

# THE 7 HABITS

## PARENT RESOURCE NOTEBOOK

Helping you implement  
"The Habits" at home

# BE PROACTIVE

## WHAT IS IT?

Being proactive means you are in charge of you! We focus on making good choices.

## HOW CAN I INCORPORATE THIS AT HOME?

Pause, Think, and Choose: The power of the is all about pausing before reacting in a situation. Discuss different situations with your child where they may have reacted negatively. Talk about ways to change the situation to a positive interaction.

## BOOKS THAT INCORPORATE THIS HABIT:

- Clean Your Room
- I Like the Way You Are
- Clifford's Good Deeds



**HABIT 1**

# BEGIN WITH THE END IN MIND

## WHAT IS IT?

This means to think about how you would like something to turn out before you get started. With family, it means what you value and hope for your family to accomplish together.

## HOW CAN I INCORPORATE THIS AT HOME?

Family Mission Statement – The promise: By writing a Family Mission Statement, the message to your children is that your family is important. You know what you stand for and how you are going to work together to accomplish it.

## BOOKS THAT INCORPORATE THIS HABIT:

- Strega Nona
- Horton Hatches the Egg
- Lilly's Purple Plastic Purse

**HABIT 2**

# PUT FIRST

# THINGS FIRST

## WHAT IS IT?

This means to work first, then play. You take care of the most important things in your life first. Those are your big rocks. You plan to do the things that are not essential after you take care of your big rocks.

## HOW CAN I INCORPORATE THIS AT HOME?

At home you can complete chores, homework, or helping your family members before going outside to play or spending time sharpening your saw.

## BOOKS THAT INCORPORATE THIS HABIT:

- Froggy Gets Dressed
- The Little Red Hen
- Jamaica's Find

**HABIT 3**

# THINK WIN-WIN

## WHAT IS IT?

Think Win-Win means that we can work together to solve problems when issues arise with others. This doesn't always mean to compromise! We are kind to others and consider their thoughts along with ours.

## HOW CAN I INCORPORATE THIS AT HOME?

You may choose to role play different scenarios that may come up often and how to address those issues. The idea is for both parties to practice actively listening and have a discuss of how to solve the problem as a team!

## BOOKS THAT INCORPORATE THIS HABIT:

- Let's be Enemies
- Rainbow Fish
- Stand Tall Molly Lou Melon
- The Very Clumsy Click Beetle



**HABIT 4**

# SEEK FIRST TO UNDERSTAND

## WHAT IS IT?

Habit 5 makes me think of the old saying "You have two ears and one mouth, so listen twice as much as you talk." This helps remind us that we need to listen to others and understand their point of view before we attempt to convey our thoughts.

## HOW CAN I INCORPORATE THIS AT HOME?

Habit 5 is about communication. The best way to teach someone how to communicate is by practicing it with them. Playing board games at home is a great way to practice communication and Habit 5.

## BOOKS THAT INCORPORATE THIS HABIT:

- Stellaluna
- Rainbow Fish
- Clifford's Good Deeds
- Charlotte's Web

**HABIT 5**

# SYNERGIZE

## WHAT IS IT?

When you synergize, you work together and collaborate. You listen to each other's ideas and form new ideas that are better than the ideas you had apart.

## HOW CAN I INCORPORATE THIS AT HOME?

Because Habit 6: "Synergize" is all about working together, it is fairly easy to incorporate at home.

- Work together to put a puzzle together
- Help one another when you see things that need to be done.
- Communicate the ideas that you have and listen to the ideas in your household to form a new, better idea or way to do things.

## BOOKS THAT INCORPORATE THIS HABIT:

- Owl Moon
- The Snowy Day
- Stone Fox
- Hatchet

**HABIT 6**

# SHARPEN THE SAW

## WHAT IS IT?

Habit 7 reminds us that we are more productive when we are in balance—body, brain, heart, and soul.

## HOW CAN I INCORPORATE THIS AT HOME?

Identify a support system. A support system can help you celebrate success and learn from disappointments, talk through difficult or stressful situations, and get motivated through cooperation or healthy competition. A younger child may benefit by playing outside, balancing reading with watching T.V., making a list of things that make them happy or starting a journal. An older child may benefit by keeping a journal, hanging out with their friends, or reading a good book.

## BOOKS THAT INCORPORATE THIS HABIT:

- The Emperor's New Clothes
- Don't Let the Pigeon Stay Up Late
- Shiloh
- Hatchet

**HABIT 7**



# FIND YOUR VOICE

## WHAT IS IT?

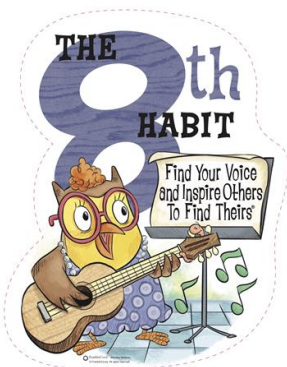
When you find something that you are really good at and really like doing, you are proud but do not boast. You can use your strengths and talents to help and inspire others.

## HOW CAN I INCORPORATE THIS AT HOME?

Make a list of things that each member of the family is good at and enjoys doing. Talk about the strengths that each family member has and talk about how it can help others.

## BOOKS THAT INCORPORATE THIS HABIT:

- The Day the Crayons Quit
- The Help
- The Lion and the Mouse
- Shaking Things Up



**HABIT 8**