

### Betsie Valley Elementary

#### Habit #1: Be Proactive

Being proactive means **taking responsibility for your life and actions** rather than just watching how things happen. Being proactive means *anticipating problems*, seeking new solutions and doing your best. The opposite of proactive is reactive. Being reactive means letting things outside myself determine what choices I make. That is way I really like the 1<sup>st</sup> habit in our leadership academy:

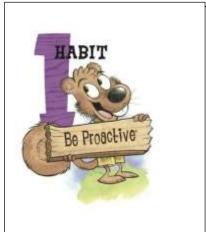
#### Be proactive!

Becoming a proactive person is really about taking charge of the things I can control: my thoughts, my words, and my action

During the month of October, we will focus on four principles:

- I am a responsible person.
- I take initiative.
- I choose my actions, attitudes, and moods. I do not blame others for my actions.
- I do the right thing without being asked, even when no one is looking.

Proactive behavior is an important building block of learning how to get along with others, make and keep friends, take care of our own needs, and be successful in life. As being proactive becomes one of our habits, I expect you will begin to see more of this at home too. This is a great website for additional information: <a href="https://sites.google.com/a/student.lps53.org/7-habits/home">https://sites.google.com/a/student.lps53.org/7-habits/home</a>



## Proactive vs Reactive What can I control?

Classroom	Hallways	Restroom
*I complete my schoolwork	*I am quiet so others can work *I keep my body in control *I stay with my class *I take care of myself *I remain calm	*I take care of myself *I clean up my own mess *I wash my hands *I respect others' privacy *I have a calm attitude
Cafeteria	Playground	Bus
*I walk in the cafeteria *I say excuse me, please and thank you *I wait for my turn *I clean up my area *I stay in my own space *I help others	*I line up with my class *I help and share with others *I take care of equipment *I keep the playground clean *I work through disagreements with others	*I sit on the seat  *I speak with a quiet voice  *I listen to directions  *I take care of my  belongings  *I keep my things inside the  bus  *I respect others



# WHAT CAN I CONTROL?

THINGS OUTSIDE MY CONTROL

OTHER PEOPLE'S THOUGHTS THINGS INSIDE MY CONTROL

OTHER DEODIE'S

OTHER PEOPLE'S PLAY MY THOUGHTS MY WORDS
MY ACTIONS MY PLAY
MY FEELINGS MY BEHAVIOR
MY OPINIONS MY IDEAS

OTHER PEOPLE'S IDEAS

OTHER PEOPLE'S ACTIONS

I AM ONLY EVER IN CONRTOL OF MYSELF!

OTHER PEOPLE'S BEHAVIOR

OTHER PEOPLE'S WORDS

OTHER PEOPLE'S FEELINGS