**Be Proactive – Habit #1**

**Chapter summary**: You have the power to control where you are going to go, what you are going to do

**10 key points**

1. Take responsibility of your life
   1. Be proactive, proactive people think of the consequences before they act upon it.
   2. They focus on things they can control
2. Have a positive way of communicating
   1. Example – “I’ll do it” or “I can do better”
3. Be nice to people regardless of their negative feelings about you
   1. Don’t seek revenge
4. “Victims Virus” definition: when you blame everything on other
5. Circle of control vs. circle of no control
   1. Control = your future
   2. No control = skin color, appearance
6. Turning setbacks into triumphs
   1. It’s not what happens to you in life
   2. It’s what you do about it
7. Rising above abuse
   1. Abuse thrives in secrecy
8. Becoming a changed agent
   1. Some kids don’t have typical parental role models because they come from dysfunctional families
   2. However they can choose whether to inherit these bad habits or not
9. Have a Can Do Attitude
   1. What is it: courageous, persistent and smart
   2. What it’s not: pushy, aggressive, obnoxious
10. Just push pause
    1. Take a moment to consider your options presented at any given situation

**Quote Summary**

“Whether I fail or succeed shall be not man’s doing but my own. I am the force” (Elaine Maxwell)