

Name: \_\_\_\_\_

Hour: \_\_\_\_\_

## Habit 1: *Be Proactive*



**Definition:** \_\_\_\_\_

**Directions:** *Create a S.M.A.R.T. goal about being proactive and relate it to improving your control over your emotions.*

**Goal:** In the next two weeks, I plan to \_\_\_\_\_  
\_\_\_\_\_.

I plan to **ACCOPMLISH** this by...

1. Identifying one situation where I consistently react
2. Explaining what I can/cannot control in that situation and how I can respond proactively
3. Using my willpower to be proactive and documenting my progress with self-reflection

### Identify Reactive Situation

*Describe one situation where you are consistently reactive or a person that you are reactive towards. Explain how you normally respond.*

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Why do you think you struggle with controlling your emotions during this specific situation?

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## Circle of Control vs. Circle of No Control

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During the situation where I normally respond reactively, what can I control and what can I not control?

I CAN CONTROL	NO CONTROL OVER
1.	1.
2.	2.
3.	3.

**What are three new behaviors that you will start doing to help prevent yourself from being reactive?**

1.) \_\_\_\_\_

2.) \_\_\_\_\_

3.) \_\_\_\_\_



