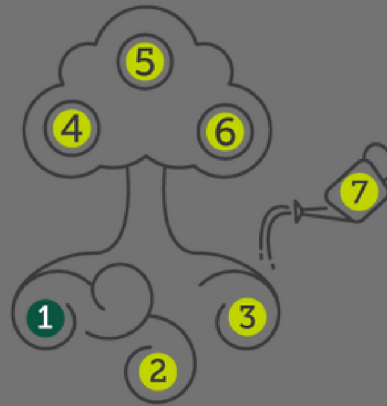


Habit 1

Be Proactive

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Habit 1 - Be Proactive is about taking responsibility for your life. Think about the mood you are in now, how would you describe your current mental state?

Our ability to think about our own thought process is an incredible tool, possessed only by humans as far as we are aware.

This self-awareness gives us the capacity to change ourselves, to learn from our experiences and to make and break habits that we choose to.



If the only vision we have of ourselves comes from the social mirror, it is very limiting.

What other people think of you almost always tells you more about them, than it does about you.

People project their concerns and character weaknesses rather than accurately reflect what you are.

How do you feel about what other people think of you?



Proactivity is possible because of three traits we possess:

Imagination - the ability to create our minds beyond our present reality

Conscience - an inner awareness of right and wrong (though to some degree this is developed/culturally specific and not innate)

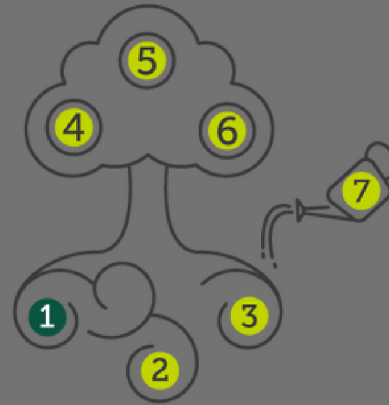
Will - the ability to act on our self awareness



The gap between stimulus and response is everything!

Recognising it, working on it so it becomes a habit, and using it to change yourself is the most empowering thing, (possibly the only empowering thing) you can do.





In the midst of the most degrading circumstances imaginable, Frankl used the human endowment of self-awareness to discover a fundamental principle about the nature of man:

"Between stimulus and response, we have the freedom to choose!"

- Viktor Frankl-



A serious problem with reactive language is it becomes a self-fulfilling prophecy.

Be mindful of your language **today** and notice in yourself and others instances of both reactive and proactive language.



Proactive people focus their efforts in their circle of influence.

They work on the things they can do something about. This causes their circle of influence to grow.

Be aware of this and notice in yourself where you spend your energy and time today.



Undoubtedly, there have been times in our lives we made choices the consequences of which we would rather live without.

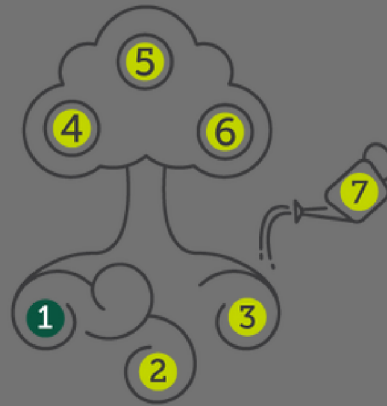
For proactive people, there is no place for regret!

Past mistakes are in the circle of concern.

We cannot recall them and undo them.

We must acknowledge them, learn from them, let them go, and focus on the future.





At the heart of our circle of influence is our ability to make and keep commitments to ourselves and others.

Our integrity to those commitments is the essence and the clearest manifestation of our proactivity.

It is also the essence of our growth.

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Of course things can hurt us in our relationships and also physically and economically, and this can cause sorrow, but our basic character, our identity doesn't have to be hurt at all.

In fact, our most difficult experiences become the crucibles that forge our character and develop the internal powers, the freedom to handle difficult circumstances in the future and to inspire others to do so as well.

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People who exercise their embryonic freedom, day after day, will, little by little, expand that freedom.

People who do not will find it withers until they are literally being lived.

They are acting on the scripts written by parents, associates, and society.

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Look at the weaknesses of others with compassion, not accusation.

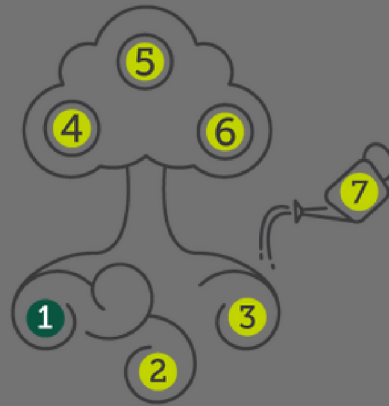
It's not what they're not doing or should be doing that's the issue.

The issue is with your own chosen response to the situation and what you should be doing.

If you start to think the problem is out there, stop yourself.

That thought is the problem!

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Have you had that thought today?

You are responsible for your own effectiveness, for your own happiness, and ultimately, we would say, for most of your circumstances.

It's only by recognising that responsibility that you can change them!

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