

# Proactive Steps Exercise



**Try this!**

**Think of a situation you are facing at the moment which is causing you upset or worry:**

List here ALL the things about this situation that are OUTSIDE of your control – i.e. other people's behaviours and reactions, particular aspects of your circumstances etc.

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Now write down everything that is IN your control i.e. your thoughts and behaviours

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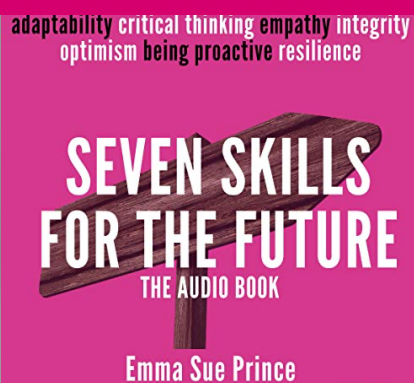
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What are three steps you can take in the near future?

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

You should find that this exercise leads to some immediate proactive behaviour that will impact the situation you are dealing with and also make you feel much better about it.

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