

Be Proactive

Proactive vs. Reactive

Reactive

- > I'll try
- That's just the way I am
- **▶ I have to**
- ▶ I can't
- > You ruined my day

Proactive

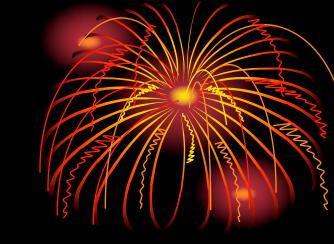
- ▶ I'll do it
- I can do better than that
- **▶** I choose to
- There's gotta be a way
- I'm not going to let your bad mood rub off on me

Proactive vs. Reactive

 Reactive language takes power away from you & gives it to someone or something else

Proactive language gives YOU power and gives you the freedom to choose

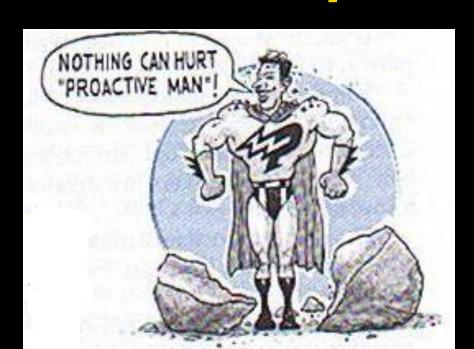
Proactive People



- Not easily offended
- Take responsibility for their choices
- Think before they act
- Bounce back when something bad happens
- Always find a way to make it happen
- Focus on things they can do something about, and don't worry about things they can't

"Can-do" Attitude

- AND THE RESIDENCE OF THE PARTY OF THE PARTY
- Take initiative to make it happen
- Think about solutions & options
- Act



Just Push "Pause"

- Learn to pause
- Get control
- Think about how you want

to respond by using the Human Toolbox:

- **□Self-Awareness**
- **□** Conscience
- □Imagination
- **□Willpower**

