

Proactive Steps Exercise

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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.

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

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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