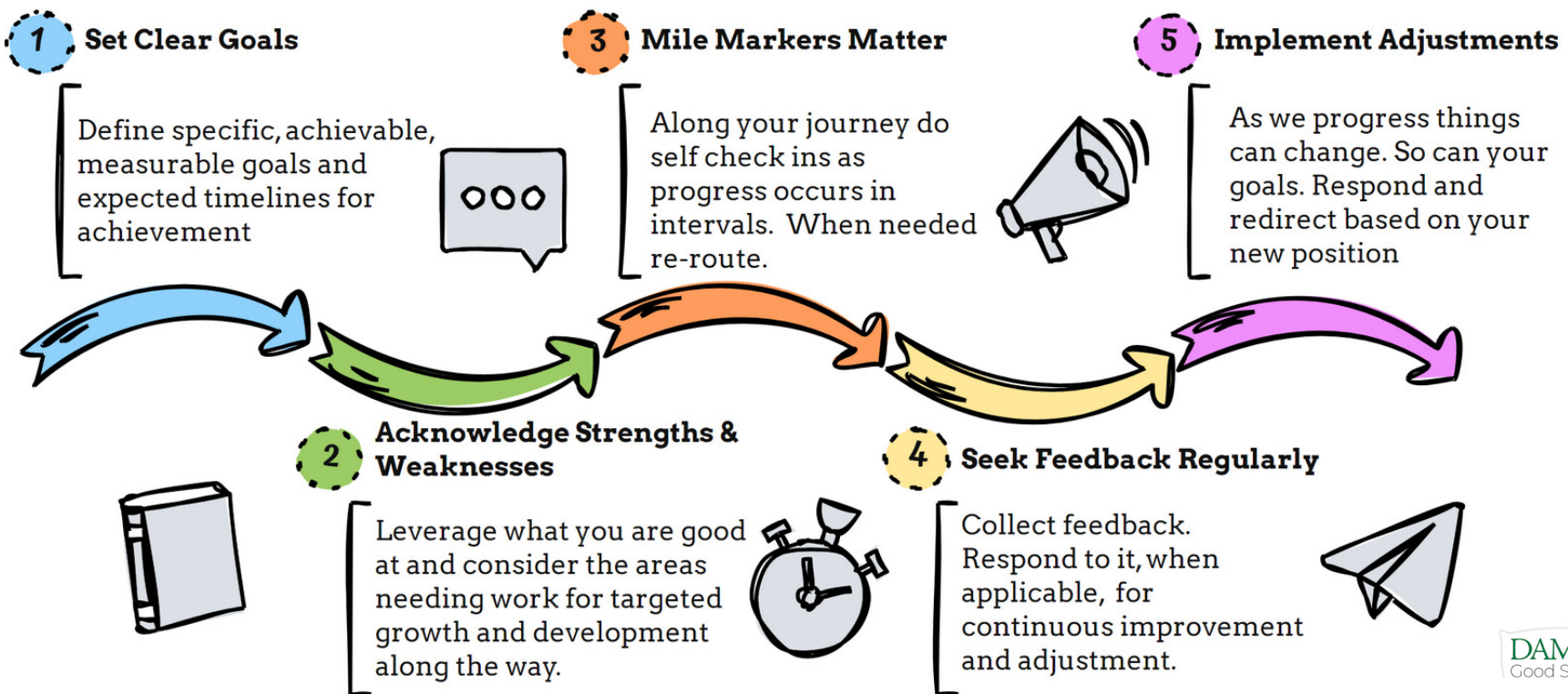# Chapter 2 / Growth Opportunity: Proactive, Not Reactive, Mindset

What can *you* control?

In chapter 1, we began to build our foundation in our emotional intelligence, and you may even have completed the exercise that can provide some insights to your EQ and areas of strength and opportunity for development. We also started to realize that we can choose a victim mindset or a victory mindset, where we can control what we can, which is always a win. Now we are building on being and control and enhancing that victory mindset.

Choosing to be proactive, where you can create or control a situation, or your journey, by causing something to happen. Alternatively, we can enhance a victim mindset by let life happen to us and then being reactive, only responding after something has happened. In order for you to start making progress it may be helpful for you to start with the END in Mind. Take a minute to review this visual and then try the next exercise.

Creating Your Progress Map

1 Set Clear Goals
Define specific, achievable, measurable goals and expected timelines for achievement

2 Acknowledge Strengths & Weaknesses
Leverage what you are good at and consider the areas needing work for targeted growth and development along the way.

3 Mile Markers Matter
Along your journey do self check ins as progress occurs in intervals. When needed re-route.

4 Seek Feedback Regularly
Collect feedback. Respond to it, when applicable, for continuous improvement and adjustment.

5 Implement Adjustments
As we progress things can change. So can your goals. Respond and redirect based on your new position

After looking at the elements of a progress map you may have recognized that although there is a start there is no specific end in mind. This is a continuous ongoing process with a goal of being the best at getting better. This can mean medically "better", professionally "better", or any aspect of your life "better". In order to get "better" we need to create clear defined goals, their "Why", and what resources, supports or barriers may exist.

Let's try this exercise to establish a proactive mindset:

1. Make a list of your goals and why you have these goals.
2. Define what resources or support might be needed, if any, to accomplish these those goals and what that success may look like.
3. Now consider what barriers may exist to meeting the goals, so you can better anticipate alternative strategies to success.

My Goals

Goal 1

Goal:

Reason:

Goal 2

Goal:

Reason:

Goal 3

Goal:

Reason:

Goal 4

Goal:

Reason:

Resources and Support Needed

_____

_____

_____

_____

_____

_____

Barriers

_____

_____

_____

_____

_____

_____

DAMM
Good Sleep

Great Job! Now evaluate each of the needs and barriers and identify what you can influence and how. These are critical elements for you to start making your road map and taking control of what you can.