

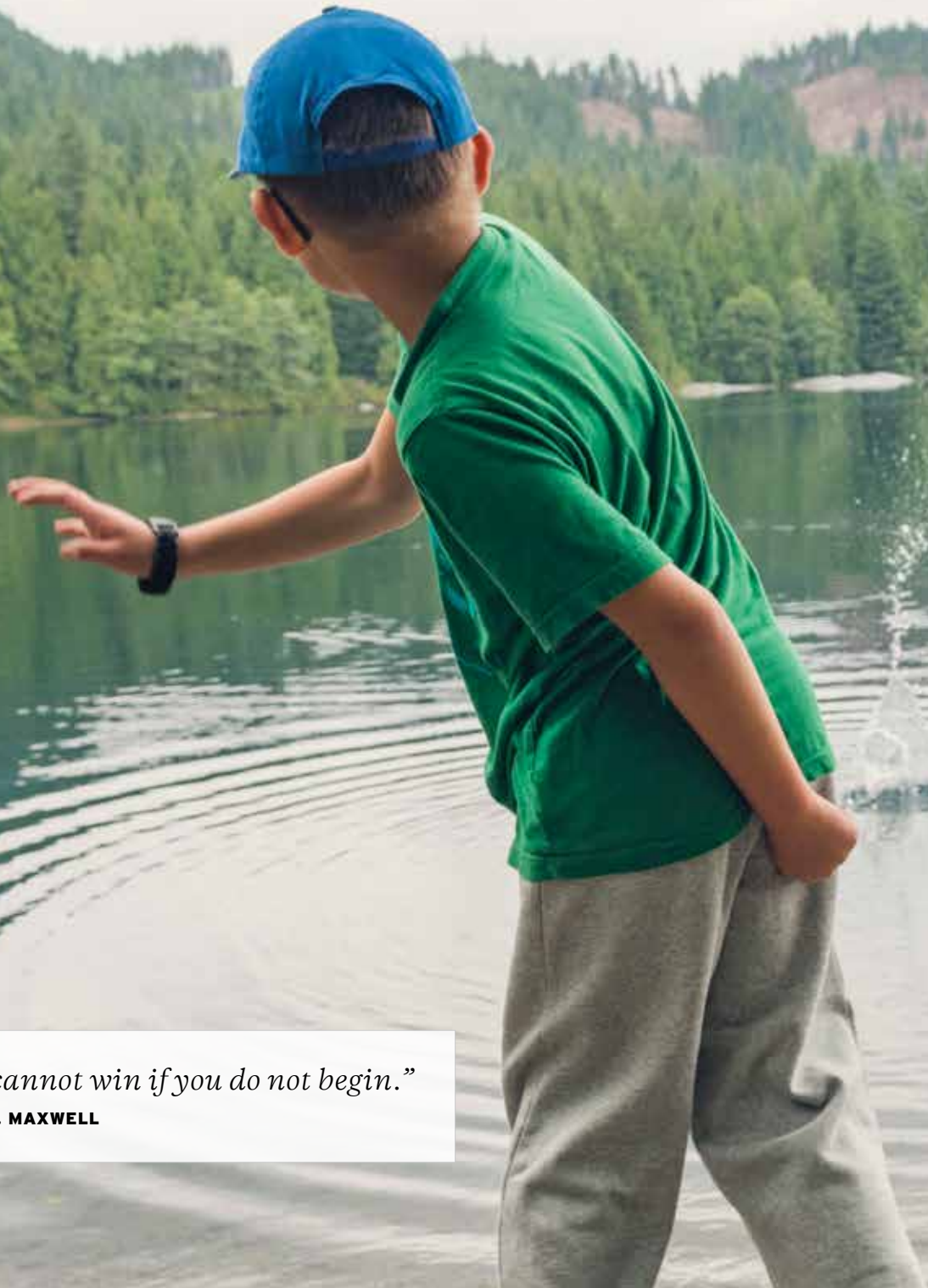


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# **iChoose XLR8**

## **Module 2**

# Lesson 3: Initiative



*"You cannot win if you do not begin."*

**JOHN C. MAXWELL**



**AT THE END OF THE COURAGE LESSON, YOU WROTE AN ACTION STEP TO IMPROVE YOUR SELF-RATING.**

Did you complete the action?  Yes  No Describe the results. ....

