

Name: _____
Date: _____
Class: _____

Be Proactive Habitat

1, Fill in the Table

Reactive Language	Proactive Language
I'll try	I'll do it
Thats just the way I am	
	Lets look at all of our options
	I choose to
I can't	
	I'm not going to let your bad mood rub off on me

Write Down 1 Proactive way to respond and Write down a Reactive way to respond

You overhear your best friend bad mouthing you in front of a group, she doesn't know you overheard the conversation. Five minutes pass by and the same friend is sweet talking you yo your face. You feel hurt and betrayed.

2. What is a Reactive way to respond to the situation?

3. What is a Proactive way to respond to the situation?

Why it pays to be proactive

4. They are not easily _____

5. Take _____ for their actions

6. _____ before they act

7. Focus on things they can do something about and don't _____ about things they can't

Fill in the Table

Can-Do People	No-Can-Do People
Take initiative	
Think about solutions and options	
Act	