

7 Habits of Happy Kids

(based on the work by Stephen Covey)

Habit 1: Be Proactive: I'm in charge of ME!

- I am responsible for myself.
- I take initiative and have a "can-do" attitude.
- I choose how I act, how I feel and what I do.
- I do what is right without being asked, even when no one is looking.



Habit 2: Begin with the End in Mind: I have a plan!

- I set goals for myself.
- I have a plan for how I will accomplish goals.
- I think about what I want to be when I grow up and how I will get there.

Habit 3: Put First Things First: Work then Play

- I do my work before I play.
- I know what my responsibilities are, and I do them based on what is most important.



Habit 4: Think Win-Win: I believe we can ALL win!

- I want everyone to be a success.
- I don't have to put others down to get what I want.
- Where there is a conflict, I look for solutions that will work for everyone.

Habit 5: Seek First to Understand, Then to be Understood: I will LISTEN to others BEFORE I talk!

- I am a good listener.
- I try to understand other people's points of view especially when their opinion is different than mine.
- I am comfortable sharing my opinions and ideas.



Habit 6: Synergize: I know that together is BETTER!

- I know that everyone is good at something.
- Everyone needs to be better at something.
- I believe that we can all learn something from each other.
- I know that working in groups helps to create better ideas than what one person can do alone.

Habit 7: Sharpen the Saw: I have balance in my life!

- I keep my body healthy when I exercise, eat healthy foods and get enough sleep.

