

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

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

Due: Wed. 10/19

### 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 **ACCOMPLISH** 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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F15

x/15

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

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x/15

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



