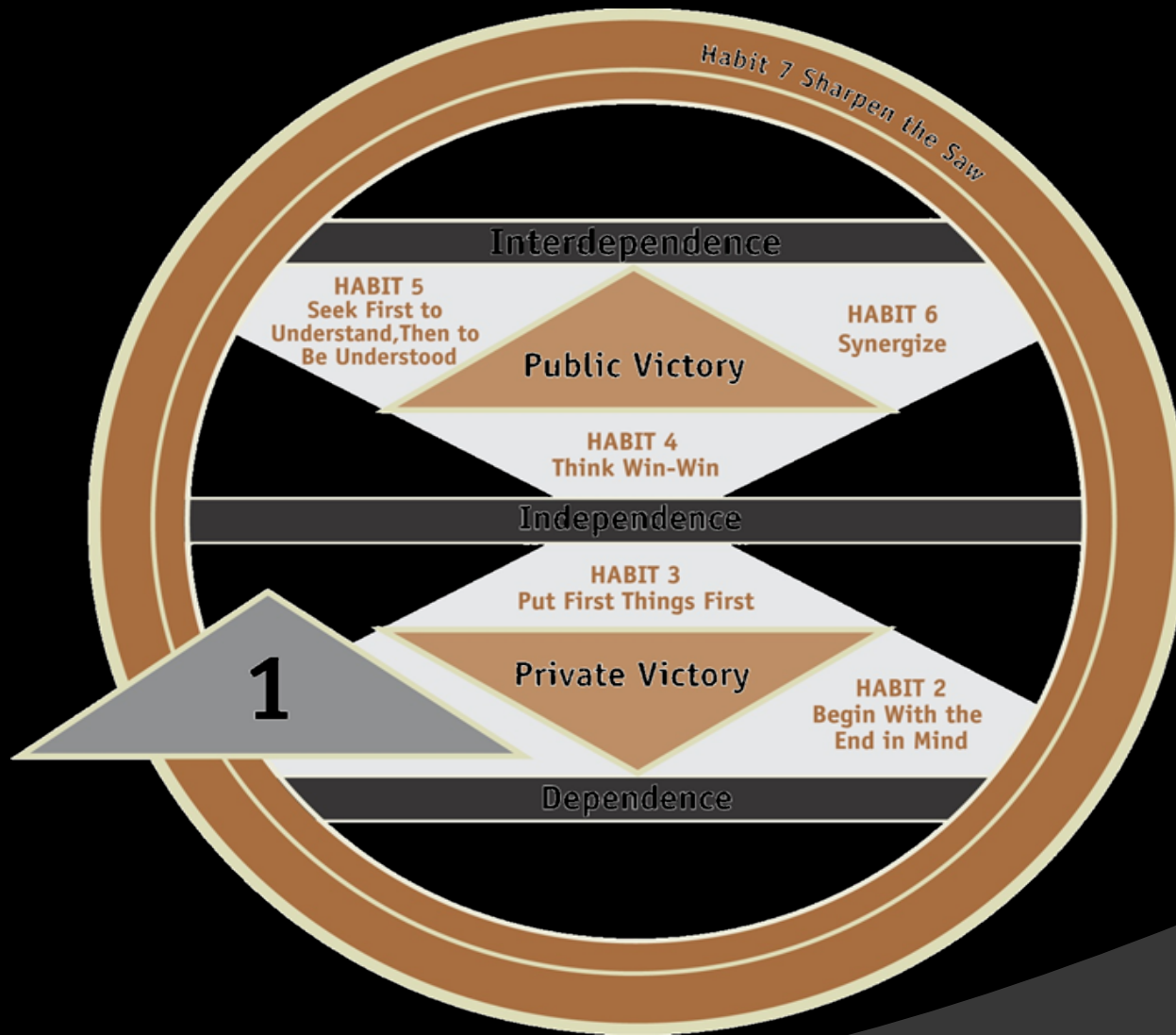


The background of the image is a top-down view of architectural blueprints spread on a wooden table. The blueprints are drawn in white ink on a light-colored paper. Various lines, rectangles, and text are visible on the plans. Some text includes 'FIRST FLOOR', 'SECOND FLOOR', and 'PLAN'. A yellow pencil lies diagonally across the lower right portion of the blueprints. A white eraser is positioned in the lower left area. The overall scene is brightly lit, creating soft shadows and highlighting the textures of the paper and wood.

