

Habit 1: Be Proactive

Fill in the chart below for each situation. Think about how you would find a way to stay positive, change your actions, or make the right choice. Remember: <u>You're</u> in charge!

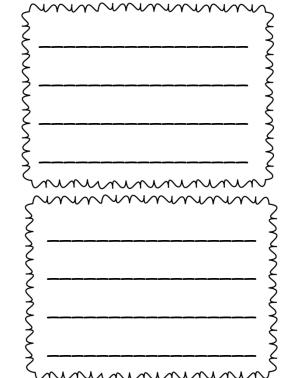
If this happened...

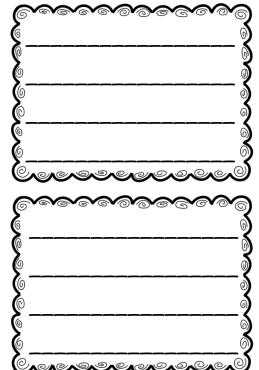
A reactive response would be...

My proactive response would be...

When my teacher passes back the spelling tests, I find out I failed the test. I have to get my parents to sign it.

My parents and I have an argument about joining an after school club. I am really frustrated.





Habit 2: Begin With the End in Mind: My School Goal

Think about what YOU want to work on so that you can be the very best YOU there is!

What kind of plan do you need to make your goal a reality?

	1	1
Where will I work on my goal?	My goal is:	Who will help me?
Why is this important to me?		How will I reach it?
	I will achieve my goal	
	Ьу:	
	(date)	
1		

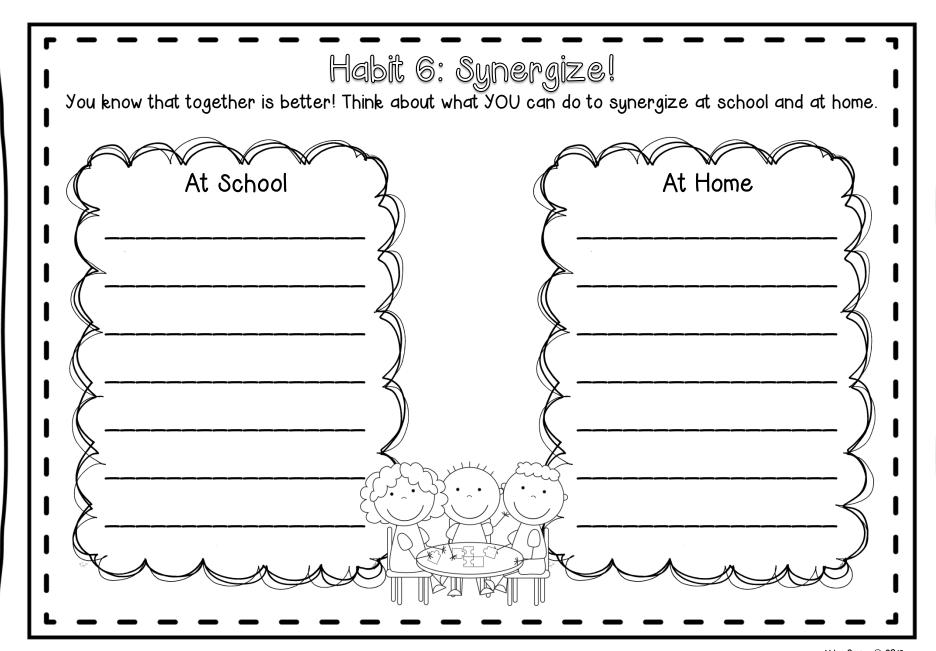
Habit 3: Put First Things First Think about the things that are (or should be) important to you. How are you going to make sure you take care of important things first? What are thing things that are (or What does it mean to put first should be) important to you? things first? How are you going to make sure When have YOU put first things you take care of them first? first?

Habit 4: Think Win-Win

What does it mean to have a Win-Win attitude?
Think about how you should (and should not) respond to each of the situations below.

A Win-Lose response A Win-Win response would If this happened... would be ... be... You and a friend meet to see a movie together. You each want to see a different movie. You have to work with someone you don't know very well on a social studies project.

Habit 5: Seek First to Understand, Then to be Understood What does a good listener do? What does it look like? What might it look like if someone is not being a very good listener? **~~~~** A good listener SHOULD... A good listener SHOULD NOT...



Habit 7: Sharpen the Saw! Remember that it's important to take care of your WHOLE self — your mind, your body, your heart and your soul. How do YOU make sure that you do this? Heart Mind Body Soul



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