Mission I'mPossible
If you CHOOSE to accept it....

7 Habits @ HOME

Empowering parents and children to use the habits confidently each and every day.
March/April Edition - 7

Get into the habit...

As a parent, I thought it was a good idea to get to know the kids at 7 Oaks. Here is a snapshot of who they are and how they fit in with teaching the 7 Habits. To get started here is a video link http://www.youtube.com/watch?v=wKpjFTxpTqY

Get to know the kids of 7 Oaks!

Using the 7 Oaks Kids to assist ‘our kids’ in the understanding the 7 Habits...

Habit #1 - Be Proactive - YOU are in Charge

What this means: Take charge of your own life. Make it happen. Don’t wait for someone else to do it.

Example: Sammy Squirrel was bored. He wanted to have fun and blamed everyone else for his boredom. When he figured out that he was in charge of making his own fun, he decided to be proactive and make it happen. He found out that he was in charge of making his own choices.

How can I do this in my life?
1. If you do something wrong, say you are sorry before someone asks you to apologise.
2. When you get mad and want to say something mean or rude, stop, think, and ask yourself - Why am I getting so angry? Make a good choice in a good way.

Habit #2 - Begin with the End in Mind - Have a Plan

What this means: Have a mission, a clear sense of where you want to go. Think about the end first - how are you going to get there?

Example: Goob Bear and Jumper set up a Lemonade Stand to make some money. Goob had a plan that he wanted to buy a Bug-Collecting Set. He made a list, got everything on the list, and had money left over to go to the movies. Jumper spent his money impulsively, and had nothing to show for it.

How can I do this in my life?
1. Write down your goals. It is said that, "A goal not written is only a wish".
2. Lay out your clothes for tomorrow the night before.
3. Write down 3 goals you want to accomplish.

“To know and not to do, is really not to know.” — Stephen Covey

**Habit #3 - Put First Things First - Work First, Then Play**

*What this means:* Focus on what is important, schedule the important things first. Don't be a dreamer- stay focused.

*Example:* Pokey put off studying for his spelling test. Because he procrastinated and waited until the last minute to study, he failed his test.

*How can I do this in my life?*

1. Do your homework as soon as you come home from school.
2. Do something you have been putting off for a long time.
3. Think about your most important responsibilities. Do them first.

**Habit #4 - Think Win-Win - Everyone Can Win**

*What this means:* Think about others as well as yourself. Long-term relationships require mutual respect and mutual benefit.

*Example:* Lily Skunk wanted to plant a garden, but her mother did not agree. Lily made a choice and found a way that both she and her mother could be happy with planting a garden.

*How can I do this in my life?*

Live by the Golden Rule- Treat others the same way you want them to treat you.

**Habit #5 - Seek First to Understand, Then to be Understood**

*What this means:* Listen before you talk. In order to communicate effectively, we must first understand each other.

*Example:* Jumper did not understand what Allie was trying to tell him. Allie became very frustrated and sad that Jumper couldn't understand her. When Jumper listened with his eyes and heart, not just his ears, he was able to figure out what Allie's problem was.

*How can I do this in my life?*

1. Listen to really understand the other person.
2. Put yourself in the other person's place.
3. Notice a person's body language, tone, and reflection in their voice.

**Habit #6 - Synergise**

*What this means:* Working together is better. The whole is greater than the sum of its parts.

*Example:* The 7 Oaks Gang could not score a single goal against the Badgers until they started focusing on each one's individual strengths and played like a team.

*How can I do this in my life?*

1. Write down 3 things you are good at. Then write down 3 things someone in your family is good at.
2. Watch a sports game and notice how the players work together as a team.

**Habit #7 - Sharpen the Saw**

*What this means:* Balance feels best. In order to maintain and increase effectiveness, we must renew ourselves in body, heart, mind, and soul.

*Example:* Sophie Squirrel focused only on one part of her life exercising her mind by constantly reading books. She became very lethargic. Once she concentrated on the other parts such as her body, heart, and soul, she felt renewed.

*How can I do this in my life?*

1. Find a balance in your life with a focus on all four dimensions - mental, physical, emotional and spiritual.
2. Go for a walk.
4. Volunteer in your community.
5. Value the difference in others.

Credit for overview - https://sites.google.com/site/the7habitsoflynwoodshappykids/overview

The 7 Habits from our children's perspective... cute kids being interviewed on how they use the habits.

http://www.youtube.com/watch?v=LOLHd3_xjpE

As we embark upon the school holidays, check out previous Mission I'm Possible 7 Habit editions for tips for the holidays.


WANT MORE? If you are keen to receive additional information/resources on the 7 Habits please email me at franciska@empowerkids.com.au to receive periodic emails.

And, if interested in general inspiration, information and insight relating to raising great empowered children, please "LIKE" my Facebook page.

www.facebook.com/empowerkids

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