

These habits are not just for school, but for all aspects of life. These habits are not only good for kids, but adults as well. The seven habits are timeless principles to live by. They teach us how to help ourselves and others in a more positive way. Please work with your child on these habits at home, while we work on them at school.

-based on the ideas of Steven Covey

Habit #3
PUT FIRST THINGS FIRST
Work first, then play


- I do the things that I have to do before I do the things that I want to do.
- I stay focused on what I'm doing. I try to minimize distractions and regroup if I get off task.
- I spend my time on the things that are the most important.



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Habit #6
SYNERGize
Working together is better


- I get along well with other people and work well in groups.
- I value the strengths of others and allow myself to learn from them.
- I know that by working together as a team we can get more done and come up with better solutions than we could alone.



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Habit #1
BE PROACTIVE
You're in charge of yourself

- I have a "can do" attitude and always try my best at everything I do.
- I follow directions and do the right things without being asked, even when nobody is looking.
- I choose my actions, attitudes, and moods and don't blame others for my wrongdoing.



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Habit #4
THINK WIN WIN
Everybody can win!

- I can problem solve when an issue comes up with another person
- I think about what other people want and not just what I want.
- I am kind to others and try to think of ways to help everyone to be happy.



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Habit #7
SHARPEN THE SAW
Balance is best


- I take care of my body by eating right, Exercising, and getting enough sleep.
- I balance my time between school, extracurricular activities, family, and friends.
- I am always learning how to become a better person.



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Habit #2
BEGIN WITH THE END IN MIND
Have a Plan


- I plan ahead and set goals for myself.
- I am prepared at all times.
- I think about how the choices I make now will affect my future
- I think about the positive or negative consequences of my actions before I act.



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Habit #5
SEEK FIRST TO UNDERSTAND, THEN TO BE UNDERSTOOD
Listen before you speak

- I listen to others without interrupting
- I raise my hand when I want to Speak and I wait to be called on.
- I don't blurt out.
- I try to understand other people's views and feelings, even if they are different from my own.



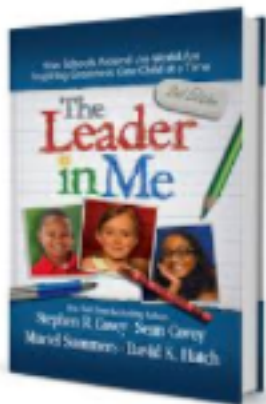
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| | The 7 Habits |
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| Taking Care of Self (Independent) | 1. Be Proactive 2. Begin with the End in Mind 3. Put First Things First |
| Working Well with Others (Cooperation) | 4. Think Win-Win 5. Seek to Understand First, Then to Be Understood 6. Synergize |
| Staying Fit & Renewed | 7. Sharpen the Saw |

*Based on work by Steven Covey

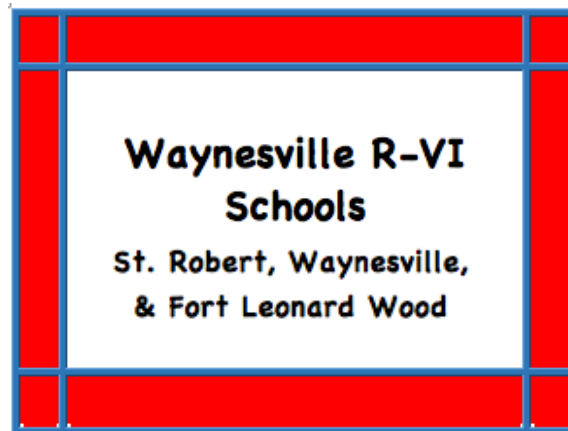
Most people do not
listen with the intent
to *understand*.
Most people listen
with the intent to
reply.

~ Stephen R. Covey



What you do has far
greater impact than
what you say.

Stephen Covey



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