HABIT 1

Be Proactive

Let's Review....



The Habit of Choice

Humans have the freedom to choose:

- How we respond
- How we plan and prepare
 - Our thoughts

Within our freedom to choose lies our 4 human endowments


Four Human Endowments

- Self Awareness
 - Imagination
 - Conscience
- Independent Will

We use these to help program our lives. They give us the freedom to choose.

Self Awareness

Human beings have self awareness, the ability to analyze our thought process.

A silhouette of a person standing on a dark ground, holding a glowing, spherical object with both hands. The background is a warm, orange-hued sunset or sunrise sky. In the distance, there are faint silhouettes of buildings and trees.

“I know of no more encouraging fact than the unquestionable ability of man to elevate his life by conscious endeavor.”

Henry David Thoreau

Imagination

“Imagination is more important than knowledge. For knowledge is limited to all we now know and understand, while imagination embraces the entire world, and all there ever will be to know and understand.”

Albert Einstein

We have the ability to use our imagination to find different solutions to our problems



Conscience

In matters of conscience, the law of the majority has no place.

Gandhi

Conscience is a deep inner awareness of right and wrong. It helps us govern the principles in our lives.



Independent Will

You have brains in your head. You have feet in your shoes. You can steer yourself any direction you choose. You're on your own. And you know what you know. And YOU are the one who'll decide where to go

- Dr. Seuss

IN CONGRESS, JULY 4, 1776.
A DECLARATION
BY THE REPRESENTATIVES OF THE
UNITED STATES OF AMERICA,
IN GENERAL CONGRESS ASSEMBLED.

WHEN in the Course of human Events, it becomes necessary for one People to dissolve the Political Bands which have connected them with another, and to assume among the Powers of the Earth, the separate and equal Station to which the Laws of Nature and of Nature's God entitle them, a decent Respect to the Opinions of Mankind requires that they should declare the causes which impel them to the Separation.

We hold these Truths to be self-evident, that all Men are created equal, that they are endowed by their Creator with certain unalienable Rights, that among these are Life, Liberty, and the Pursuit of Happiness—That to secure these Rights, Governments are instituted among Men, deriving their just Powers from the Consent of the Governed, that whenever any Form of Government becomes destructive of these Ends, it is the Right of the People to alter or to abolish it, and to institute new Government, laying its Foundation on such Principles, and organizing its Powers in such Form, as to them shall seem most likely to effect their Safety and Happiness. Prudence, indeed, will dictate that Governments long established should not be changed for light and transient Causes; and accordingly all Experience hath shewn, that Mankind are more disposed to suffer, while Evils are sufferable, than to right themselves by abolishing the Forms to which they are accustomed. But when a long Train of Abuses and Usurpations, pursuing invariably the same Object, evinces a Design to reduce them under absolute Despotism, it is their Right, it is their Duty, to throw off such Government, and to provide new Guards for their future Security. Such has been the patient Sufferance of these Colonies; and such is now the Necessity which constrains them to alter their former Systems of Government. The History of the present King of Great-Britain is a History of repeated Injuries and Usurpations, all having in direct Object the Establishment of an absolute Tyranny over these States. To prove this, let Facts be submitted to a candid World.

He has refused his Assent to Laws, the most wholesome and necessary for the public Good.
He has forbidden his Governors to pass Laws of immediate and pressing Importance, unless suspended in their Operation till his Assent should be obtained, and when so suspended, he has utterly neglected to attend to them.
He has refused to pass other Laws for the Accommodation of large Districts of People, unless those People would relinquish the Right of Representation in the Legislature, a Right inalienable to them, and formidable to Tyrants only.

He has called together Legislative Bodies at Places unusual, uncomfortable, and distant from the Depository of their public Records, for the sole Purpose of fatiguing them into Compliance with his Measures.
He has dissolved Representative Houses repeatedly, for opposing with manly Firmness his Invasions on the Rights of the People.
He has refused for a long Time, after such Dissolutions, to cause others to be elected; whereby the Legislative Powers, incapable of Annihilation, have returned to the People at large for their exercise; the State remaining in the mean Time exposed to all the Dangers of Invasion from without, and Convulsions within.

