

Becoming Increasingly “Proactive”

Components of this proactive “action”	Specific “activities” in my daily life... noticing, acknowledging, tracking and appreciating some of the components of being “more proactive”				
	#1	#2	#3	#4	#5
Notice...something...anything...that I might like to do, have, get, change, fix etc					
Remind myself that it’s okay for me to “want” to do, have, get, change, fix...					
Think about, imagine and identify several potential benefits in my doing, having, getting, changing, fixing etc this...					
Benefits for “myself?”					
Benefits for others?					
Acknowledge the continuing benefits of developing a “habit” of becoming more “consistently proactive”					
Realize, see and openly acknowledge to myself that I’m capable of doing, having, getting, changing, fixing...					
What skills do/will I need to use?					
Do I have some or all of those skills?					
Do I need help or support from others?					
Who might help or support this?					
Materials I might need?					
Do I have those materials?					
If not, where might I get those materials?					
What steps can I start with?					
What steps can I continue with?					
What possible “obstacles” might I meet?					
How can I overcome those obstacles...if they happen.... brainstorm! (“obstacles” might not happen...but just in case....)					
What VIA Strengths will/did I activate or use?					
What Mayo Clinic Resilience Qualities?					
What 6 Perfections and Immeasurables qualities?					
What “positivity” and “positive emotions”					
Offer “The 5 A’s” to myself...attention, affection, appreciation, allowing, accepting...					
This pro-activity is....positively.....continuing					
This pro-activity is... positively.....spreading					
This pro-activity ispositively.....personal					