

Habit 1: Be Proactive

I'm in Charge of Me

I am in charge of my life. I am responsible for my choices and behaviors. I can choose how I react to other people or situations.

STEPS TO TAKING CONTROL OF YOU

1. **Pause:** Stop what you are doing and pause.
2. **Think:** Think about what you should or shouldn't do.
3. **Choose:** Choose the best thing to do.

COMMON LANGUAGE

Proactive
Circle of control
Pause

WHY?

Why is it important to pause when faced with a choice of how to respond to a situation?

Why is being proactive important for every family member?

HOW?

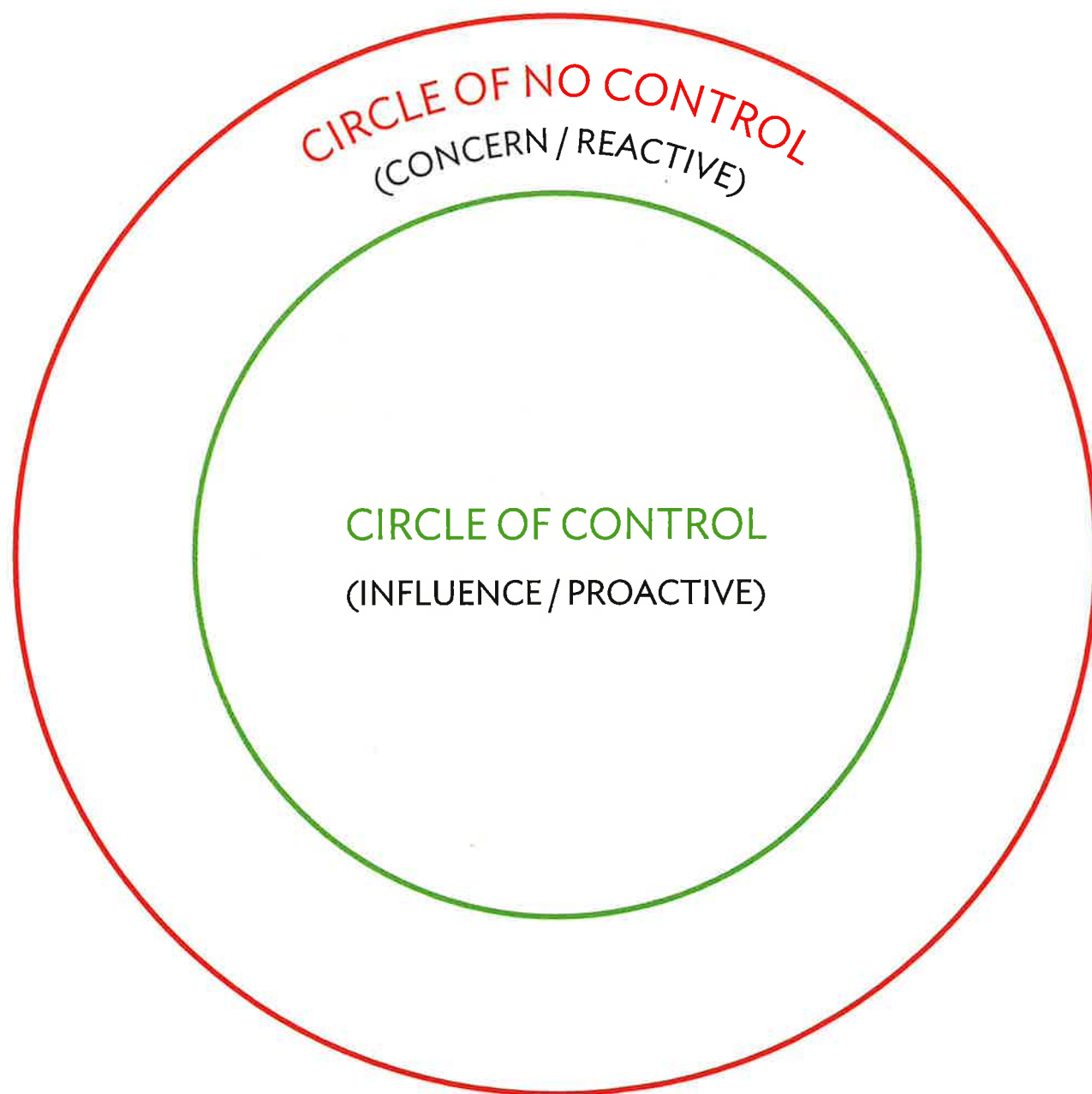
Ask your children how they can use the skills they have learned at school with Habit 1 at home.

"Using the circle of control helps diffuse difficult situation in our home. Recently my 3rd grader was having a 'meltdown'. Instead of telling her there was nothing we could do about it, I asked her what about the situation SHE could control. Once she took a pause, then answered, she calmed down and was able to respond more proactively to the situation."

—Tara West, Parent

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Family Activity: Using the “Circle of Control” below to take turns writing on sticky notes different things you can and cannot control then placing them in the corresponding circles. For example, you can control how you respond to problems. You cannot control the weather. You can control the words you say. You cannot control what others may say.



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What is one thing about yourself you would like to have more control over?

Pause: What is one thing you can do to pause and take control of you?

Think: What is one thing you should or shouldn't do to take control of you?

Choose: What will you choose to do to take control of you?

Remember to celebrate your family's successes and victories practicing Habit 1!