

Mission I'mPossible

If you **CHOOSE** to accept it....



7 Habits @ HOME

October 2013 E-3



Habit 1 – Be Proactive

You're in Charge

I am a responsible person. I take initiative. I choose my actions, attitudes, and moods. I do not blame others for my wrong actions. I do the right thing without being asked, even when no one is looking.

Get into the habit...

What does it mean to "Be Proactive"?

"Be Proactive means to take responsibility for your choices and behaviours. Habit 1 is the key to all of the other habits; that's why it comes first. Be Proactive says, "I am in charge of my own life. I am responsible for whether I am happy or sad. I can choose how I react to other people or situations. I am in the driver's seat." Young children can easily learn to understand that different choices yield different results. The goal is to teach them to think about those results before they decide what to do. Discussions can focus on taking care of themselves, taking care of their things, reacting or not reacting to others' behaviour, planning ahead, and thinking about what the right thing to do is." Leader in Me Parent Guide P4

So, quite simply...

Shake a can of soft drink, the pressure inside builds up. Now attempt to open it and watch it explode.

This is a prime example of how 'reactive' people make choices. Choices based on impulse as the pressure builds and they explode.

Where as...

Proactive people are like water. Shake a bottle of water. Shake it all you like and nothing comes of it. No fizzing, bubbling or pressure build up. They are essentially cool, calm, collected and in control.

CONSEQUENCE is purely a 'result or effect of an action or condition'.

How we react to any given situation will always have a consequence and it just means 'something will happen'. It could be something fantastic or could mean something less desirable happens, therefore a greater lesson is to be learnt.

As adults and as children we are all 'response-able' in any situation.

We can choose to 'get into the habit' of stopping, thinking and assessing the situation before reacting.

S (Stimulus) + T (Thoughts) = R (Response)

"Between stimulus and response, there is a space. In that space is our power to choose our response. In our response lies our growth and our freedom." [Viktor E. Frankl](#)

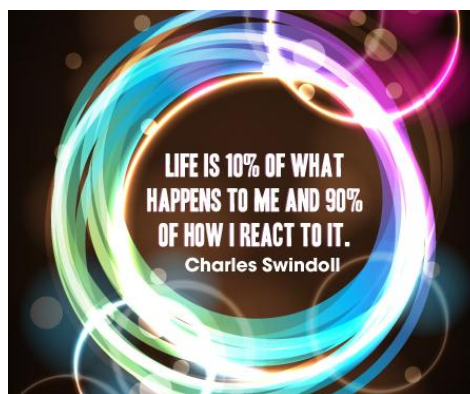


Be Proactive IDEA's

- ★ S (Stimulus) + T (Thoughts) =R (Response) – Get into the habit of having the ‘stop, lets think about it’ dialogue in the home. Talk about consequence as in ‘something will happen’, so with the information that we have what is the best way to deal with the situation? The reality is ‘stuff happens’ and the objective is to learn to be ‘response-able’ and empowered to make better choices.
- ★ Circle of Influence and Circle of Control – Sometimes we need to just ‘let it go’, focus on what is in our control and by doing so we just may inadvertently influence those things that are not in our control. We can waste so much time and effort on things that are out of our control. We are not able to control everything that happens around us. The one thing we can control is how we respond to it.
- ★ Here are some Proactive and Reactive language and behaviours.

<u>Reactive Language</u>	<u>Proactive Language</u>
I'll try	I'll give it a go
There's nothing I can do	Lets look at our options
I can't	There has to be a way, what do I need to do to make it happen

<u>Reactive Behaviour</u>	<u>Proactive Behaviour</u>
Always complaining about things	If they are not happy, do something to change it
Easily offended	Not easily offended. Choose to 'let it go'.
Whine and complain	Resilience. Bounce back when things don't go to plan.
Wait for things to happen	Always find ways to get the results



Where to from here?

WANT MORE?

By opting in to receive the weekly e-mail, you will be able to receive additional information and bonus resources.

To 'opt in' to receive the **Mission I'mPossible weekly email**,

Please e-mail franciska@empowerkids.com.au so that we can add you to the mailing list