

Habit 1: Be Proactive Worksheet

Name: _____ Sex: _____ Age: _____ Date: _____

Instructions: Fill out the following table to reflect on recent events, your proactive responses, and strategies for future proactive behavior. After completing the table, answer the reflection questions below.

Event or happening	How I can proactively respond

Reflection questions

1. How did being proactive in the situations listed above impact your overall experience and outcomes?

2. What proactive strategies were most effective in addressing challenges, and how can you apply them to future situations?

3. In what areas of your life do you still struggle to be proactive, and what steps can you take to overcome these challenges?