

7 Habits

of a

HAPPY Me

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What does **proactive** mean?

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What’s your GOAL to be more PROACTIVE?

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Where will you start? What’s your plan?

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Think of some activities you want to accomplish this year.

How will you be PROACTIVE and make it happen?

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| **THE Plan** | **The END Goal** |
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Use the pictures. Write the activity on the correct sides





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| Show & Tell a **WIN WIN** moment |
| **LOSE LOSE** moment | **LOSE WIN** moment |



What will you do to be a good friend to another person?

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What is your favorite GROUP activity or game?

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How will you make sure everyone gets to help the team get a WIN WIN?

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How will you stay BALANCED?

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