**LEGEND:**

Use the prompts throughout the lesson to guide you.



First person  
read aloud.



Next person  
read aloud.



Underline what's  
important to you.



Share with  
others.



Take  
action.

**HOW YOU CAN MAKE THIS LESSON EFFECTIVE FOR YOU AND OTHERS:**

1. Form groups of 3-5 for a 30-45-minute time slot and 6-8 for an hour.
2. Respect and value each person in the group.  
Encourage yourself and others as you share.
3. Take turns reading each section of the material out loud.  
You may request to pass to the next reader.
4. Discuss openly. As you read, underline what is important to you.
5. Evaluate yourself. Review. Reflect. Apply. Have fun!



**THE GOAL OF THIS LESSON:**

**Choose to take initiative and become a “ripple starter” of good things.**



## 01

# Initiative is a Choice



Impact and change only happens with action. Action begins with initiative. Picture a pond that is perfectly calm, it is smooth and it looks like glass. See yourself taking initiative and picking up a stone. You throw it into the water. What do you see? Ripples. How did the ripples begin? By you taking initiative and throwing the stone.

One initiative and one ripple seem to go on forever. The entire pond has been impacted by the action of one stone. The pond is your world, and every stone you throw makes a difference. The Dalai Lama said, “Just as ripples spread out when a single pebble is dropped into the water, the actions of individuals can have far-reaching effects. One person, one initiative, one action, can start a ripple of change.”<sup>9</sup>



Mother Teresa said,

*“I alone cannot change the world, but I can cast the stone across the waters to create many ripples.”<sup>10</sup>*

Initiation is the “Ripple Starter.” By taking initiative to do good things, you can create a ripple effect that will go far beyond your own life. Doing good has the power to transform us on the inside and then ripple out into ever-expanding circles to have a positive impact on others.



..... What did you underline that is important to you?



<sup>9</sup>“Dalai Lama.” AZQuotes.com. Wind and Fly LTD, 2022. 10 March 2022. <https://www.azquotes.com/quote/568553>

<sup>10</sup>Mother Theresa (qtd. in Allen, iv) Allen, John Starley. *A Splash of Kindness*. Plain Sight Publishing, 2015.

# The Problem of Procrastination



Initiators *make* something happen. Procrastinators *wait* for something to happen. You can choose which one you will be.



**PROCRASTINATION IS THE ENEMY OF INITIATIVE.**

**1. It limits your potential.**

The longer you wait to do something you should do, the higher the odds that you won't do it.

**2. It provides only short-term relief.**

The best moments of a procrastinator's life are the first moments they decide to wait. It feels good to not have to do something you don't want to do... for a moment! Then, reality begins to slowly take over your relief. Why? It still needs to be done. Putting something off does not make it go away, and procrastinating only makes it worse. It makes something difficult only more difficult!



**3. It takes away your choice.**

When you do not choose to do something about your circumstances, your circumstances will make the choice for you... and that is seldom good.

**REFLECTION:**

Which one of the 3 problems above have you experienced? .....  
Share with others.





Procrastination is the act of delaying or postponing a task or set of tasks. It is what prevents you from following through on what you set out to do.



So... why do people procrastinate?

1. The task is unpleasant.
2. The task is difficult to do.
3. Lack of self-confidence.
4. Lack of self-discipline.
5. Not recognizing the harm of procrastination.

