



# Habits at Home

## Habit 1: Be Proactive



### Habit Description:



Being proactive is the habit of understanding that you are free to choose and are responsible for your happiness...choose your weather!

### How to live it out?

Train your brain to pause and respond based on desired outcomes. You are in charge of you!

### Responsibility

#### Choice

Accountability

Initiative

Resourcefulness



**Directions:** Please complete the challenge below as a family. Put your name on the line and put a checkmark in the box indicating that you completed the challenge. Return this paper to school so we can celebrate your hard work!



Complete one or more of the following options

1. Try laying out your clothes each night before you go to bed. At the end of the week, reflect on this question: Did this help your week go more smoothly?
2. Think about the last time you got mad or upset and said something unkind. Share an idea for a more proactive response.

Name \_\_\_\_\_

Grade \_\_\_\_\_ Teacher \_\_\_\_\_

We did it!