

If you **CHOOSE** to accept it....

7 Habits @ HOME

Get into the

habit...

WE CANNOT EXPECT THEM
TO BECOME SOMETHING THAT
WE ARE NOT WILLING TO
EMBODY OURSELVES.

- DR. SHEFALI -

Empowering parents and children to use the habits confidently each and every day.

May - Edition-8

In light of our wonderful Leadership day, I thought I would use my personal W-I-L-T as the theme for this month's Mission I'm Possible.

It was indeed a timely reminder that came from George's opening speech where he made mention of **S + T = R**.

A reminder of how I can 'choose' how I react to other people or situations and that I am in the driver's seat. Here is an extract from a previous Habit 1 MI publication as a refresh.

S (Stimulus) + T (Thoughts) = R (Response)

"Between stimulus and response, there is a space. In that space is our power to choose our response.

In our response lies our growth and our freedom." [Viktor E. Frankl](#)

Habit 1 – Be Proactive - YOU are in Charge

"Be Proactive means to take responsibility for your choices and behaviours. Habit 1 is the key to all of the other habits; that's why it comes first. Be Proactive says, "I am in charge of my own life. I am responsible for whether I am happy or sad. I can choose how I react to other people or situations. I am in the driver's seat." Young children can easily learn to understand that different choices yield different results. The goal is to teach them to think about those results before they decide what to do. Discussions can focus on taking care of themselves, taking care of their things, reacting or not reacting to others' behaviour, planning ahead, and thinking about what the right thing to do is." Leader in Me Parent Guide P4

So, quite simply...

Shake a can of soft drink, the pressure inside builds up. Now attempt to open it and watch it explode.

This is a prime example of how 'reactive' people make choices. Choices based on impulse as the pressure builds and they explode.

Where as...

Proactive people are like water. Shake a bottle of water. Shake it all you like and nothing comes of it. No fizzing, bubbling or pressure build up. They are essentially cool, calm, collected and in control.

CONSEQUENCE is purely a 'result or effect of an action or condition'.

How we react to any given situation will always have a consequence and it just means 'something will happen'. It could be something fantastic or could mean something less desirable happens; therefore a greater lesson is to be learnt.

As adults and as children we are all 'response-able' in any situation.

We can choose to 'get into the habit' of stopping, thinking and assessing the situation before reacting.

For more tips on Habit 1 – check out MI October 2013 – E3

If you've missed previous Mission I'm Possible 7 Habit editions go to <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 to receive periodic emails.

And/or if interested in general inspiration, info and insight to raising great empowered children, please "LIKE" my Facebook page. www.facebook.com/empowerkids