***Procrastination destroys initiative!***

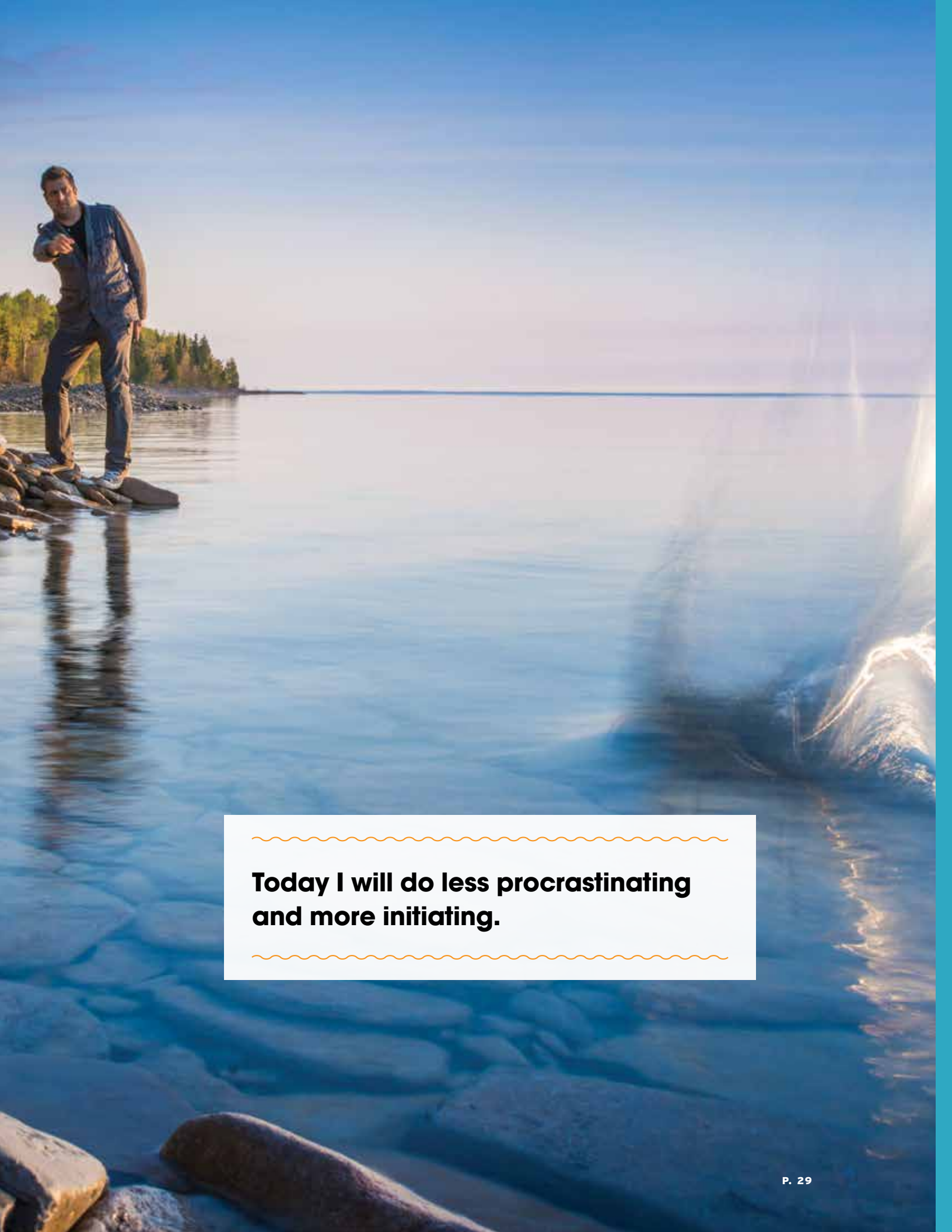


**REFLECTION:**

From the list above, which of the 5 reasons is why you sometimes procrastinate?

**HOW PROCRASTINATION AFFECTS ME**

What is the most negative effect procrastination has on you?



~~~~~

**Today I will do less procrastinating  
and more initiating.**

~~~~~



## 03

# Create your Ripple Effect



By taking initiative to do good things, you can create a ripple effect that will go far beyond your life.

