

# Habit 1: Take a Breath

## 1. Water and Soda

Resource: An unopened bottle of soda and an unopened bottle of water.

Firmly shake the bottle that is filled with soda and the bottle of water at the same time, while sharing examples of a day of upsetting events. Use situations applicable to your family. For example: "Imagine this is your day: It started off rushed because the car broke down on the way to work, but the soda will get all over everyone around you."

Now, imagine the water bottle is a proactive person. As soon as I stopped shaking it, the water settled down. Being proactive doesn't mean we don't get shaken up, it is natural to get "all shaken up" and it is healthy to have emotions. But when we feel like this, we can take a pause and choose how we will respond so we can make choices based on principles and values.

## 2. Pause, Think, and Choose

Ask family members to think of a situation where they usually respond reactively. Have each family member write down the answers to the following questions:

- What is the situation?
- What is something you can do to take a PAUSE in this specific situation?
- THINK, what are some choices you could make in this situation?  
What will be the consequence of each choice?
- What will you CHOOSE to do to be proactive in this situation?

Invite family members to take a turn to be a performer and act out their situation. Cheer for the proactive choices!

## 3. Focus on Your Breathing

Discuss the benefits of taking time to focus on your breathing. Mindful breathing helps people to be proactive because it allows space to pause and take time to be aware of our actions and choices. Practice mindful breathing with family members.

#### 4. ਆਪਣੀ ਜ਼ਿੰਦਗੀ ਵਿੱਚ (Control)

Give each family member a blank piece of paper. Invite them to draw the two circles model as illustrated on page 18. Explain that everything in our lives is in these circles. Your Circle of Influence (Control) contains the things you can directly influence in life. Your Circle of Concern (No Control) contains things that concern you but are outside your influence. Ask: What things fall within your Circle of Control/Influence? What things fall within your Circle of No Control/Concern? Ask family members to write their responses in the appropriate circles on their papers.

(Alternate Option) Preparation: Draw the Circle of Concern (No Control) and the Circle of Influence (Control) model (refer to page 18) on a large piece of paper and hang it on a

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