Part I:
Why did the author have a hard time living at home?

How would you describe the author's father?

How would you describe Sean as a teen?

Why was Sean's dad so tough on him?

What is the first habit and why is it important?

What are the two different types of people in the world, according to the author's father?

Explain why being proactive is relevant to teenagers.

Part II:
What does it mean to be reactive?

The author claims we have a choice. What choice is he referring to?

What simile does the author use to compare reactive and proactive people?

Is the simile effective? Why?

Why do you think the author brings up the list of bad things that could go wrong on any given day?

How could this advice be useful in the everyday life of a teenager?

Part III:
What is one of the biggest distinguishing marks of a proactive person?

What are the big differences between proactive and reactive language?

What simile does the author introduce to further illustrate his point about the importance of language?

Why is the simile effective?

What does this portion suggest about language in general?

Part IV:
Why shouldn't we worry about things we can't control?

Explain the illustration the author gives to show his point.

What will happen if we do focus on things we can't control?

How does this subpoint connect to the author's main point?

What does this portion of the article say about happiness?

Part V:
What was W. Mitchell like as a young man?

How did W. MItchell get injured and what was the extent of his injuries?

What is Mitchell's attitude towards setbacks?

Why does the author use W. Mitchell's example to support his point?

What does this example say about disabilities and imperfections in general?