

## Oct 10 ISSL Assembly

- All staff and students were invited to attend
- Grade 12's lead in the Singing of National Anthem following the link in the ISSL Student Handbook- 2017 gr. 7/8 Music Class
- Review of Activities and Updates from School Website.
- Reminder to Gr. XI/XII Prefect Application deadline – Wednesday, Oct 11
- Announcements- Around the room- Staff, SAC
- Assembly Focus/Discussion: **Be Proactive**

*From Stephen Covey,*

*Your life doesn't just "happen." Whether you know it or not, it is carefully **designed by you**. The **choices, after all, are yours**. You choose happiness. You choose sadness. You choose decisiveness. You choose ambivalence. You choose success. You choose failure. You choose courage. You choose fear. **Just remember that every moment, every situation, provides a new choice**. And in doing so, it gives you a perfect opportunity to do things differently to produce more positive results.*

**Be Proactive** is about taking **responsibility** for your life. You can't keep blaming everything on your parents or grandparents. Proactive people recognize that they are "**response-able**." They don't blame genetics, circumstances, conditions, or conditioning for their behavior. They know they choose their behavior. Reactive people, on the other hand, are often affected by their physical environment. They find external sources to blame for their behavior. If the weather is good, they feel good. If it isn't, it affects their attitude and performance, and they blame the weather. All of these external forces act as stimuli that we respond to. Between the stimulus and the response is your greatest power--**you have the freedom to choose your response**. One of the most important things you choose is what you say. Your language is a good indicator of how you see yourself. **A proactive person uses proactive language--I can, I will, I prefer**, etc. A reactive person uses reactive language--I can't, I have to, if only. Reactive people believe they are not responsible for what they say and do--they have no choice.

*Instead of reacting to or worrying about conditions over which they have little or no control, proactive people focus their time and energy on things they can control. The problems, challenges, and opportunities we face fall into two areas--Circle of Concern and Circle of Influence.*

**Proactive people focus their efforts on their Circle of Influence.** They work on the things they can do something about: health, children, problems at work. Reactive people focus their efforts in the Circle of Concern--things over which they have little or no control: the national debt, terrorism, the weather. Gaining an awareness of the areas in which we expend our energies in is a giant step in becoming proactive.

Special Thanks to Kaela, George, Sarah and Chloe for their support on 'What it means to be Pro-Active!'