

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

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

WA  
Due: Tues. 10/18

### Habit 1: Be Proactive



100 pts

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

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

+5

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

+15

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

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

## Taking Action and Reflecting

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*Directions: For the next two weeks you will practice your S.M.A.R.T. goal by using your three new behaviors to help you respond in a proactive way. As you work on this habit you are responsible for journaling your progress.*

### Answer the Following in your Journal Entry:

- Describe how you worked on your S.M.A.R.T. goal during week 1.
- During week 1, how did you remind yourself to work on your goal? (If you forgot, how can you remind yourself for week 2?)
- Were you successful at being proactive? If yes, explain what you did? If no, what could you have done to be proactive? What can you do for week 2 to achieve success?

x20

### Journal: Week 1

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**DID I INCLUDE ALL THE QUESTIONS ABOVE IN MY JOURNAL ENTRY?**

**Answer the Following in your Journal Entry:**

-Describe how you worked on your S.M.A.R.T. goal during week 2.

-ANSWER IF SUCCESSFUL: Were you successful at being proactive? If yes, provide proof. Do you think these new behaviors could be something that you continue to use consistently? Explain.

-ANSWER IF NOT SUCCESSFUL: If you were not successful, why do you think you continue to struggle and what would it take for you to start making better choices?

X20

**Journal: Week 2**

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*DID I INCLUDE ALL THE QUESTIONS ABOVE IN MY JOURNAL ENTRY?*

**Rate your Achievement**

Directions: If you had to rate how well you achieved your goal on a scale from 1 – 10, what would you give yourself? (1 = Did not achieve it 5= I tried, but I still need work 10 = I did it ☺)

+10

1 2 3 4 5 6 7 8 9 10