

# Do You Captain Your Ship?

“You are the reality and expression of your deeds and actions.” –Abdu’l-Bahá

**A**nchors aweigh! With clear skies ahead and warm winds at your back, you set sail for new horizons. But what do you do when storm clouds appear?

Life is like sailing on open water, and you’re the captain of the ship. You choose the destination you’ll aim for. But you can’t control what happens along the way. When challenges threaten to blow you off course, you can be **proactive**. Think about all of the options you have, then

choose a positive action to take.

What if you can’t get the supplies you need for a big project? What can you do to improvise? Or maybe your family vacation got canceled. Can you find other ways to have fun together?

When you’re proactive, you can use creativity and determination to navigate choppy waters and keep sailing in a sunny direction.

How proactive are you? Circle your answers, then add up your points.



1. Before starting a project, I do research and get tips on how to reach my goals.  
Often = 3 • Sometimes = 2 • Rarely = 1

2. If I’m working with a team, I help create a fun, positive spirit in our group.  
Often = 3 • Sometimes = 2 • Rarely = 1

3. When I have a problem, I try to stay patient and flexible.  
Often = 3 • Sometimes = 2 • Rarely = 1

4. I try to learn from and fix mistakes.  
Often = 3 • Sometimes = 2 • Rarely = 1

5. I make sure I understand my role on a team so I can do my best.  
Often = 3 • Sometimes = 2 • Rarely = 1

6. I manage my time and focus on what’s most important first.  
Often = 3 • Sometimes = 2 • Rarely = 1

7. I ask for help when I’m stuck or confused.  
Often = 3 • Sometimes = 2 • Rarely = 1

8. On team projects, I ask the group to consult about problems, if needed.  
Often = 3 • Sometimes = 2 • Rarely = 1

9. In tough situations, I stay positive and focus on what I can control.  
Often = 3 • Sometimes = 2 • Rarely = 1

10. I finish projects that I’ve started, even if they’re not perfect.  
Often = 3 • Sometimes = 2 • Rarely = 1

11. I pray for help and try to stay calm when difficulties pop up.  
Often = 3 • Sometimes = 2 • Rarely = 1

12. When I have a project, I list my goals, then make a step-by-step schedule so I can finish on time.  
Often = 3 • Sometimes = 2 • Rarely = 1



## MY SCORE

**36-28 POINTS** You take action and face challenges head-on. Keep sailing toward your goals!

**27-20 POINTS** You’re learning how to chart your course to reach your goals. Choose a tip from the quiz to practice.

**19-12 POINTS** You can develop your navigation skills. Choose a few ideas from the quiz to try.