

# Habit 1 Worksheet

**Instructions: Beginning on page 47, read about Habit 1 and answer the following questions.**

1. What is Habit 1?
  
2. What does **proactive** mean?
  
3. List five personal examples of being **proactive**.
  - a.
  - b.
  - c.
  - d.
  - e.
  
4. What does **reactive** mean?
  
5. List five personal examples of being **reactive**.
  - a.
  - b.
  - c.
  - d.
  - e.