INITIATIVE

What can I do to improve the "Initiative"?

**AVOID CONFORMISM,** always try to contribute new ideas that can improve the work you do or the result of it.

**OFFER** to help others when you see they need it.

It is popularly said **“IT IS BETTER TO ASK FORGIVENESS THAN TO REQUEST A PERMIT”,** this reflection means that it is better to make mistakes by having initiative, remember that you learn from all mistakes. The one who is really wrong is the one

who does nothing.

**BE POSITIVE AND FIND MOTIVATION IN WHAT YOU DO,** it is easy to have initiative if you do activities that you really like, also avoid thoughts such as "how difficult", "I am not capable" or "this does not correspond to me."

**DON'T BE PASSIVE! ACT!,** Anticipate the results in order to correct possible errors and find more appropriate alternatives.

Believe in yourself, if you see yourself as someone very valid, prove it so that others also see you that way.

**MAKE PROPOSALS OR ASK FOR PERMIT TO ACT** when you see the occasion.

**DON'T WAIT TO BE TOLD WHAT YOU HAVE TO DO.** Anticipate orders and instructions and be attentive to the needs that each situation demands. The initiative has more of attitude and predisposition to act than of knowledge and skill.

To enhance the development of the **Initiative** we present below a series of resources to support the challenges you are doing in the form of exercises, readings or even some films that can help you deepen your knowledge and understanding.

**COMPLEMENTARY ACTIVITY ON INITIATIVE. 1.-**

In this activity the participant must try to overcome a known challenge or problem, perhaps simple, but no one seems to solve. Whose solution depends on others or, it is not clear who could solve it. It's about being intrusive, *getting into a puddle* that you don't have an invitation….

The activity consists of several phases (problem detection, analysis of causes, analysis of solution alternatives, choice / implementation of solutions and review of them).

Two examples of analyzed situations and where it has been acted with initiative are included below

**NOW YOU .**

1) -Propose another challenge / situation and improve your initiative.

2a) - If it worked*... Congratulations!* Do it again with another situation.

2b) If it did not work ... Do not be discouraged, next time you will get it ... ... check if there are more solutions or raise another problem.

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|  | **EXAMPLE 1** | **EXAMPLE 2** | **YOUR CHALLENGE…** |
| **DETECTION OF THE PROBLEM** | Next to my house there is a crossroads with a lot of traffic and traffic accidents frequently occur. | A nearby neighbor is 90 years old and lives alone. He has few friends and visitors. I worry about his loneliness and fitness. |  |
| **PROBLEM ANALYSIS -** | Lack of visibility -Bad signage -Lack of citizenship / road education- Place with bad luck (wicked place)... | -Research if he has family members-Research about details of his life, hobbies, interests ...-Research solutions to similar cases in my environment |  |
| **SOLUTION ALTERNATIVES** | a) Write to the mayor explaining the situation and ask for a traffic light or a speed reducerb) Join other neighbors and claim the solution to the mayor's officec) Educate all drivers of my city in road education | a) Contact the family b) Communicate the situation to Social Services, parish… and know the opinion of professionalsc) Organize a “Volunteer” of proximity to help the person in shiftsd) Investigate whether there are “day centers” or recreation centers for the elderly where the neighbor can go  |  |
| **CHOICE / IMPLEMENTATION OF SOLUTION** | Discard c) as impossible by myself.Preferably a) or b). But it is probably better the b) option because I will have more strength as it is a collective petition. | Perhaps a mixture of a) b) c) and d) may be the best solution.If we help in all of these options, we may make the neighbor happy and so will we. |  |
| **REVIEW OF RESULTS** | If my mayor does not pay attention to me, I must insist until I get the accident remedy. | Let's visit the neighbor and verify that he has effectively improved his social integration. |  |

**COMPLEMENTARY ACTIVITY ON INITIATIVE. 2.-**

**We go to the movies ... Let's watch these movies.**

FILM: *EL BECARIO* (The intern), The young owner of a successful online business dedicated to fashion reluctantly accepts that the company hire, as part of a work program, a seventy-year-old man (Robert de Niro) as a senior fellow. However, little by little he will realize how indispensable this old man can become for the company.

FILM: *THE CANDEAL MIRACLE*. Documentary about life in a very poor Brazilian community (Candeal) where the power of music resides. There are no weapons or drugs, their instruments are those that make music, thanks to the initiatives of people like Carlinhos, a musician who allocates his money to help others. The musical processions have turned this favela into a habitable place that attracts musicians from all over the world, drug trafficking has disappeared and it has been built a music conservatory, a health center or a studio where musicians from all continents come to record, attracted by the sound of the instruments.

FILM: *CHAIN ​​OF FAVORS* (Pay It Forward), an already classic film, based on the homonymous novel by [Catherine Ryan Hyde](https://es.wikipedia.org/wiki/Catherine_Ryan_Hyde). A child imagines a curious system to improve the world; Do favors selflessly. To everyone's surprise, the generous proposal rages among the people, an optimistic and motivational film.

Once you've seen the movies, reflect on how the characters behave and, in particular, how you can see their proactive behavior and how they take the initiative.

Readings:

* The seven habits of highly effective people. Stephen R. Covey
* 101 methods to generate ideas (Foster, TRV, 2002)
* Free Play: Improvisation in life and art (Nachmanovitch, S., 2004)