He has endeavored to prevent the Population of these States; for that Purpose obstructing the Laws for Naturalization of Foreigners, refusing to pass others to encourage their Migrations hither, and raising the Conditions of new Appropriations of Lands.
He has obstructed the Administration of Justice, by refusing his Assent to Laws for establishing Judiciary Powers.
He has made Judges dependent on his Will alone, for the Tenure of their Offices, and the Amount and Payment of their Salaries.

He has erected a Multitude of new Offices, and sent hither Swarms of Officers to harass our People, and eat out their Substance.
He has kept among us, in Times of Peace, Standing Armies, without the Consent of our Legislatures.
He has kept among us, in Times of Peace, Standing Armies, without the Consent of our Legislatures.
He has kept among us, in Times of Peace, Standing Armies, without the Consent of our Legislatures.
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He has affected to render the Military independent of and superior to the Civil Power.
He has endeavored to render the Military independent of and superior to the Civil Power.
He has endeavored to render the Military independent of and superior to the Civil Power.
He has endeavored to render the Military independent of and superior to the Civil Power.

He has combined with others to subject us to a Jurisdiction foreign to our Constitution, and unacknowledged by our Laws; giving his Assent to their Acts of pretended Legislation:
For quartering large Bodies of Armed Troops among us;
For quartering large Bodies of Armed Troops among us;
For quartering large Bodies of Armed Troops among us;
For quartering large Bodies of Armed Troops among us;

For pretending them, by a mock Trial, from Punishment for any Murders which they should commit on the Inhabitants of these States;
For pretending them, by a mock Trial, from Punishment for any Murders which they should commit on the Inhabitants of these States;
For pretending them, by a mock Trial, from Punishment for any Murders which they should commit on the Inhabitants of these States;
For pretending them, by a mock Trial, from Punishment for any Murders which they should commit on the Inhabitants of these States;

For cutting off our Trade with all Parts of the World;
For cutting off our Trade with all Parts of the World;
For cutting off our Trade with all Parts of the World;
For cutting off our Trade with all Parts of the World;

For imposing Taxes on us without our Consent;
For imposing Taxes on us without our Consent;
For imposing Taxes on us without our Consent;
For imposing Taxes on us without our Consent;

For depriving us, in many Cases, of the Benefits of Trial by Jury;
For depriving us, in many Cases, of the Benefits of Trial by Jury;
For depriving us, in many Cases, of the Benefits of Trial by Jury;
For depriving us, in many Cases, of the Benefits of Trial by Jury;

Only **YOU** have the power to make the choice to change your life.

Only **YOU** have the power to make the choice to become proactive.

Mindsets of Effectiveness



Ineffective: I am a product of my circumstances.

Effective: I am a product of my choices.

Having an effective mindset will change your behavior:

- Pause and respond based on principles
 - Use proactive language
- Expand your Circle of Influence
 - Become a transition person

This change in behavior will help you get a different result:

- Increased influence
- More self awareness
 - Greater initiative
- Becoming the creative force of your life

What kind of mindset do you have?

Are you a product of your circumstances or
a product of your choices?

Have you shifted your paradigm?



Becoming proactive is a choice



“I am free to choose and am responsible for my choices”

Make choices carefully...




Remember to pause and then respond
based on principles...

Case study of parents who fight in front of their children

- Children may become 'hyper-sensitive' and anxious. These characteristics may have an enormous impact on self-esteem, self-image and confidence. When negative emotional patterns are established from an early age, they are incredibly hard to modify and can contribute to disruptive functioning in later life.

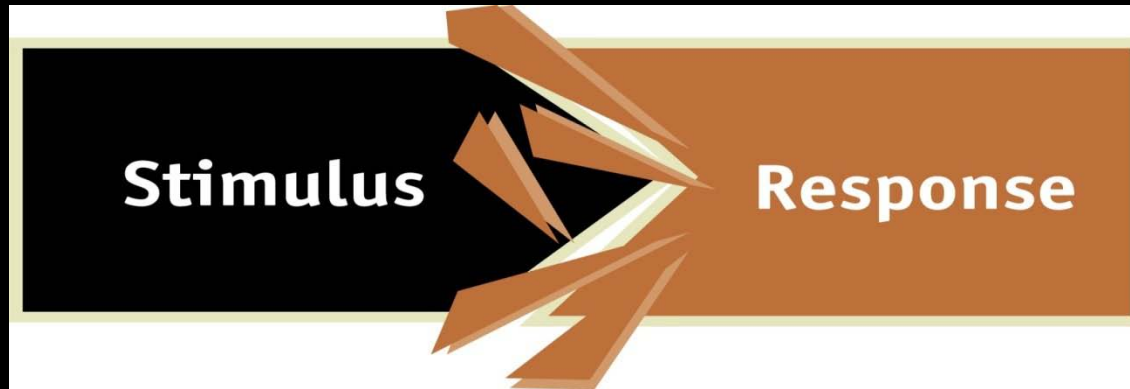
Much has been written about vicious cycles repeating themselves and this indeed can be a risk.

