

# 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 snap shot 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=wKpiFTxpTqY>

### Get to know the kids of 7 Oaks!



**Goob Bear**  
This is Goob the bear. He is the biggest kid in 7 Oaks—but he's also very friendly. He loves the outdoors and all kinds of bugs. Ants are his favorite bug.



**Jumper Rabbit**  
Meet Jumper the rabbit. Jumper loves to play sports. He loves soccer, tennis, baseball, basketball, biking, swimming, and jumping—you name it. He also loves sneakers and owns all different kinds.



**Sammy Squirrel**  
From the day Sammy was born, he has liked playing with gadgets and fixing things. You will never spot him without a tool or two. Sammy and his twin sister, Sophie, live in a tree house, as all squirrels do.

**Lily Skunk**  
Lily is very crafty, especially for a skunk. She loves art. Lily spends most of her time drawing and painting and making all kinds of things. She also loves her little brother, Stink.



**Pokey Porcupine**  
Pokey has lots of pointy quills that show what kind of mood he is in. When Pokey is sad, the quills are droopy. When he is excited, they stand straight up. Pokey is really laid-back. He likes to lie around in his hammock all day and play his harmonica.



**Tagalong Allie**  
And don't forget Tagalong Allie. She's a mouse. Allie likes to tag along with everyone in the gang, especially her best friend, Lily Skunk. Allie lives with her granny and loves to dress up in Granny's shoes and jewelry.



This is **Ernie the worm**. He is very shy, so you have to go looking for him...

### 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.

### **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.
3. Read a book.
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\\_xjxE](http://www.youtube.com/watch?v=LOLHd3_xjxE)

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

***September E2 & December E5*** <http://www.parktoneps.vic.edu.au/page/79/Parent-Resources>

**WANT MORE?** If you are keen to receive additional information/resources on the 7 Habits please email me at [franciska@empowerkids.com.au](mailto: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](http://www.facebook.com/empowerkids)

*"To know and not to do, is really not to know." — Stephen Covey*