

Fill in the blank notes-
BE PROACTIVE

The Choice is yours-

Proactive people make choices based on _____.
Reactive people make choices based on _____.

The Victim's Virus-

Also known as people who talk _____ on themselves _____.

Reactive people:

-
-
-

It pays to be proactive-

not easily _____.
take _____ for their _____.

We can control only one thing: _____.

Turning setbacks into triumphs-

It is up to _____ how we _____.
You can take a _____ event and turn it into a _____ _____.

Rising above abuse-

Important step in the _____ process and _____ process.

Can-do it attitude-

Two main things to tell yourself-

-" _____ "

-" _____ "

Push pause-

By doing this, you can gain _____ and make _____ decisions.
While your life on pause, open up your _____ _____.

Human Toolbox-

The four tools:

