Habit 1: Be Proactive by C Kohn, Agricultural Sciences, WUHS

Name: Hour Date:

Date Assignment is due: *Thursday* Why late? Score: + ✓ -  
 Day of Week Date If your project was late, describe why

# Unit Preview

**Habit 1: Be proactive**

**Take action** and **take responsibility**. This is the basis of all further habits and a cornerstone of success. You will influence your life more than anyone else.

You have the opportunity to use your free will and hard work to change yourself and your circumstances. You are only a victim if you allow yourself to be; if you are reactive rather than proactive.

The emphasis of this habit is to do whatever is in your power to improve your situation. You are the creator, the actor and the doer in your life; get started and "just do it". Since, in a situation, the thing that you can influence and change the most is your response to it - choose your response to any situation and you will find yourself in control.

No one can "make" you angry if you decide you don't want to get angry. Don't let life set you up in a bad situation. Have confidence in yourself and believe that you can succeed in anything in life.

In your internal dialogue, replace language such as "I must do X" with "I choose to do X", "I have to" with "I want to", "If only..." with "Let's see about..." etc.

Source: <http://en.wikibooks.org/wiki/Seven_Habits_Study_Guide/Quick_overview_of_the_seven_habits>

*Learning Objectives: Upon completing this assignment, you should be able to…*

* *Identify and use proactive language to replace reactive language*
* *Widen your circle of influence*
* *Increase your personal effectiveness by assuming control and responsibility for your actions*

**Units**

1. Definitions of Leadership

2. Habit 1 – Be Proactive

3. Habit 2 – Begin With the End in Mind  
  
4. Habit 3 – Put First Things First  
  
5. Habit 4 – Think Win-Win  
  
6. Habit 5 – Seek First to Understand  
  
7. Habit 6 – Synergize   
  
8. Habitat 7 – Sharpen the Saw  
 **Weekly Schedule: See Board and record**   
Mon  
  
  
  
Tues  
  
  
  
Wed  
  
  
  
  
Thurs  
  
  
  
  
Fri

**Directions**: Use the accompanying PowerPoint (<http://bit.ly/wuhshabit1>) to complete this sheet. This sheet will be due upon the completion of the PowerPoint in class. These assignments are graded on a +/√/- scale.

Create 4 or more questions based on this topic:

1

2

3

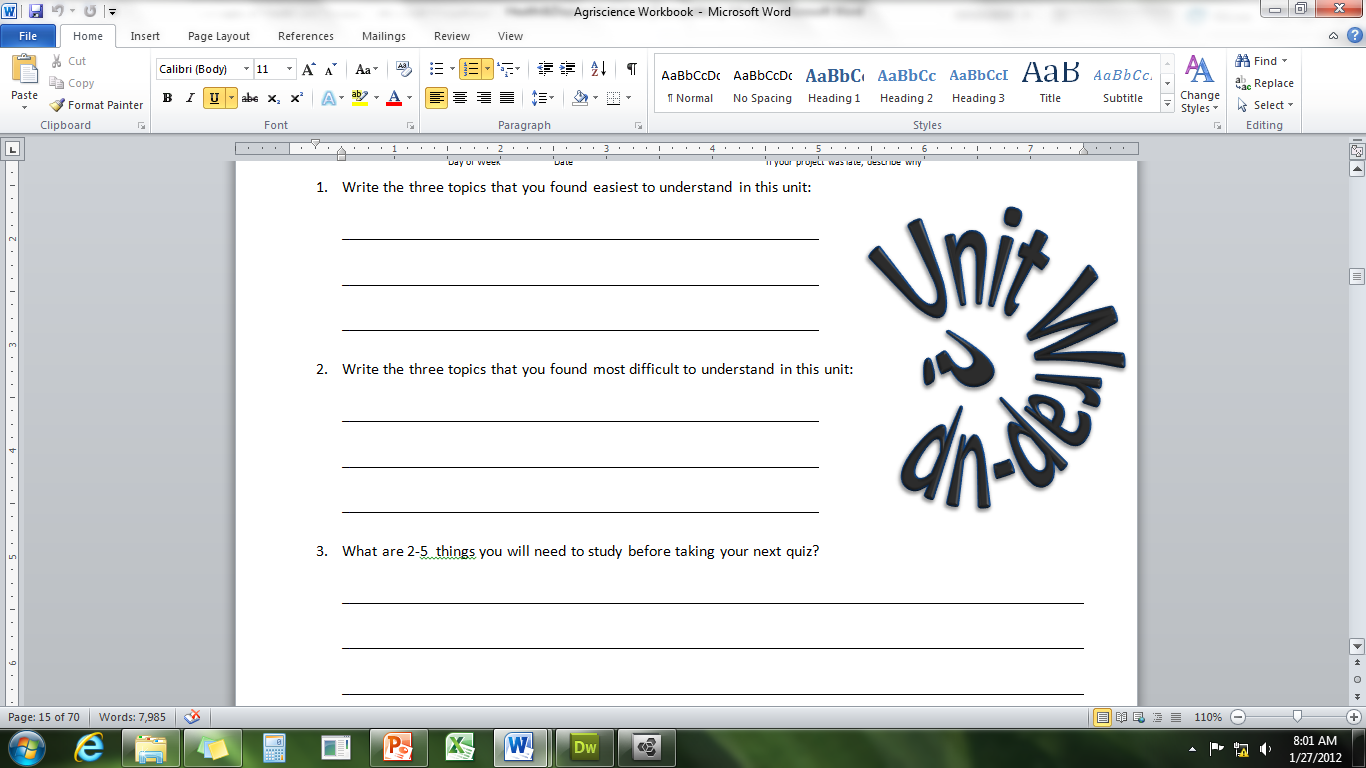
4

1. If were assigned to a group but you were the only one who did work, what would you do? Describe a detailed way to fix your situation without lowering your grade.   
     
   \_   
     
   \_   
     
   \_   
     
   \_
2. What did Victor Frankl initially believe about personal limitations?
3. They could control his entire , but *he* could decide   
     
   how .
4. He could not , but he   
     
   could .
5. Frankl began to project himself into where he   
     
   would use to teach his students   
     
   how to .
6. He realized that he and only he had the
7. What two things make us human?
8. Our basic nature is to not to   
     
   What does this mean?
9. Would you say that you are more likely to take control or be controlled? Explain:
10. What are five common phrases that indicate the person does not see themselves as in control?
11. What is something that needs to be changed that you personally have not changed that you would change if I gave you a million dollars?
12. Rewrite the following reactive phrases so that they become proactive phrases:  
      
    *There is nothing I can do – that’s just the way I am.*   
      
    *I wish he didn’t make me so angry.*   
      
    *I can’t help it I’m so busy – I just don’t have time to do my homework.*   
      
    *I wish I was smart enough to do that.*
13. What are the three categories in which the things that affect us can be organized?   
      
    Category 1:   
      
    Example:   
      
    Category 2:   
      
    Example:   
      
    Category 3:   
      
    Example:
14. Direct Control Problems are solved by
15. These are accomplished   
      
    by
16. Indirect Control Problems are solved by
17. These are , or what we typically   
      
    think of as
18. No Control problems
19. For these, we must learn to accept that
20. Give me the courage to , the   
      
    serenity to , and   
      
    the wisdom .
21. Changing our , our methods of , and the way we see and   
      
    perceive our are all within our .
22. Explain what this image to the right means:

Circle of Concern

1. Our goal should be to make
2. What does this mean?
3. List 5 statements you have heard in the past week that were reactive:
4. List 5 statements you have heard in the past week that were proactive:

Unit Reflection C. Kohn, Agricultural Sciences - Waterford WI

1. Write the 3 topics that were most meaningful to you from this chapter:  
     
   1\_   
     
   2\_   
     
   3\_
2. Create 3 **high-level questions** related to this material   
   (*These questions could be something you still don’t know or questions that reflect understanding that you have now that you did not have before.*)  
     
   1\_   
     
   2\_   
     
   3\_
3. Describe a time when you feel you reflected the idea of this chapter in your own personal life:  
     
   \_   
     
   \_   
     
   \_   
     
   \_   
     
   \_   
     
   \_   
     
   \_
4. How might the idea of this chapter affect your life in the future? Be as specific as you can:  
     
   \_   
     
   \_   
     
   \_   
     
   \_   
   \_