- If children see fighting repetitiously and consistently in the home, they can imitate and act out these behaviors in the playground with friends or in other contexts. Modeling of parental behavior is a potent developmental phenomenon and one that can have disastrous effects if fighting becomes the focus.

A close-up photograph of a woman's face, showing her eyes looking down and to the side, with a hand near her mouth in a thoughtful or distressed gesture. The lighting is soft, and the background is blurred.

What impact are you having on your family by being reactive?

Remember how you react is your choice...



Responding without thinking is a reactive behavior

Reactive people allow outside influences to control their responses

“People are always blaming their circumstances for what they are. I don’t believe in circumstances”

George Bernard Shaw

Proactive VS Reactive

Think about a reactive person being your sailboat captain

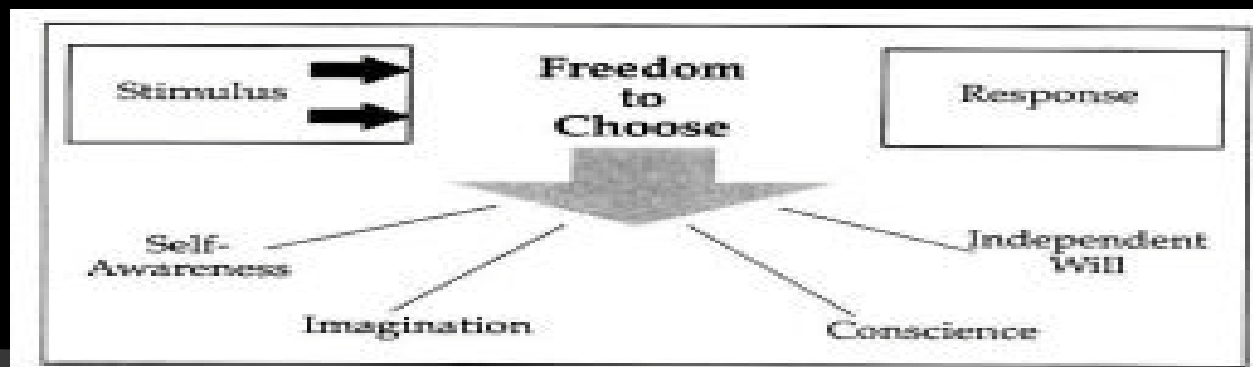


- If a reactive person were to captain a ship, the ship would flow with the currents.
- If a proactive person were to captain a ship, however, the ship would go wherever the captain wanted it to go.

Give yourself the freedom to choose



Proactive people pause to allow themselves the freedom to choose their response based on principles and desired results.



Give yourself one of these...



When you become
reactive...

Proactive Language

By refraining from using reactive language and using proactive alternatives instead, you will go a long way towards the goal of living a predominantly proactive life.

Proactive Language

“Let’s look at our alternatives

“I choose”

“I prefer”

Reactive

“There’s nothing we can do”

“I can’t”

“I must”

Proactive Language Example

Proactive language is used in hospitals and by doctors in order to help people deal with medical issues that arise in life.

Covey has a 7 Habits for diabetes that talks about the difference of using proactive vs reactive language when people are adjusting to diabetes.

Instead of :

“I have to eat healthy”

It should be:

“I choose to eat healthy”

This is being proven to help people get into the right mindset to deal with their new lifestyle.

Proactive Tools

- Using the Wedgie & Proactive language will help you stay more proactive and in turn give you a more positive outlook on life.
- Positivity will help productivity, relationships and attitude.
- Negative people tend to be less proactive.
- Remember Lighteaters?

Light Eaters!!!

A person with glowing eyes is sitting cross-legged, eating light bulbs. The background is a grid of glowing light bulbs.

