

# Be Proactive

## Reflection

*Before we go further, take a few minutes to answer the questions.*



To me, **being proactive** means:

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**Two ways** I can be more proactive this year are:

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On a scale of 1-5, **rate** yourself in each area.

1 = NEVER      5 = OFTEN

I feel in control of my life.	1	2	3	4	5
I push myself to try new things.	1	2	3	4	5
I know that I can choose my attitude.	1	2	3	4	5
I do not let others get me upset.	1	2	3	4	5
I admit when I've done something wrong.	1	2	3	4	5
I apologize when I've done something wrong.	1	2	3	4	5

Mostly 1-2: I'm in the right place.

Mostly 3-4: I'm on your way and you will get there this year.

Mostly 5: I can refine my skills this year and lead others.

The **most valuable thing** that I took from this unit is \_\_\_\_\_

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