

# The 7 Habits of Highly Effective Teens

## Habit 1: Be Proactive

# Bellwork:

- In your journals, describe the “balance” of your PBA. Is it higher than normal or lower than normal? What do you think you can do to increase the way you feel about yourself? (Think about those 6 ways to increase our PBA and make a plan to do one/some of them!)

# There are 2 types of people in the world. Which one are you?

## Reactive (the blame game)

- If someone calls you a name, you call them one back.
- If someone hits you, you hit them back.
- If you get a bad grade, you blame your teacher.
- If you lose a game, you blame the other team.

## Proactive (I am in control)

- You think before you act.
- You recognize you CAN'T control everything that happens to you, but you can control what you do about it.
- You don't let others push your buttons or allow you to become angry or upset.

# Bellwork:

In your journals, answer the following question:

What kind of classroom environment is the best for students to be able to be the most successful and to be able to learn the best?

# Which one describes you?

**Reactive (the blame game)—behaviors that allow me to make excuses for being unsuccessful!**

Reactive people make choices based on impulse. They are like a can of soda. If life shakes them up a bit, the pressure builds and they suddenly explode!



# Which one describes you?

**Proactive (I am in control)—behaviors that help me take responsibility for my success.**

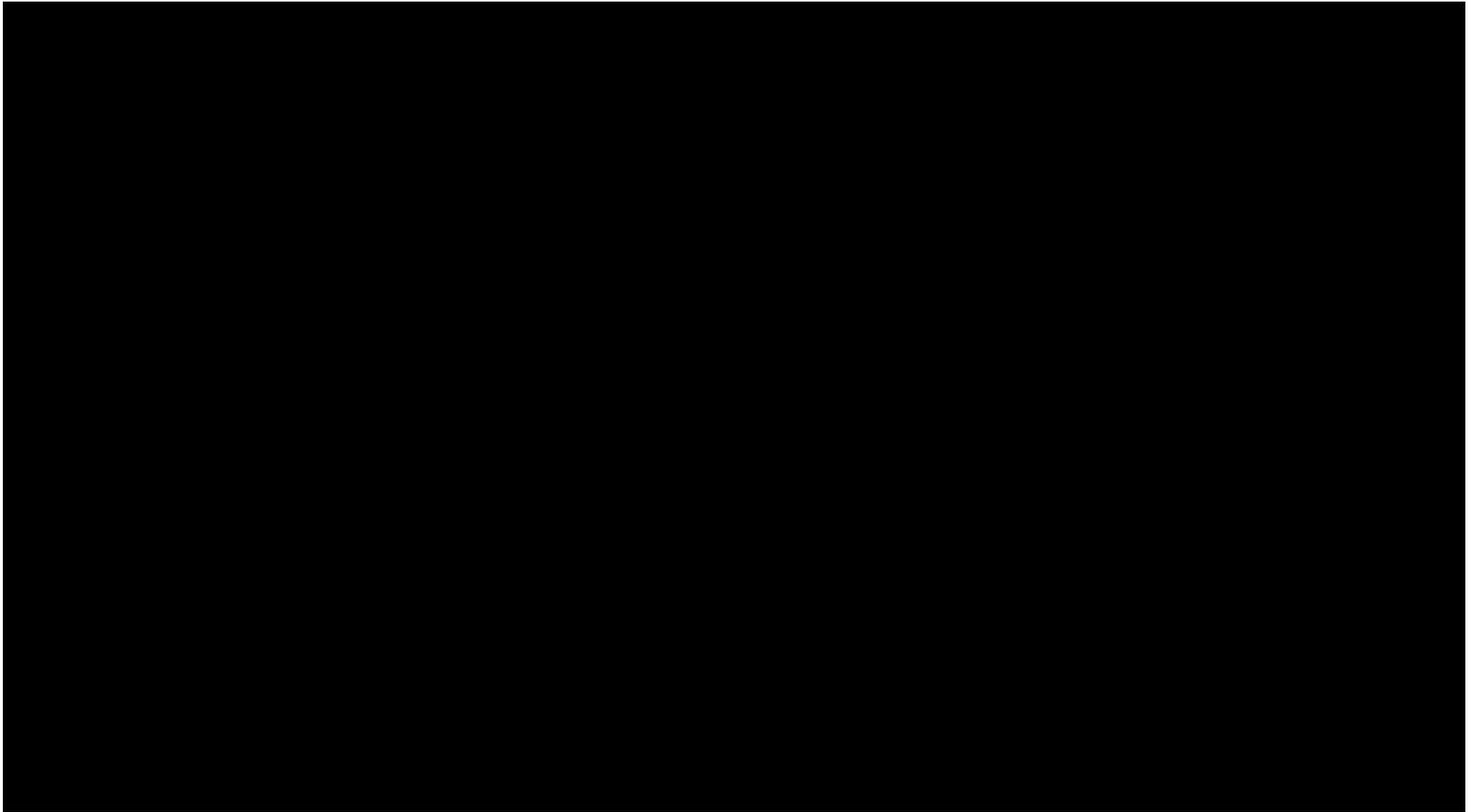


- Proactive people are like a bottle of water. You can shake them up all you want, take off the lid, and nothing will happen. No fizzing, no bubbling, no pressure. They are calm, cool, and in control. ([Soda/Water Video](#))

# Proactive/Reactive T-chart

- Add in the t-chart to your notebook
- Categorize the statements into proactive or reactive

# Carry Your Own Weather



# Reflection:

- What does “carry your own weather” mean?

Follow-up:

When you respond to a situation without taking the time to think about a response or examine why you are responding that way, you are being reactive because you are letting the situation determine your response and control your behavior.

When you act proactively, you have the freedom to choose the response by examining your thoughts and behaviors before reacting.

# Changing your language

## Reactive Language

- I'll try
- That's the way I am
- There's nothing I can do
- 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 got to be a way
- I'm not going to let your bad mood rub off on me

# Scenario 1

- You overheard your friend talking about you to a group. She does not know that you overheard the conversation. Just 5 minutes ago the same friend was being extra nice to you. You feel hurt and betrayed.
- Let's classify some reactive and proactive responses together. (on white boards)

# Scenario 1

## Reactive

- **Tell her off**
- **Fall into a deep depression because you feel so bad about what she said.**
- **Give her the silent treatment for being two-faced.**
- **Spread rumors about her as payback!**

## Proactive

- **Confront her and CALMLY explain how you feel.**
- **Forgive her**
- **Ignore it and give her a second chance.**
- **Realize that sometimes you talk behind her back and you really don't mean any harm.**

## Scenario 2

- Your teacher gave you a “C” on a paper you worked really hard on.
- Make a list of reactive and proactive responses with your group.

# Scenario 3

- Mrs. Lipinski is having a pizza party for her students who were organized during binder checks last week. When she read the list of the kids who earned it, your name was not on it. You know you were organized all week.
- Make a list of reactive and proactive responses.

# It pays to be proactive because...

Proactive people:

- **Are not easily offended**
- **Take responsibility for their choices**
- **Think before they act**
- **Bounce back when something bad happens**
- **Always find a way to make it happen**
- **Focus on things they can do something about and don't worry about things they can't**

Which of these things can we control?

- The color of our skin?
- Weather?
- Parents?
- Rude comments from classmates?
- Who will win the Super Bowl?
- How we respond to what happens to us?

# Circle of No Control

CHOICES  
RESPONSES

**CIRCLE OF  
CONTROL**

OURSELVES  
ATTITUDES

Color of Skin • Weather • Past Mistakes  
Cost of Tuition • Parents • Rude Comments  
Location of Birth • Who Will Win NBA Finals

What does this quote mean?

- “It’s not what happens to you in life, it’s what you do about it.”
- Think-Pair-Share

# Turning Setbacks into Triumphs

- Life often deals us a bad hand, and it's up to us to control how we respond.
- Every setback is an opportunity for us to turn it into a triumph.

[No Arms No Legs No Worries Video](#)

- Read Five Short Chapters on page 62
- Art Walk activity

# What is your attitude?

## Can do

- Make things happen
- Think about solutions and options
- Act

## No-can do

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

# Learn to push pause

- So when someone is rude to you, where do you get the power to resist being rude back?
- PUSH PAUSE
- Sometimes things happen so fast that we instantly react out of habit.
- Learn to pause and gain control
- Think about how you will respond
- You will make better decisions

# 4 Human Tools That Will Help You

- **Self-Awareness**: I can stand apart from myself and observe my thoughts and actions.
- **Conscience**: I can listen to my inner voice to know right from wrong.
- **Imagination**: I can envision new possibilities.
- **Willpower**: I have the power to choose.

# Reflection Time

- Think back to the past week. Have you been reacting in a proactive or reactive way?
- If you have been reactive, what are some steps you can take to be proactive?
- What can you do to prevent others from allowing you to explode?
- [Reflection Song Link](#)
- Plicker quiz