

Strategies for Success
NOTES on PART II: (continued)
Week #3 (Habit #1)

If you prefer, you may pick up packet in foyer of HHS – be sure to sign-pick up log if you choose to pick up! All work needs to be turn in to the Box with SHOWS written on it. Sign out log are located there also. Material is also on my HHS teacher website. (Join Remind 81010@ssfshowshhs)

Introduction of Part II – The Private Victory (continued)

Habit 1 - Be Proactive – I am the Force

Habit 1-Be Proactive – quiz due Friday

HABIT 1 – Be Proactive – You are the Force
- You are Responsible for the Choices You Make-

******Growing up in a home where parents make you take responsibility for everything in your life can be a big pain at times. At least, that is how Sean Covey described growing up in his home; for his dad always made him take responsibility for everything in his life.******

According to Abraham Lincoln, “People are just as happy as they make up their minds to be”.

So, just remember - if you become mad about something,

NO ONE can make you MAD –

********UNLESS YOU LET THEM!********

(THINK ABOUT IT!)

Habit 1 – BE PROACTIVE - You are the FORCE – Take Responsibility for Your Life

******** Be PROACTIVE or Be REACTIVE.....the Choice is yours and yours only********

Proactive people make choices based on **VALUES!!!!** – They think before they act. They recognize they cannot control everything that happens to them, but they can control how they respond to it. Proactive people are like water. Shake them up all you want, even take off the lid. What happens? Nothing! - no fizzing, no bubbling, no pressure. They stay calm, cool, and **IN CONTROL!**

Proactive teens take the attitude, “I’m not going to let that guy get me upset and ruin my day!”

********Very good advice – Don’t you think?********

********ONLY YOU CAN LET SOMEONE RUFFLE YOUR FEATHERS********

Reactive People make choices on **IMPULSE!!!!** – Like a can of soda pop – When life shakes them up a bit, the pressure builds, and they suddenly **Explode!** Everyday you have probably 100 chances to choose whether to be proactive or reactive. **THE CHOICE IS YOURS** and **YOURS** only! You do not have to respond the way everyone else does, or the way people think you should. Let them ruin your day???? Or do you just let it go??

********Again – The CHOICE IS YOURS!!!!********

********REMEMBER: Only you can let anyone Ruffle your feathers********

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LISTEN to YOUR Language: *The language people use can usually determine if that person is REACTIVE or PROACTIVE.*

Reactive Language

*I'll try
That's just the way I am
There's nothing I can do
I have to
I can't
You ruined my day*

Proactive Language

*I'll do it
I can do better than that
Let's look at all our options
I choose to
There's gotta be a way
I'm not going to let your bad mood rub off on me*

THE VICTIMITIS VIRUS: *Some people suffer from a contagious virus Sean Covey refers to as ***** "VICTIMITIS"!******

People infected with "victimitis" believe that everyone has it in for them and the world owes them something.....Author Mark Twain said it well: "Don't go around saying the world owes you a living. The world owes you nothing. It was here first".

In other words, the only person that can hold you back is yourself.

Besides feeling like victims, reactive people:

- *Are easily offended*
- *Blame others*
- *Get angry and say things they later regret*
- *Criticize and complain*
- *Wait for things to happen to them*
- *Change only when they have to*

It Pays to be Proactive:

Proactive people are a different breed. Proactive people:

- *Can brush things off without being offended*
- *Take responsibility for the choices they make*
- *Think before they act*
- *Bounce back when something bad happens*
- *Always find a way to move forward*
- *Focus on things they can control, and don't worry about the things they cannot control*

CIRCLE of CONTROL: Ourselves, Our Attitudes, Our choices and Our Responses

YOUR CIRCLE of NO CONTROL: *Color of Skin, Weather, Past Mistakes, Cost of Tuition, Parents, Rude Comments, Location of Birth, Who Will Win NBA Finals, etc...*

******* Remember: We Can Control Only One Thing.*****
Ourselves (and every choice we make)**

REACTIVE PEOPLE focus on things they CANNOT CONTROL, but PROACTIVE PEOPLE, on the other hand, focus on elsewhere..... on the things they CAN CONTROL

Proactive people: (7 bullets – what proactive people should do)

- **Turn Setbacks Into Triumphs** – never give up! Get up and try again!

- **Rise Above Abuse** – sexually abused children, victims of date rape, or otherwise abused emotionally or physically – you can stop the cycle of abuse. You have the power within you to rise above whatever may have been passed down to you.

- **Becoming a Change Agent** – being proactive, you can become a “change agent” and pass on good habits to future generations, starting with your own kids.

- **Grow your proactive muscles:** The following **Poem** is a **great summary of what it means to take responsibility for one’s life and how person can gradually move from a reactive to a proactive frame of mind:**

(Except from: **There’s a Hole in My Sidewalk** by Portia Nelson)
(Autobiography in Five Short Chapters)

I.

I walk down the street. There is a deep hole in the sidewalk. I fall in. I was lost..... I am helpless. It isn’t my fault. It takes forever to find a way out.

II.

I walk down the same street. There is a deep hole in the sidewalk. I pretend I do not see it. I fall in again. I can’t believe I am in the same place. But, it is not my fault. It still takes a long time to get out.

III.

I walk down the same street. There is a deep hole in the sidewalk. I see it is there. I still fall in. It’s a **habit**. My eyes are open. I know where I am. It is my fault. I get out immediately.

IV.

I walk down the same street. There is a deep hole in the sidewalk. I walk around it.

V.

I walk down another street.

- **Can-Do** – *Being Proactive really means two things: First, you take responsibility for your own life. Second, you have a “can-do” attitude. Can-do is very different from “no-can-do.”*

CAN-DO People

Take initiative
Think about solutions and options
Act

No-Can-Do People

Wait for something to happen to them
Think about problems and barriers
Are acted upon

IF you think Can-Do, you are creative and persistent, and it's amazing what you can accomplish. This is a quote from American aviator Elinor Smith, “It has long since come to my attention that people of accomplishment rarely sat back and let things happen to them. They went out and happened to things!”

- **Just Push Pause** – *If someone is rude to you, where do you get the power to resist being rude back? For starters, **just push pause!** Just reach up and push the pause button to your life just as you would on your remote control. (the pause button is located somewhere in the middle of your forehead.) Sometimes life is moving so fast that we instantly react to everything out of sheer habit. If you learn to pause, get control, and think about how you want to respond, you’ll make smarter decisions. Yes, your childhood, your parents, your genes, and your environment ‘influence you’ to act in certain ways, but they cannot make you do anything. Your life is not predetermined, and you are free to choose. When your life is on pause, open up your **TOOLBOX** (the one you were born with) and use your four human tools to help you decide what to do.*
- **The Four Human Tools** (that you are born with)
 - 1. **SELF-AWARENESS** – *I can stand apart from myself and observe my thoughts and actions.*
 - 2. **CONSCIENCE** - *I can listen to my inner voice to know right from wrong.*
 - 3. **IMAGINATION** – *I can envision new possibilities.*
 - 4. **WILLPOWER** – *I have the power to choose.*

REMEMBER: *You are responsible for your life – your choices, etc.... and after all is said and done, THE CHOICE is YOURS!!*

End of Habit #1 Notes

Quiz on Habit 1: Due Friday – April 24, 2020

Habit 1 - Be Proactive

1. How can the language you choose affect your actions and moods? _____

2. How does “victimitis” hold a person back? _____

3. If you were to be a change agent in your family, what would you start doing? _____

What would you stop doing? _____

4. Which of the four human endowments (self-awareness, conscience, imagination, willpower) is your strongest area? Which is your weakest area?
Your strongest area is _____
Your weakest area is _____

5. What are the 3 Habits that are included in the “Private Victory?”

1. _____
2. _____
3. _____