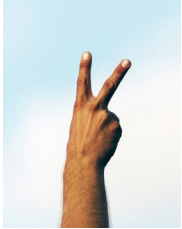


# EASY STEPS

Small, easy steps that you can try to help you learn this Habit.



1. The next time someone flips you off, give them the peace sign back.

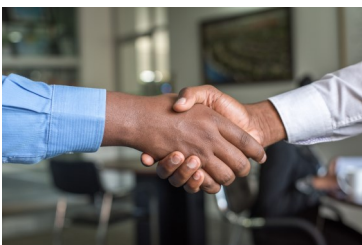
2. Listen carefully to your words today. Count how many times you say reactive words, like "You make me ..." "I have to ..." "Why can't they..." "I can't ..."

Reactive words I use most: \_\_\_\_\_  
\_\_\_\_\_

3. Do something today that you have wanted to do but never dared. Leave your comfort zone and go for it. Ask someone out on a date, speak up at a meeting, or join a team.



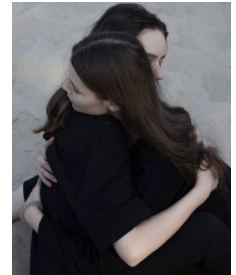
4. Write yourself a Post-it note: "I" will not let \_\_\_\_\_ decide how I'm going to feel." Place it in your dresser, on your mirror, or in your day book and refer to it often.



5. At the next party, don't just sit against the wall and wait for excitement to find you, you find it. Walk up and introduce yourself to someone new.

# EASY STEPS

- 6. The next time you hear your boss say something that you think is unfair, don't blow it off or cry about it, make an appointment with your teacher to discuss it and then see what you can learn.
- 7. If you get in a fight with a parent or a friend, be the first to apologize.
- 8. Pick something that you always worry about BUT have no control over. Decide now to drop it.



Thing that I can't control that I always worry about:

\_\_\_\_\_



- 9. Push the pause button before you react to someone who bumps into you in the hall, calls you a name, or cuts in line.

- 10. Ask yourself, "What is my most unhealthy habit?" Make up your mind to do something about it.

Most unhealthy habit: \_\_\_\_\_

\_\_\_\_\_

What I'm going to do about it: \_\_\_\_\_

\_\_\_\_\_