

# HABIT 1: BE PROACTIVE®

## Pause and Respond Mini Session

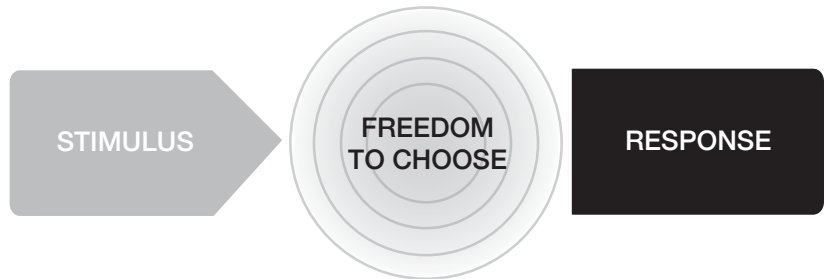
### REACTIVE BEHAVIOR

When people are reactive, they allow outside influences (moods, feelings, and circumstances) to control their response.



### PROACTIVE BEHAVIOR

When people are proactive, they pause to allow themselves the freedom to choose their response based on principles and desired results. Their freedom to choose expands as they wisely use the space between stimulus and response.



### WAYS TO PAUSE AND CREATE SPACE

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### NEW PROACTIVE BEHAVIOR

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