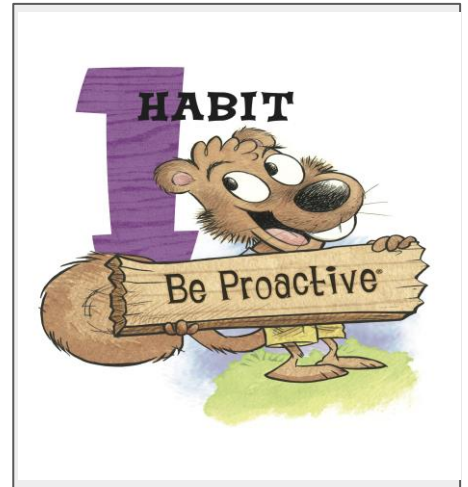




# Bolt's Habit Playbook

## Be Proactive

**Habit 1 - Be Proactive** means to take responsibility for your choices and behaviors. Habit 1 is the key to all of the other habits; that's why it comes first. Be Proactive says, "I am in charge of my own life. I am responsible for whether I am happy or sad. I can choose how I react to other people or situations. I am in the driver's seat." Young children can easily learn to understand that different choices yield different results. The goal is to teach them to think about those results before they decide what to do. Discussions can focus on taking care of themselves, taking care of their things, reacting or not reacting to others' behavior, planning ahead, and thinking about what the right thing to do is. With your child, think of ways to Be Proactive at home.



I AM IN CHARGE OF HOW I FEEL AND TODAY I AM CHOOSING HAPPINESS.

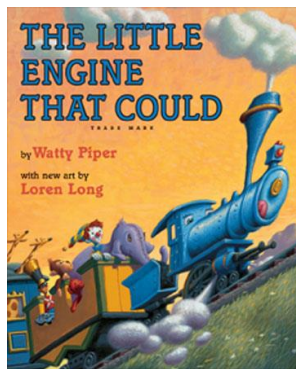
"Respond; don't react. Listen; don't talk. Think; don't assume."

**Click to view the videos:**

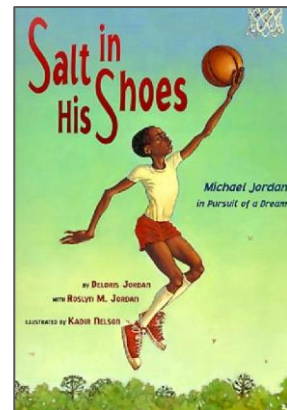
<https://www.youtube.com/watch?v=XxNSNQayDxk>

<https://youtu.be/o3Gu0dPc8TA>

**R**



**E**



**A**

### Reflection Questions:

- What does the little engine do or say that shows you he is proactive?
- How are the other engines reactive?
- What could you say to the other engines in the book to help them be more proactive?
- What is a challenge that you faced today that you could have handled more proactively?
- The next time you are faced with a challenge how will you be proactive?

**D**

### Reflection Questions:

- Who is the main character in this book?
- Which of the 7 Habits does your character display the most?
- Which habit do they need to work on?
- How could you help them develop this habit?