Initiative is recognizing and doing what needs to be done before being asked.

Life rewards action. To get from where you are now to where you want to be requires forward movement and momentum. Although you may already know what it takes to bridge the gap, simply knowing what to do is not enough. Action is the key to creating the changes needed to propel you in the direction of your dreams and help you achieve your relationship goals.



### HOW TO STOP PROCRASTINATING AND START INITIATING

#### 1. *Stop waiting for the ideal situation to do something.*

This is a humorous story of a very religious man who was caught in rising floodwaters.

#### RISING FLOODWATERS STORY

He climbed onto the roof of his house and trusted God to rescue him. A neighbor came by in a canoe and said, “The waters will soon be above your house. Hop in and we’ll paddle to safety.” “No thanks,” replied the man. “I’ve prayed to God and I’m sure he will save me.” A short time later the police came by in a boat. “The waters will soon be above your house. Hop in and we’ll take you to safety.” “No thanks,” the man said. “I’ve prayed to God and I’m sure he will save me.”

A little time later a rescue services helicopter hovered overhead, let down a rope ladder and said, “The waters will soon be above your house. Climb the ladder and we’ll fly you to safety.”

Once again, the man said, “No thanks.” I’ve prayed to God and I’m sure he will save me.”

All this time the floodwaters continued to rise until soon they reached above the roof and the man drowned. When he arrived at heaven, he demanded an audience with God. Ushered into God’s throne room he said, “Lord, why am I here in heaven? I prayed for you to save me. I trusted you to save me from that flood.”

“Yes you did my child,” replied the Lord. “And I sent you a canoe, a boat and a helicopter. But you never got in.”





**2. Make future consequences become present consequences.**

This is exactly what happens during the moment when we finally move beyond procrastination and take action. For example, let's say you have a report to write. You've known about it for weeks and continue to put it off day after day. You experience a little bit of nagging pain and anxiety thinking about this paper you have to write, but not enough to do anything about it. Then, suddenly, the day before the deadline, the future consequences turn into present consequences, and you write that report hours before it is due. The pain of procrastinating finally escalated and you crossed the "Action Line."

**3. Do something good for you while you do something that makes you feel good.**

**SOMETHING GOOD FOR YOU**

Exercise

Homework

Chores

Volunteering/part-time job

**SOMETHING THAT MAKES YOU FEEL GOOD**

Listen to music

Do the work with a friend

Call someone you love

Take pictures with friends





#### 4. *Take action and inspire yourself and others.*

J.R.R. Tolkien said, “It’s the job that is never started that takes the longest to finish.”<sup>11</sup> So... get started! Action inspires because it creates new possibilities that didn’t exist until you initiated. Opportunity dances with those already on the dance floor and initiation put you there!



Procrastination looks at something that needs to be done and asks, “Can I wait for another day?” Initiative asks, “How can I?” and moves now. Every day, there are things before you to do. Procrastinating on those things will push you down. If you take action, you will push past those things and be inspired.



There are many ways to inspire others. Ask yourself what you want people to do for you, then take the initiative and do it for them. When you smile at someone, you make their day better... and your day better! Be the first to do something for someone else. If you have ever asked why somebody didn’t step up and do something about a wrong, realize that you are somebody and you can step up.



#### **REFLECTION:**

..... What did you underline that meant the most to you?

~~~~~

**Today I will do something positive for someone that inspires them.**

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<sup>11</sup> Calnan, James. *Coping with Research: The Complete Guide for Beginners*. W. S. Heinman, 1984.

*“You cannot win if you do not begin.”*

**JOHN C. MAXWELL**

**EVALUATE YOURSELF ON HOW WELL YOU DEMONSTRATE TAKING INITIATIVE ON A SCALE OF 1 TO 5:** Select your answer. (1 is weak, 5 is strong)

1

2

3

4

5

Why did you give yourself this rating? .....



**ACTION STEP:**

What specific action can you take immediately that will improve your rating? .....





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