

The 7 Habits of Happy Kids



Habit 1- Be Proactive: I'm in charge!

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 my 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: I will do my work first, 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.
I practice self-control.



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.
When there is a conflict, I look for solutions that will make everyone feel good.



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 peoples' 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 get 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.
I enjoy learning new things.
I know that it is important to spend time with people that I care about.

