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!
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

How could you be more proactive?

Very 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.
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

Things you can’t control

Things you can control or change
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 Rebecca Radicchi 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