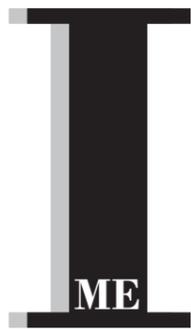


# The 7 Habits

Habit 1

## Be Proactive

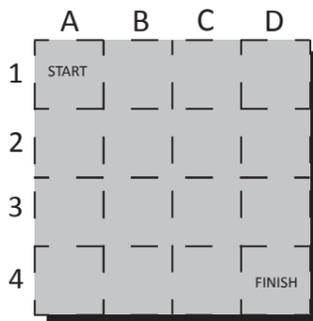


I'm in Charge  
I take initiative

I'm a responsible person  
I choose my actions, attitudes, and moods.  
I do not blame others for my wrong actions.  
I do the right thing without being asked,  
even when no one is looking

Habit 2

## Begin with the End in Mind



Have a Plan

I plan ahead and set goals.  
I do things that have meaning  
and make a difference.  
I am an important part of my classroom  
and contribute to my school's  
mission and vision.  
I look for ways to be a good citizen.

Habit 3

## Put First Things First



Work First, Then Play

This means I say no to things  
I know I should not do  
I spend my time on things  
that are most important.  
I set priorities, make a schedule,  
and follow my plan.  
I am disciplined and organized.

Habit 4

## Think Win-Win

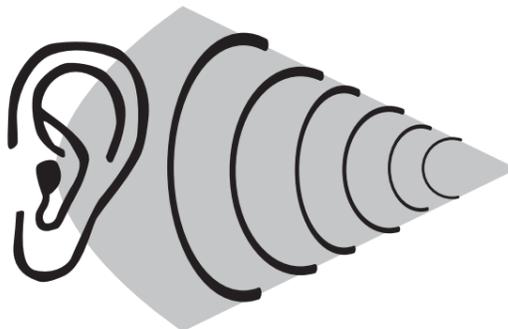


Everyone Can Win

I balance courage for getting what  
I want with consideration  
for what others want.  
I make deposits in others'  
Emotional Bank Accounts.  
When conflicts arise, I look  
for third alternatives.

Habit 5

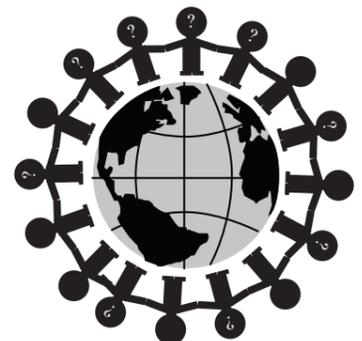
## Seek First to Understand, Then to Be Understood



I listen to other people's ideas and feelings  
I try to see things from their viewpoints  
I listen to others without interrupting  
I am confident in voicing my ideas  
I look people in the eyes when talking

Habit 6

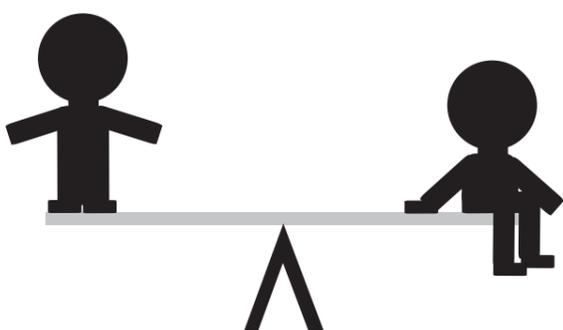
## Synergize



I value other people's strengths and  
learn from them  
I get along well with others, even  
people who are different than me  
Together Is Better  
I work well in groups  
I seek out other people's ideas to solve  
problems because I know that by teaming  
I am humble

Habit 7

## Sharpen The Saw



Balance Feels Best

I take care of my body by eating right,  
exercising and getting sleep  
I spend time with family and friends  
I learn in lots of ways and lots of places, not just at school  
I find meaningful ways to help others