Light Eaters and Yippers & Yappers

What makes a Light Eater?

How can we change a Light Eater?

Can Light Eaters live at home?

Case studies show that youths are influenced by negative family members

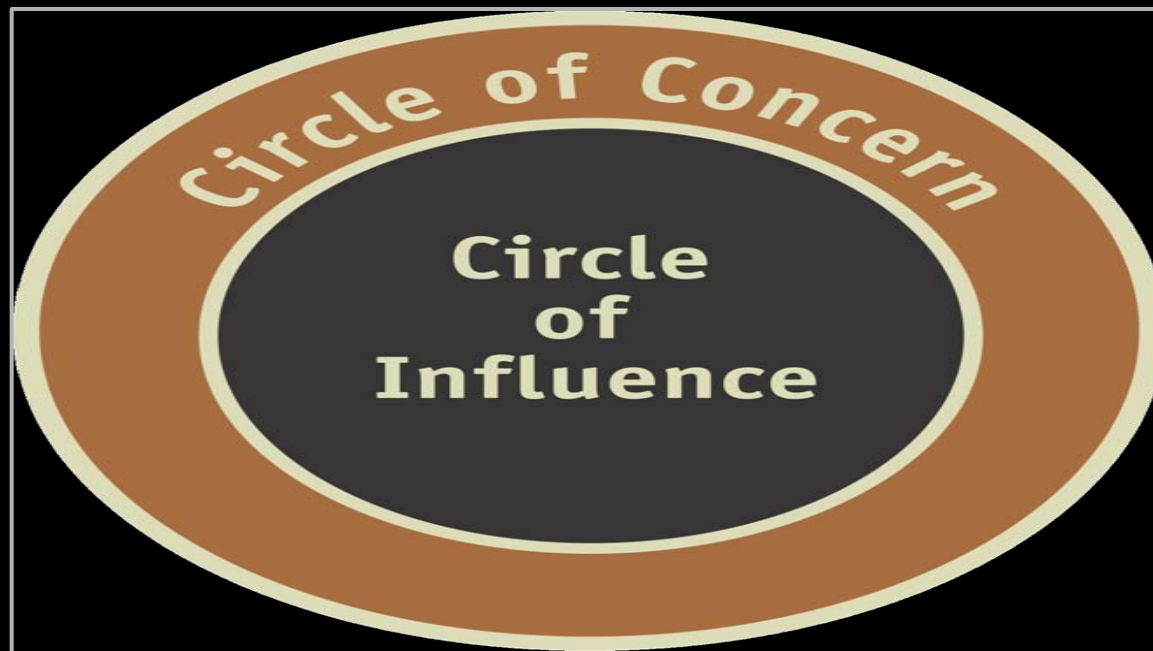
- While children look up to positive role models in their family, they are most like to show behaviors and traits of negative role models in their family.**
- The researchers also found that negative family members are a strong influence on the moral traits of youths.**
- Youths' inability to incorporate positive role model behaviors into their self-concept relates to youth conduct problems, such as acting out and starting fights.**
- The researchers also found that immoral traits, like lying and being unfriendly, shared between youths and all role models was significantly predictive of youth witnessing anti-social behaviors in their neighborhood, such as vandalism.**



