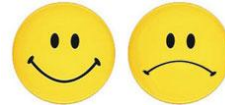


Name: _____

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.

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

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

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?

Journal: Week 1

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?

Journal: Week 2

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 😊)

1 2 3 4 5 6 7 8 9 10