

## BEING PROACTIVE QUIZ KEY

**0 – 5 points:** You seem to be pretty reactive to things and events around you. This may mean that you place a lot of energy into the things you cannot control and may engage in complaining, gossip and pointless social media arguments. You might do this because it makes you feel better (temporarily) and you want to let off steam. When it comes to tasks and goals, you tend to procrastinate, put things off or avoid things. Start simply noticing what you are doing and what might trigger that behaviour. Try, as far as you can, to do ONE thing that is within your control i.e. choose a different response or action. Start from there.

**5 – 10 points:** You can certainly be proactive sometimes, anticipating things and acting faster. At other times you, quite often, prefer “going with the flow” and seeing what happens. You are prone to avoiding confrontation or taking the initiative and will often take the easy option. This may seem the best option in the immediate short-term but won’t enable you to move very far. Again, start by simply noticing when you do this and try out a different response. Sometimes if something feels a little uncomfortable, it can be a signal that it’s actually a good thing to do – something that will stretch you and take you forward.

**10 – 15 points:** You have a good set of strategies to help you respond effectively – from creating space before responding to placing energy on the things you can control: your behaviour, actions and thoughts. You are also good at accepting what you cannot change and not wasting time on what you cannot. You are likely to take the initiative and look for opportunities in the midst of change or discomfort. Know, too, your ability and capacity to do this also relies on your own mental health and state of wellbeing. Make sure you always prioritise your wellbeing so that you are in the best possible mental state.



**7 SKILLS** for  
the **FUTURE**