Career and Life Education 10

**Habit #1: Be Proactive**

What does *proactive* mean? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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So what does *reactive* mean? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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When and where do you tend to be most *reactive?* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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Give an example of a *proactive* choice you’ve made: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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Below are various examples of proactive language. With two different coloured markers, determine which phrases are which by *circling proactive language* and *underlining reactive language*.

“It’s not my fault.” “I will do that right now!” “I just can’t decide.” “That’s unfair!” “I didn’t see it that way, thanks for letting me know.”

“If only…”

“Who does he think he is anyway?” “Can we talk about this first?”

“I’m sorry, I didn’t mean that.” “Leave me alone, you jerk. It’s none of your business!”

Listen to your own language. Is it proactive or reactive? List some examples.

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