

Be Proactive

Reflection

Before we go further, take a few minutes to answer the questions.



To me, **being proactive** means:

Two ways I can be more proactive this year are:

On a scale of 1-5, **rate** yourself in each area.

1 = NEVER 5 = OFTEN

| | | | | | |
|---------------------------------------------|---|---|---|---|---|
| I feel in control of my life. | 1 | 2 | 3 | 4 | 5 |
| I push myself to try new things. | 1 | 2 | 3 | 4 | 5 |
| I know that I can choose my attitude. | 1 | 2 | 3 | 4 | 5 |
| I do not let others get me upset. | 1 | 2 | 3 | 4 | 5 |
| I admit when I've done something wrong. | 1 | 2 | 3 | 4 | 5 |
| I apologize when I've done something wrong. | 1 | 2 | 3 | 4 | 5 |

Mostly 1-2: I'm in the right place.

Mostly 3-4: I'm on your way and you will get there this year.

Mostly 5: I can refine my skills this year and lead others.

The **most valuable thing** that I took from this unit is _____
