



### Habit 1: Be Proactive

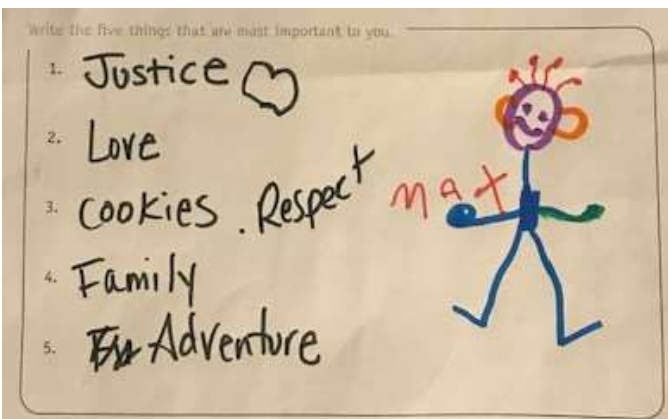
At our PTA meeting on Nov. 13<sup>th</sup> Mrs. Baloga explained how to “take control of you.” You can either be proactive or reactive. Being **reactive** is letting your feelings, moods and outside circumstances control you. Being **proactive** is controlling your actions and choosing your response to circumstances. There are many things *outside* your “circle of control” – like the weather, traffic, and other people. But what *is* in your control is you, your thoughts, choices, how you feel, how you act and what you do. If you can create space between what is happening and your response to that – you are being proactive and making choices based on your values.

#### Steps to take control of you:

1. **Pause:** Stop what you are doing and pause.
2. **Think:** Think about what you should or shouldn't do.
3. **Choose:** Choose the best thing to do.

### Family Mission Statements

Check out what **Max Neubauer** (Kindergarten, Ruselink) and his family came up with! Family crest in progress :)



### Filling Emotional Bank Accounts

Before our Holiday Boutique, our Lindbergh Flyers decorated the halls with colorful ornaments describing how their families fill their emotional bank accounts. The trees and giant piggy bank posters are filled with wonderful responses!



Israa Yassine  
(2<sup>nd</sup> grade, Robins)

*“My mom makes me my favorite foods. I hug my little sister when she is sad. My dad helps me make stuff. My sister likes to share with me. My family likes to spend family Friday movie night together. Callie cat meows when she greets me.”*

- **Libby Larson-Voltz**

*“Cheering each other up by making them laugh and being very silly. Also we love and stand up for each other. We are loving, caring, and kind to each other.”*

- **Ahmad Khalil**

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*“Between stimulus and response, there is space. It is possible for us as individuals to develop this capacity to **pause and give wiser responses.**” – Stephen R. Covey*

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