

# 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.

JUNE - Edition-9

### Get into the habit...



School Holidays are here again; time to Sharpen the Saw....

If you are fortunate enough to be able to spend more time with the kids these holidays it would be a great opportunity to 'practise the 7 HABITS'. As a suggestion choose one of the habits and use it as a 'theme' for the holidays. Get the kids involved in choosing one and then look at ways to incorporate it into the day to day. Eg: If we look at HABIT 1 - Be Proactive, the use of reactive and proactive language could be something the whole family can become more aware of to make some real positive changes. The below table has some example of 'reactive vs proactive' language and behaviours.

<u>Reactive Language</u>	<u>Proactive Language</u>
I'll try	I'll give it a go
There's nothing I can do	Lets look at our options
I can't	There has to be a way, what do I need to do to make it happen

<u>Reactive Behaviour</u>	<u>Proactive Behaviour</u>
Always complaining about things	If they are not happy, do something to change it
Easily offended	Not easily offended. Choose to 'let it go'.
Whine and complain	Resilience. Bounce back when things don't go to plan.
Wait for things to happen	Always find ways to get the results

Another fabulous resource I have discovered that could be useful for school holiday fun is the official Sean Covey website. It has a great 'Kids' tab that has 7 Habits themed games, colouring pages and the cool video trailer for the 7 Habits of Happy Kids. <http://www.seancovey.com/kids.html>



Have a "fan-tabulous" school holiday break one and all.

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](mailto: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](http://www.facebook.com/empowerkids)