

# Habit 1

## Be Proactive YOU ARE IN CHARGE

- ⇒ **I am a responsible person.**
- ⇒ **I take initiative.**
- ⇒ **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 school.

# Habit 3

## Put First Things First

### WORK FIRST THEN PLAY

- ⇒ I spend my time on things that are most important.
- ⇒ I say no to things I know I shouldn't do.
- ⇒ I set priorities, make a schedule, and follow my plan.
- ⇒ I am self-disciplined and organized.

# Habit 4

## Think Win-Win Everyone can win

- ⇒ I want everyone to be a success.
- ⇒ I don't have to put others down to get what I want.
- ⇒ When a conflict happens, I look for a third solution.
- ⇒ I believe we can all win!

# Habit 5

## Seek First to Understand Then to be Understood Listen Before YOU Talk

- ⇒ I listen to other people's ideas and feelings.
- ⇒ I try to see things from their viewpoints.
- ⇒ I listen to others without interrupting.
- ⇒ I share my opinions and ideas.

# Habit 6

## Synergize

### Together is Better

- ⇒ **I know that everyone is good at something.**
- ⇒ **Everyone needs to get better at something.**
- ⇒ **We can all learn from each other.**
- ⇒ **Working in groups helps to create better ideas than what one person can come up with alone.**

# Habit 7

## Sharpen the Saw

### **Balance FEELS BEST**

- ⇒ **I take care of my body by eating right, exercising, and getting sleep.**
- ⇒ **I learn in lots of ways and in lots of places, not just at school.**
- ⇒ **I take time to help others.**