

PACE Cornell Notes

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|---|--------------------|-------|---------|
| Topic: Habit 1: Be Proactive<br>Questions/Main Ideas  | Name:              | Date: | Period: |
| What is the difference between being proactive versus being reactive?   | NOTES              |       |         |
| The basics of being proactive pages 48-50   | Answer:            |       |         |
| Choose 3 quotes that help you understand the idea of being proactive  | #1                 |       |         |
| Page 51 Listen to your language<br>Pick one quote from this section that helps you understand the concept.                  | #2                 |       |         |
| Page 52 The Victimitis Virus<br>Pick one quote from this section that helps you understand the concept.                     | #3                 |       |         |
| Page 53-54 It Pays To Be Proactive<br>Give an example from your own life of a time when you were proactive                  | Quote:             |       |         |
| Page 54-56 We Can Control, Only One Thing.<br>List some things that you worry about that are outside your circle of control | What does it mean? |       |         |
| Page 56-58 Turning Setbacks Into Triumphs. Give an example of when you were able to do this.                                | Quote:             |       |         |
| Summary: Do you consider yourself to be a proactive or reactive person: Explain   | What does it mean? |       |         |
|   | Example:           |       |         |
|   | •                  | •     |         |
|   | •                  | •     |         |
|   | •                  | •     |         |
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| Page 58: Rising Above Abuse<br>What should you do if you know someone is a victim of abuse?   | <b>NOTES</b>                                |              |                |
| Page 59-61 Becoming A Agent of Change: What are some things you would like to change about yourself, or the world.                    | <b>Answer:</b>                              |              |                |
| Page 61-63 Growing Your Proactive Muscles. Create a "found" poem that speaks to being proactive.                                      | <b>Poem: (No more than five lines)</b>      |              |                |
| Page 63-65 Can-Do<br>Do you feel like you have a Can-Do or a Can't-Do attitude? Explain   | <b>Answer:</b>                              |              |                |
| Page 65 Just Push Pause<br><br>What are the four human tools?   | <b>What does it mean to just hit pause?</b> |              |                |
| Page 68 Human Tools In Action<br>Which of the human tools are your strongest? Explain when you use them in your life to be proactive. | 1.  | 2.           |                |
|   | 3.  | 4.           |                |

**Summary:** How can you become a more proactive person?