

Be Proactive

I Knew You Could

- Do you remember the story about *The Little Engine that Could?*
- What happens in the story?
- What kind of attitude did the engine have?



Opposites

- Love
- Peace
- Success
- Security
- Humble
- Kind
- Honest
- Valuable
- Patient
- Hate
- War
- Failure/Bankruptcy
- Insecurity
- Arrogant
- Mean
- Dishonest
- Cheap
- Impatient

DISCUSS

- What are the differences between the two sides of the paper?
- How do these qualities play out in our lives?
- Which side of the paper are you going to choose to live?

Scenarios

- **Scenario #1-- How will you respond to this situation in a proactive way?**

Your boss is talking to another employee when you come in to punch your time card. You have reason to believe they are talking about you. This makes you feel uncomfortable and mad.

- **Scenario #2-- How will you respond to this situation in a proactive way?**

Your boss schedules you to work the weekend shift after you requested it off. You have a personal appointment that weekend that is important to you and your family.

Scenarios

- **Scenario #3-- How will you respond to this situation in a proactive way?**
- At work, you developed a new way to organize the filing system that makes it easier for the office staff to find documents. Your supervisor takes all the credit.
- **Scenario #4-- How will you respond to this situation in a proactive way?**
- You are a nurse. The patient you are working with is ungrateful and rude. He is always finding fault in everything you do and makes your life miserable.

"You have control over three things: what you think, what you say, and how you behave. To make a change in your life, you must recognize these gifts are the most powerful tools you possess in shaping for form of your life."

--Sonya Friedman