Habit 1 Worksheet

Instructions: Beginning on page 47, read about Habit 1 and answer the following questions.

1. What is Habit 1?

2. What does proactive mean?

3. List five personal examples of being proactive.
   1. 
   2. 
   3. 
   4. 
   5. 

4. What does reactive mean?

5. List five personal examples of being reactive.
   1. 
   2. 
   3. 
   4. 
   5. 

6. Below are various examples of reactive and proactive language. In the space provided, list whether each phrase is reactive or proactive.
   1. "It’s not my fault!"
   2. "I will do that right now."
   3. "That’s unfair!"
   4. "I didn’t see it that way. Thanks for letting me know."
   5. "I just can’t decide."
   6. "Who does he think he is anyway?"
7. Reactive people make choices based on ___________________.

8. Proactive people make choices based on ___________________.

9. What substances does the book compare reactive people to?

   Explain why reactive people are described by the above answer.

10. What substance does the book compare proactive people to?

    Explain why proactive people are described by the above answer.

11. Read Scene 1 on page 49. On page 50 read the reactive and proactive choices that could be made about Scene 1. If Scene 1 happened to you:

    a. How would you react?

    b. Would your reaction be proactive or reactive?

12. Read page 51. For the following quotes, write what the person really means:

    a. “Thanks a lot. You just ruined my day.”

    b. “That’s me. That’s just the way I am.”
c. “If only I….attended a different school, had better friends, made more money…”

d. “If my boss wasn’t such a jerk, things would be different.”

13. Reactive language takes __________away from you and gives it to someone or something else.

14. Proactive language puts you in ________________.

15. What do people infected with “victimitis” believe?

1. 

2. 

16. List some excuses that you have heard people say who believe they are victims.

1. 

2. 

3. 

17. Read the example on page 52 about Adreana, a black honor student and answer the following questions.

1. Is Adreana reactive or proactive?

2. Is Adreana’s mother reactive or proactive?

3. Is Adreana’s boyfriend reactive or proactive?

18. Read page 52 and list six traits of reactive people with “victimitis.”

1. 

2. 

3. 

4. 

5. 

6.
19. Read page 53 and list six traits of proactive people who do not see themselves as victims.

1. 
2. 
3. 
4. 
5. 
6. 

20. Read the example on pages 53 and 54 about Mary Beth, a store clerk. Explain two ways that Mary Beth was proactive:

1. 
2. 

21. What one thing can we control?

22. We need to stop worrying about things we ______  ___________ and start worrying about things we _______.

23. Read the example on page 55 about Renatha, a volleyball player. List three ways Renatha was reactive:

a. 

b. 

c. 

24. Read the example on pages 56 and 57 about Mitchell’s accidents. What two things does Mitchell list that contributed to his success?

a. 

b. 

25. Read the section on page 58 and 59 titled Rising Above Abuse. Answer the following questions.

a. How was Heather reactive?
b. What did Heather do to become proactive?


c. How was Bridgett reactive?


d. What did Bridgett do to become proactive?


26. Who is your number one role model?______________________________

Why?


27. Read page 60. What does a “change agent” do to be proactive?


28. Read the example on page 61 about Shane. What did Shane do to be proactive and a change agent for the good?

Read page 54 and 55. Answer the following questions:

a. In the inner circle, list three things you have control over.

b. In the outer circle, list six things you do not have control over.

Inner Circle:

Outer Circle: