

"To be a HERO or a HEROINE,  
one must give an order to  
oneSelf" - Simone Weil



### Just Push Pause

- Sometimes life moves so fast that you instantly react to everything out of sheer habit. If you can learn to "just push pause," get control, and think about how you want to respond, you'll make smarter decision
- While you are pausing, you can use four human tools to help you decide what to do. These tools are:
  - o Self-awareness: I can stand apart from myself and observe my thoughts and actions
  - o Conscience: I can listen to my inner voice to know right from wrong
  - o Imagination: I can envision new possibilities
  - o Willpower: I have the power to choose
- You either use or fail to use your four human tools every day of your life. The more you use them, the stronger they become and the more power you have to Be Proactive
- Sometimes you don't think about what you're doing; you just do it. Someone pushes you and you push back. Your reactions are impulses with little thought as to the consequences. By pushing pause, you can use the tools you have to make smarter decisions

"What happens is not as important as how you react to what happens"

- Ellen Glasgow

### Baby Steps CHOOSE ONE OR TWO BABY STEPS YOU CAN DO TO BE PROACTIVE!

1. LISTEN CAREFULLY TO YOUR WORDS TODAY. COUNT HOW MANY TIMES YOU USE REACTIVE LANGUAGE, SUCH AS "YOU MAKE ME...", "I HAVE TO...", "WHY CAN'T THEY...", "I CAN'T..."
2. DO SOMETHING TODAY THAT YOU HAVE WANTED TO DO BUT NEVER DARED. LEAVE YOUR COMFORT ZONE AND GO FOR IT. ASK SOMEONE OUT ON A DATE, RAISE YOUR HAND IN CLASS, JOIN A TEAM OR A CLUB.
3. WRITE YOURSELF A POST-IT NOTE: "I WILL NOT LET \_\_\_\_\_ DECIDE HOW I'M GOING TO FEEL." PLACE IT IN YOUR LOCKER, ON YOUR MIRROR, OR IN YOUR PLANNER AND REFER TO IT OFTEN.
4. THE NEXT TIME YOU RECEIVE A GRADE THAT YOU THINK IS UNFAIR, DON'T BLOW IT OFF OR CRY ABOUT IT, MAKE AN APPOINTMENT WITH THE TEACHER TO DISCUSS IT AND THEN SEE WHAT YOU CAN LEARN.
5. IF YOU GET IN A FIGHT WITH A PARENT OR FRIEND, BE THE FIRST TO APOLOGIZE.
6. IDENTIFY SOMETHING IN YOUR CIRCLE OF NO CONTROL THAT YOU ARE ALWAYS WORRYING ABOUT. DECIDE NOW TO DROP IT.
7. PUSH THE PAUSE BUTTON BEFORE YOU REACT TO SOMEONE WHO BUMPS INTO YOU IN THE HALL, CALLS YOU A NAME, OR CUTS IN LINE.
8. USE YOUR TOOL OF SELF-AWARENESS RIGHT NOW BY ASKING YOURSELF, "WHAT IS MY MOST UNHEALTHY HABIT?" MAKE UP YOUR MIND TO DO SOMETHING ABOUT IT.



## HABIT 1 - BE PROACTIVE "I am the Force"

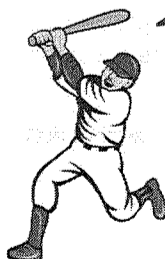
- CCSS.ELA-Literacy.RI.11-12.1 Cite strong and thorough textual evidence to support analysis of what the text says explicitly as well as inferences drawn from the text, including determining where the text leaves matters uncertain.
- CCSS.ELA-Literacy.RI.11-12.7 Integrate and evaluate multiple sources of information presented in different media or formats (e.g., visually, quantitatively) as well as in words in order to address a question or solve a problem.
- CCSS.ELA-Literacy.SL.11-12.1b Work with peers to promote civil, democratic discussions and decision-making, set clear goals and deadlines, and establish individual roles as needed.