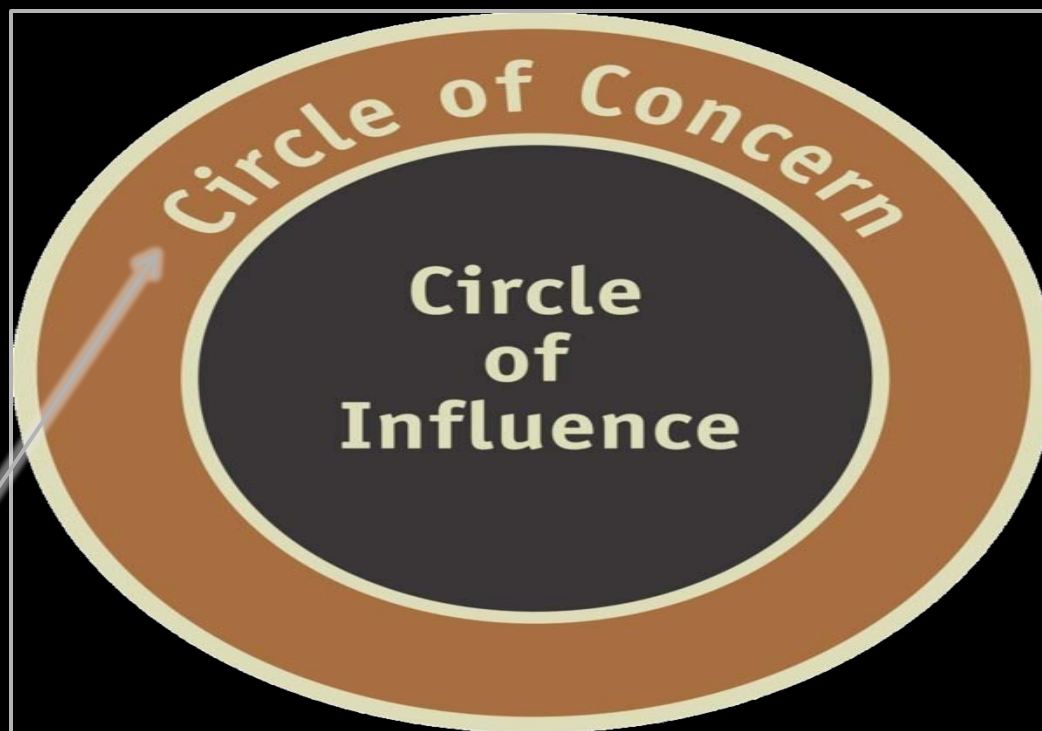
Don't allow how you act to turn your child into a Light Eater

If you feel powerless against life's forces
you should examine what you can
change versus what you have no control

Thinking about life this way is known as
Circle of Influence VS Circle of Concern

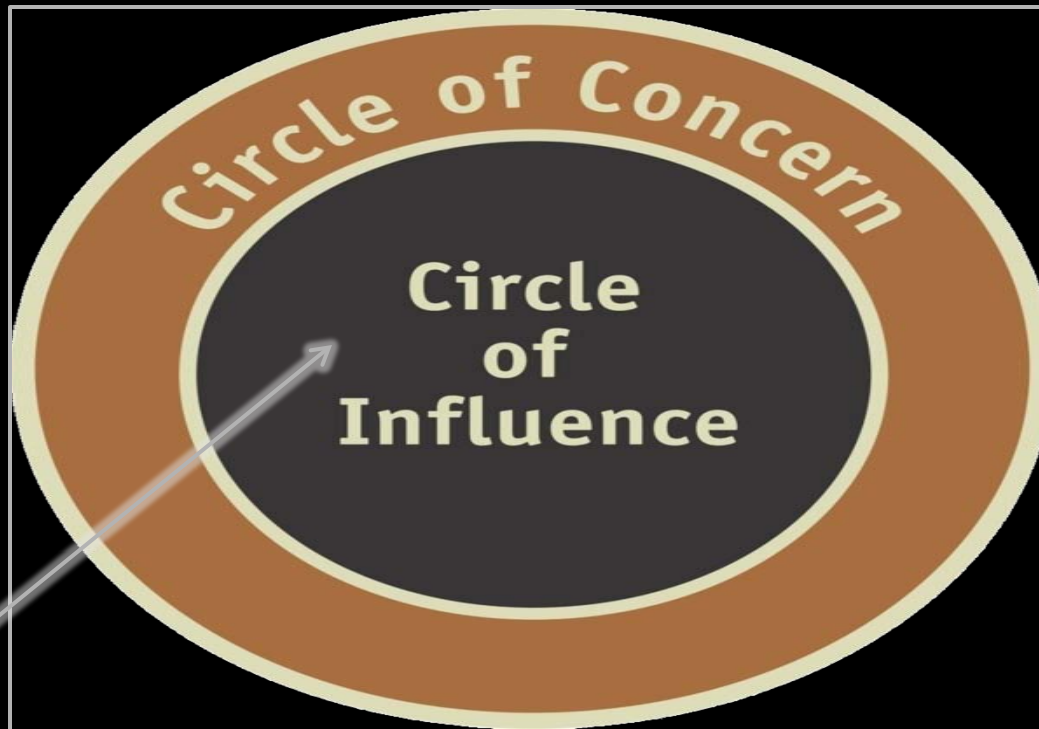


One key to becoming more self aware is knowing what lies in each circle.



