

LESSON 7

SUNNY SIDE UP

KEY CONCEPT:

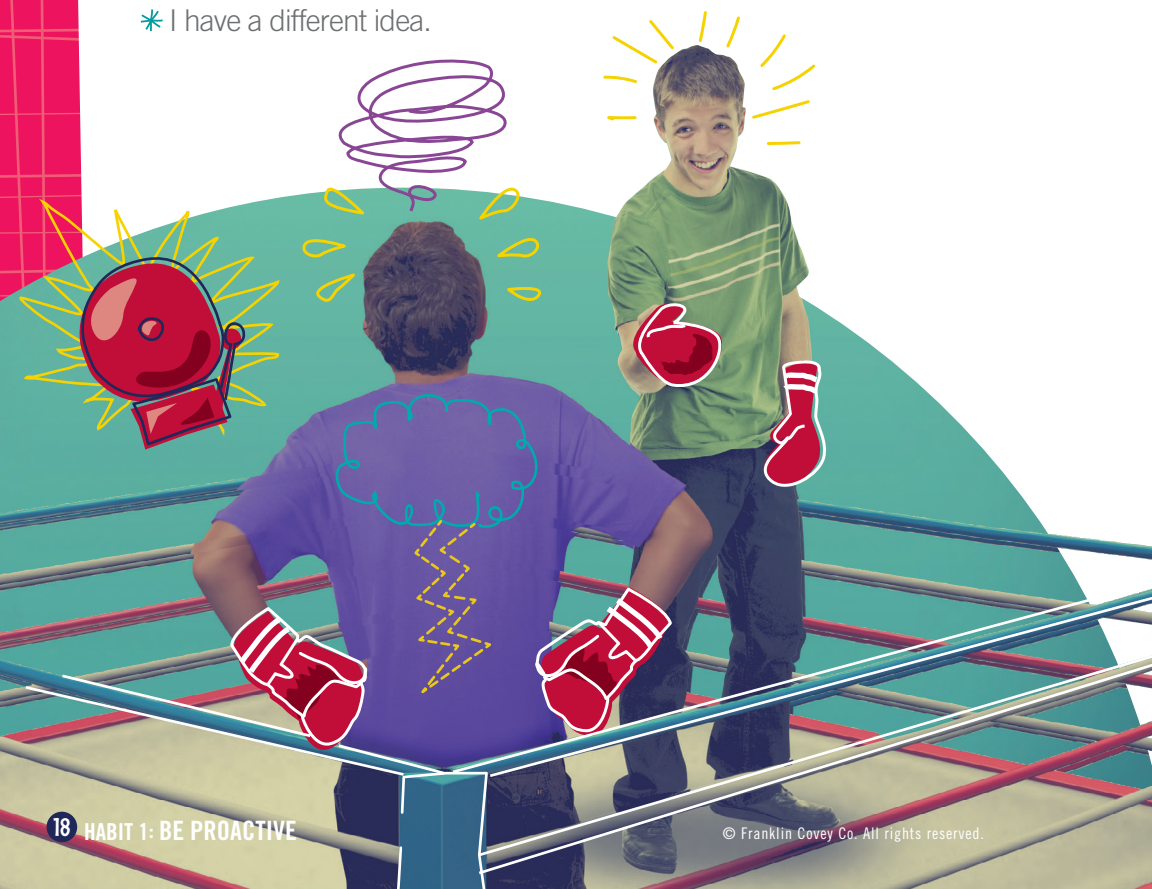
CHOOSE
YOUR OWN
WEATHER

LAST WEEK YOU HAD AN ARGUMENT WITH A FRIEND.

You're still not talking. It's bothering you but doesn't seem to be bothering him.

WHAT'S YOUR NEXT MOVE? Think through each choice.

- * I could ask him to eat lunch with me.
- * I could tell another friend what a jerk he's being.
- * I could call, email, or text him after school.
- * I could ignore him. After all, if he doesn't care, why should I?
- * I have a different idea.



Choose one and write about it.

When people are mean, we can choose our response. We can strike back, or we can “choose our own weather.” **HABIT 1: BE PROACTIVE** teaches us that we can choose our actions, attitudes, and moods.

You and your brother share a room. Lately he’s been in a bad mood, making it miserable to go into your bedroom.

Answer the questions.

How can you choose your own weather in this situation?

What can you do to influence your brother’s mood?
