

*"Between the stimulus and response, there is a space.
And in that space lies our freedom and power to choose our responses.
In our response lies our growth and our freedom" ~ Victor Frankl*

PROACTIVITY WORKSHEET

WHAT 'S THE SITUATION YOU'RE DEALING WITH? DESCRIBE IT AS IT IS.

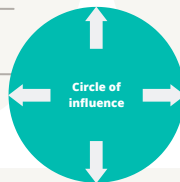
Stimulus



Response

WHAT ABOUT THIS SITUATION IS OUT OF YOUR CONTROL ?

WHAT DO YOU CONTROL IN THIS SITUATION



USE YOUR INVENTIVITY AND INITIATIVE: WHAT CAN YOU DO TO INCREASE YOUR INFLUENCE?

*"God, grant me the serenity to accept the things I cannot change, courage to change the things I can,
and the wisdom to know the difference." ~ Reinhold Niebuhr*

EVALUATE: WHAT'S THE RESULT? WHAT DID YOU ACCOMPLISH?

REFLECTION: WHAT DID YOU LEARN?

PLAN UP! WHAT CAN I DO DIFFERENTLY NEXT TIME?

IS MY OUTCOME THE SAME?

WHAT OBSTACLES CAN I EXPECT?

WHAT'S MY PLAN TO CONQUER THESE OBSTACLES?
