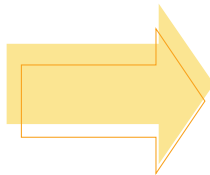


LESSON 8

STOP, THINK, AND GO!

KEY CONCEPT:

STOP AND THINK



HABIT 1: BE PROACTIVE reminds us that between a stimulus and our response is a space. **REACTIVE** people ignore this space. They react without thinking and usually blame others. **PROACTIVE** people use this space to stop, think, and consider their options before making a choice.



This is a **STOP-AND-THINK CHART**. Here's how it works: Something happens (stimulus), then there is a space. The space can be used to stop and think before responding.

**WHEN WE USE THE SPACE, WE'RE IN CONTROL!
GREAT NEWS, RIGHT?**

Partner Talk

Read the scenarios below. With a partner, write a response.



STIMULUS

Example: Someone posted a social-media comment.

**STOP
&
THINK**

RESPONSE

I will talk with the person.

People treat me badly because I look different.

I will

I disagree with a new rule at home.

I will

My friend made the team but I didn't.

I will

Riddle

The more you make, the more you leave behind. What are they?

Footprints.