The weather, how people treat our children, traffic and the weaknesses of other people are all in our circle of concern.

By focusing on what we can control, our circle of influence will grow.



How we react to others, our health, and attitude are included in the circle of influence.

Proactive VS Reactive Focus



Proactive Focus:

Positive Energy
enlarges
The circle of
influence.

Reactive Focus:

Negative Energy
reduces the circle
of influence.

6 ways to expand your circle of influence:

1. Don't ask why, ask how.
 - How can I turn this situation around?
2. Believe, Achieve, Succeed
 - Believe in yourself even in the face of naysayers.
3. Increase your value through education.
 - Read and educate yourself on the areas that you want to expand.
4. Fine tune your skills.
 - In our lives, repetition is the mother of skill. Constantly work on mastering skills.

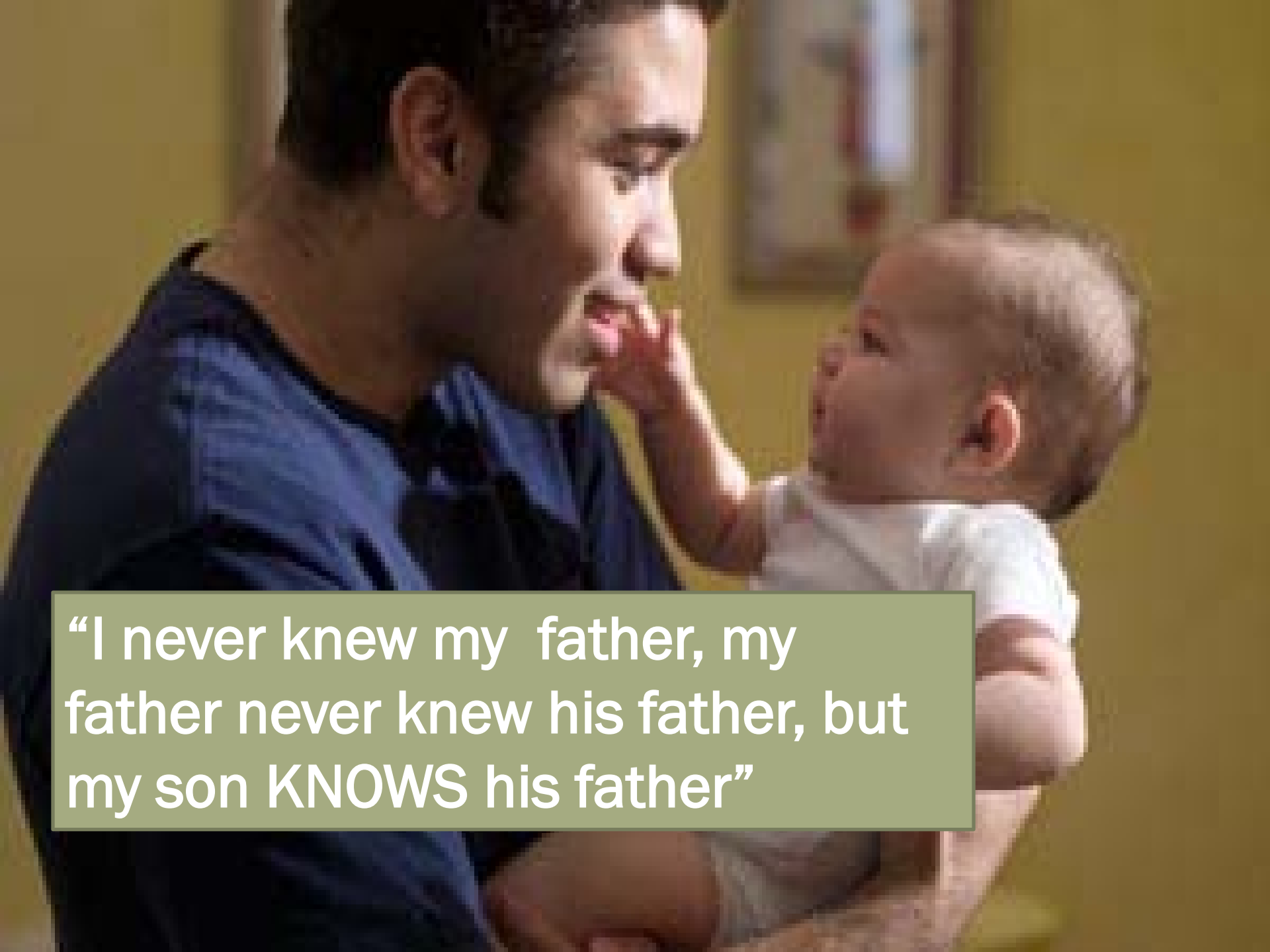
6 ways to expand your circle of influence continued:

