

Habit #1 Be Proactive

From *7 Habits of Highly Effective Teens*, by Sean Covey

Whenever I said something like, “Dad, my girlfriend makes me so mad,” without fail Dad would come back with: “Now come on, Sean, no one can make you mad unless you let them. It’s your choice. You choose to be mad.

He never let me off the hook. He was always challenging me, making sure that I never blamed someone else for the way I acted.

I often screamed back, “You’re wrong, Dad! I didn’t choose to be mad. She MADE, MADE, MADE me mad. Just get off my back and leave me alone.”

You see, Dad’s idea that you are responsible for your life was hard medicine for me to swallow as a teenager. But, with hindsight, I see the wisdom in what he was doing. He wanted me to learn that there are two types of people in this world - the proactive and the reactive - those who take responsibility for their lives and those who blame; those who make it happen and those who get happened to.

Habit 1, Be Proactive, is the key to unlocking all the other habits and that’s why it comes first. Habit 1 says, “I am the force. I am the captain of my life. I can choose my attitude. I’m responsible for my own happiness or unhappiness. I am in the driver’s seat of my destiny, not just a passenger.



Think of a time you’ve experienced disappointment or rejection. This could be a time that you had a certain expectation or hope and it didn’t pan out, a time you clashed with a friend or family member, etc.



Briefly explain: _____



What did you do next? _____

Proactive or Reactive



“That you should _____ of your former way of life, corrupted through deceitful desires, and be renewed in the spirit of your minds, and _____, created in God’s way in righteousness and holiness of truth.” (Ephesians 4:22-24)

➡ Focus on what you can _____.

From *The 7 Habits of Highly Effective Teens*, by Sean Covey

Being reactive is way, way easier. It's easy to lose your cool. That doesn't take any control. And it's easy to whine and complain. Without question, though, being proactive is the higher road and the one that will take you much farther in the not-so-long run.

But, remember, you don't have to be perfect. In reality, you and I aren't either completely proactive or reactive but probably somewhere in between. The key then is to get in the habit of being proactive.

Never underestimate the huge difference small changes can make.



➡ Get a “Can-Do” Attitude

CAN-DO PEOPLE	NO-CAN-DO PEOPLE
	Wait for something to happen to them
	Think about problems and barriers
	Are acted upon

➡ Make a better decision by pushing the _____ button!

➡ Use your “power tools”!

Self-Awareness	I can stand _____ from myself and _____ my thoughts and actions.
Conscience	I can _____ to my inner voice to know _____ from wrong.
Imagination	I can _____ new possibilities.
Willpower	I have the power to _____.

