

Habit 1



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



- **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**