5. Turn problems into opportunities.
 - Many times problems are blessing in disguise with hidden opportunities.

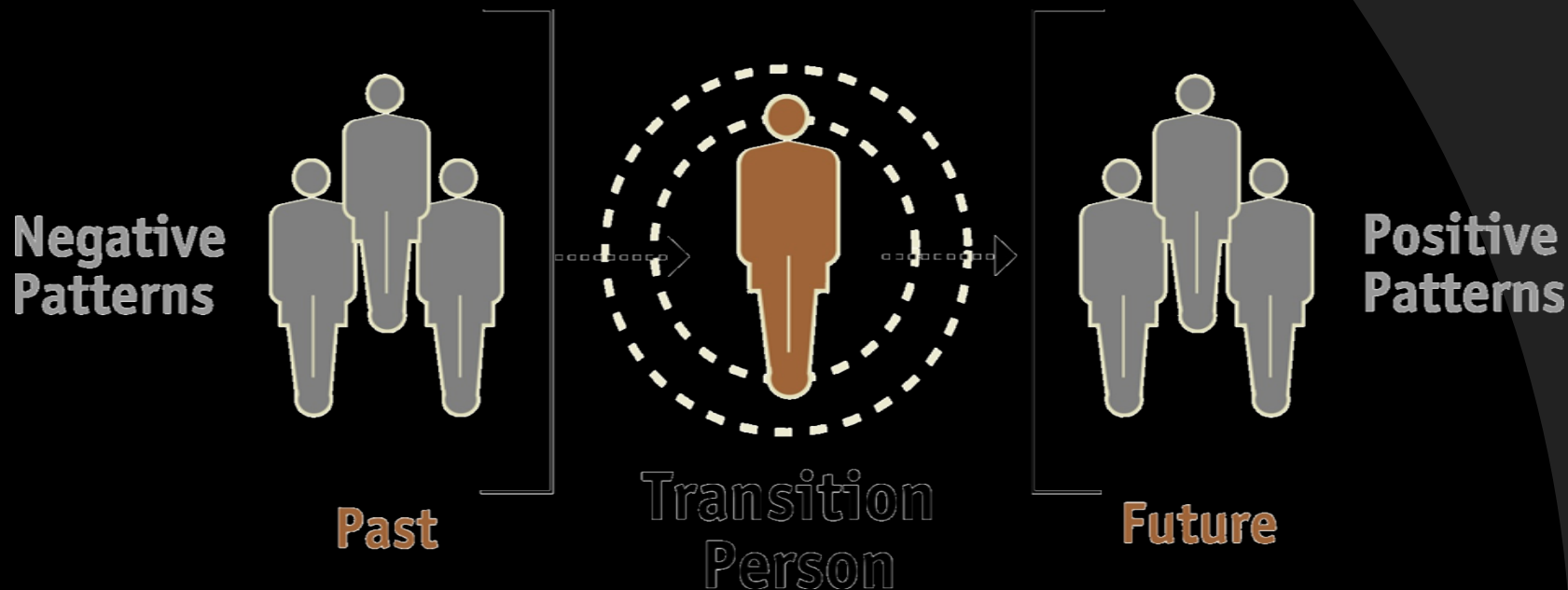
6. Be upbeat and enthusiastic.
 - Upbeat and enthusiastic people attract people and situations that expand their influence.

By expanding your circle of influence you are able to help change others by first changing yourself.

It helps people transition from negative behavior, into positive behavior.



“I never knew my father, my father never knew his father, but my son KNOWS his father”



Those who develop increasing inner power & freedom to choose can become a transition person – one who stops unworthy tendencies from being passed on from prior generations.

Become a transition family



- An entire family can be proactive.
- They can have an effect on their neighborhood or extended family.

How will you start to change from the inside out?

Pick something to focus on and ask for help if you need it.

Keep growing with the 7 Habits



Remember that “When we can no longer change a situation, we are challenged to change ourselves.”

Victor Frankl