

LESSON 5

IT'S UP TO ME

KEY CONCEPT:
INITIATIVE



JADA'S STORY

"I used to look in the mirror and only see my flaws. I worried about what other people were thinking about me all the time.

THIS YEAR I'M TRYING HARD TO SEE MYSELF IN A BETTER LIGHT AND FOCUS ON MY GOOD QUALITIES.

I'm not so worried about what other people think now, and that makes me feel stronger. I wish I hadn't wasted so much time, but I feel better about myself now."



When Jada focused on the things she didn't like about herself, she was reacting. Once she changed her focus to the things she liked about herself, she felt stronger and more in control. **HABIT 1: BE PROACTIVE** reminds us if we don't like the way things are, it's up to us to take the initiative to change them. Jada changed her paradigm and it made all the difference.

It's Up to You

For each situation, write a solution that shows initiative.

You make a choice and later regret it.

YOU COULD...

Take the initiative to own up to it and apologize.

You don't like what your friends are doing but feel like you have to do it to fit in.

YOU COULD...

You don't like your body.

YOU COULD...

You feel overwhelmed by homework.

YOU COULD...