

Responsibility & Proactivity

How to be proactive & make
conscious decisions.



_For you, if...

You are a master of procrastination!

You have a tendency to take too much, or even too little responsibility.

Try This!

_Quickies

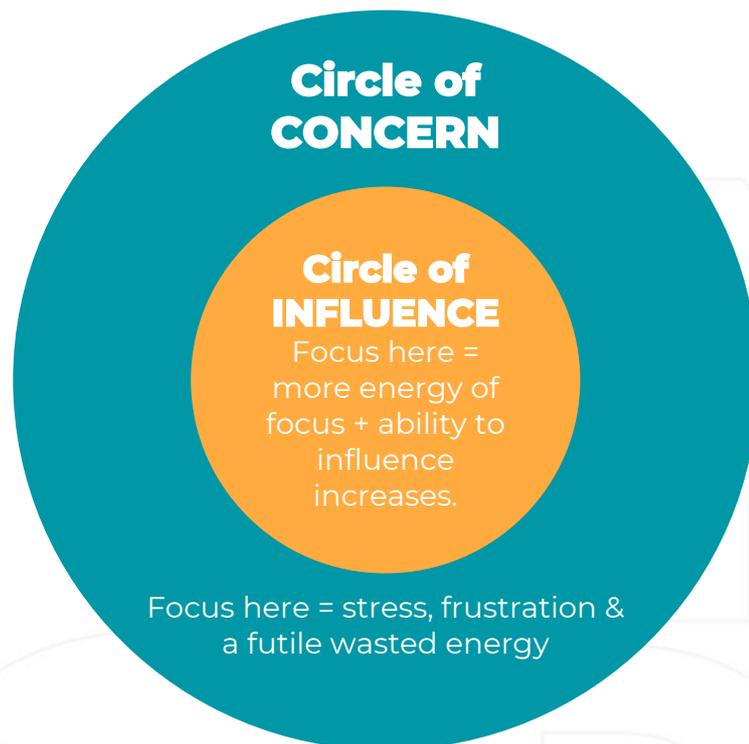
3min



Circle of Influence

Stephen Covey's number one habit is Proactivity. You will have read his book *7 Habits of Highly Effective People*. But even if it has been a while, you may want to check in again with the concept of the *proactive versus reactive behavioural patterns*. In simple terms, your level of frustration depends strongly on where you focus: Things you can't change (i.e. the weather).

If you learn to focus your attention to your circle of influence, where you have the power to change something, you will feel enable and proactive, stepping into action. This in turn promised feel good hormones!





B Responsibility Model

Now, this model seems so simple yet again, but it's such a powerful tool. I myself need to look at it at times, and go, right Maiké. Where did I get stuck? Taking the responsibility is often confused with obligation, higher moral grounds or commitment. Yet, the basic idea of the matter is to make conscious decisions with all its consequences. Some decisions are more difficult than others; that's obvious. However, our patterns of going through the process of coming to terms with our response-ability will go through like this:



*Where do you get stuck yourself?
I'd love to hear if this exercise resonates with you.*

_Take it further!

10min

The following exercise is taken from the Arbinger Institute (Being in the box, and how to get out of the box attitude). You will have better results if you get someone on board to take you through it. It's simple, yet a mind-blowing way to become aware of your own strategies, the hidden and unconscious patterns of your mind to trick you into feeling self-righteous.

The idea is to take a conflict that you may have with one person, and discover what your belief system is, and even more importantly, how you go about solving the conflict.





1. **Describe what you he or she does that annoys you** (*“doesn’t pick up the phone”*)
2. **Describe what YOU see him/her do** (*ignore me, prioritize others, being oblivious, etc.*)
3. **What do you do, then as a response** (*...What would that be in this example? You shout? You return the favour by ignoring the next call? ...come on, don’t be shy! This is only for yourself*)
4. **What does s/he see when you react like that?** (Then go back to Point 1. If that was you, what would you do?)

3 What I do...	4 What s/he sees
2 What I see him/her doing	1 What s/he does

Your TakeAways

_What do you know now?





Let me know how you are getting on!

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