

Habit #1----Be Proactive



Proactive

Reactive

Proactive people make choices based on values

This involves
thinking
before you
act



Reactive people
make their choices
based on impulse



Situation #1

You overhear your best friend bad-mouthing you in front of a group. She doesn't know you overheard her the whole conversation. Just five minutes this exact same friend was sweet-talking you to your face. You feel hurt and betrayed.

Proactive
vs.
Reactive



Situation #2

You've been working at your job in the store for over a year now and have been extremely committed and dependable. Three months ago, a new employee joined the crew. Recently, he was give the coveted Saturday afternoon shift, the shift that you were hoping for.

Proactive
vs.
Reactive



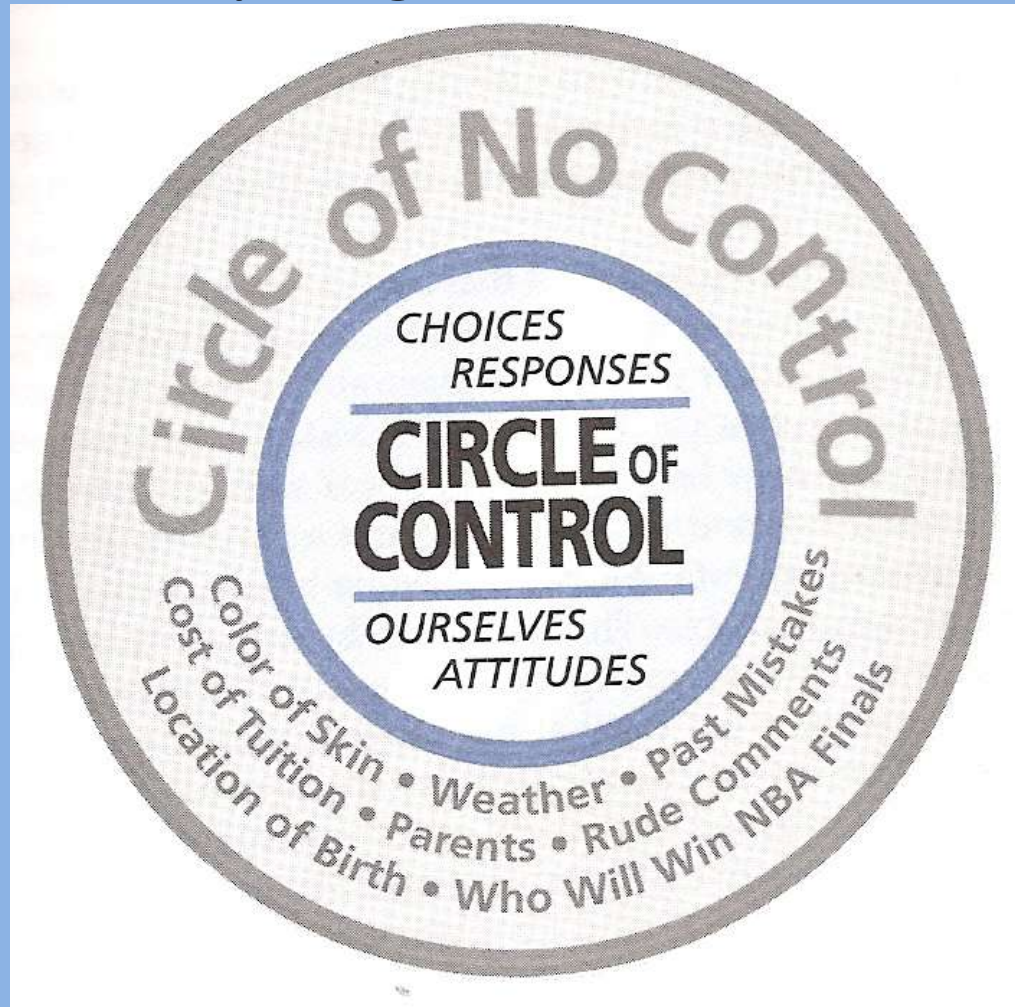
“That’s me. That’s just the way I am.”

“If my teacher wasn’t such a jerk, things would be different.”

“Thanks a lot, you just ruined my day.”



We cannot control everything that happens to us.



We can control how we respond to what happens.

Exit Slip 1/12/12

We are going to take a few minutes to create our own “recipe” for proactive success. Have at least 7 *ingredients*.

EASY APPLE PIE

1 (9 inch) pie plate, buttered
5 or 6 apples, cut up
3/4 c. butter, melted
1 c. flour
1/2 c. chopped nuts
1 tsp. cinnamon
1 tbsp. sugar
1 c. sugar
1 egg



Put apples in pie plate and sprinkle with cinnamon and 1 tablespoon sugar. In a bowl mix 1 cup sugar, flour and butter. Blend in unbeaten egg, pinch of salt and the nuts. Mix well and pour over apples. Bake at 350 degrees for 45 minutes.