*Being proactive rather than reactive  
means to control a situation rather  
than letting it control you.*

### PROACTIVE or REACTIVE the choice is yours.

Being proactive is the key to unlocking the other habits. You can take control and responsibility for your own life. Proactive people understand that they are responsible for their own happiness or unhappiness. They don't blame others for their own actions or feelings.

"You hit homeruns not by chance, but by preparation" - Roger Maris



### TIPS:

- Listen to your LANGUAGE
- You can usually hear the difference between proactive and reactive people by the language they use

Reactive	Proactive
"I'll try"	"I'll do it"
"That's just the way I am"	"I can do better than that"
"There's nothing I can do"	"Let's look at all our options"
"I have to"	"I choose to"
"I can't"	"There's gotta be a way"
"You ruined my day"	"I'm not going to let your bad mood rub off on me"

## HABIT 1 - BE PROACTIVE

### ☀️ Avoid the "victimitis" virus

- People with "victimitis" believe that everyone has it in for them and that the world owes them something. Instead of recognizing that their attitude is the problem, reactive people are easily offended, blame others, get angry, and say things they later regret, whine and complain, wait for things to happen to them, and change only when they have to.

### ☀️ It Pays to be PROACTIVE

- Proactive people are a different breed. Proactive people:
  - ✓ Are not easily offended
  - ✓ Take responsibility for their choices
  - ✓ Think before they act
  - ✓ Bounce back when something bad happens to them
  - ✓ Always find a way to make it happen
  - ✓ Focus on things they can do something about, and don't worry about things they can't.
- As a result, proactive people are frequently rewarded for their efforts. They take control of their lives and have more freedom to do what they want. Proactive people draw others to them with their positive, can-do attitude.

### ☀️ We Can Only Control One Thing

- The fact is, you can't control everything that happens to you. As a teenager, this is especially true because your parents, teacher, and coaches seem to dictate your life. However, you can definitely control one thing: *how you respond to what happens to you.*
- You have two circles. The inner circle is your Circle of Control. This circle includes things you have control over. The surrounding circle is the Circle of No Control. It contains the things you can't do anything about.
- When you spend most of your time worrying about all the things you can't control, you feel even more out of control. When you focus on the things you can control, you experience real control and find inner peace.



## HABIT 1 - BE PROACTIVE

### ☀️ Turn Setbacks into Triumphs

- When life puts roadblocks in your way, can you find a solution? Do you think to go around or even over a huge obstacle in your path? Every setback is an opportunity for you to turn it into a triumph.
- Choose your reaction:

Describe how you could turn a setback into a triumph for each of the following scenarios:

Setback	Reaction
You and your best friend scope out others in the lunchroom every day. You point out to your friend a person that you would like to get to know better. The next day your friend tells you that he or she called and asked that person out last night.	
The dance is next week. You and your friends are planning on going with another group and hanging out all night. You've been looking forward to it for a month. The day before the dance, you fall and break your leg and have a full-leg cast.	
Having your own car is important to you. To keep it, you are working a job after school to pay the monthly car payments and insurance. Money is tight and you're barely making it, but still, you want a new car stereo. For six months, you have save \$15 from each paycheck toward the stereo. On your way home from work one night you are daydreaming and totally forget about the speed limit. You see flashing red lights in your rearview mirror. This speeding ticket is sure to cost at least as much as what you've saved for the stereo.	
A setback I experienced or am currently experiencing is:	

### ☀️ Become a Change Agent

- Harmful habits such as abuse, alcoholism, and welfare dependency are often passed down from parents to kids. As a result, families keep repeating themselves. Even habits that aren't so bad but limit you are passed down and prohibit you from becoming the best you can be.
- You can stop the cycle and reach your potential. When you are proactive, you stop bad or limiting habits from being passed on. You become a "change agent" and pass on good habits to future generations. You have the power within you to rise about whatever may have been passed down to you.

*"Whether I fail or succeed shall be no man's doing but my own. I am the force"* — Elaine Maxwell