

# Imagine a World Shaped by Life-Ready Leaders

STRATEGIES FOR LIVING THE 7 HABITS®	AT HOME/SOCIAL MEDIA CHALLENGES
<p><b>Habit 1: Be Proactive®</b></p> <ul style="list-style-type: none"> <li>• I am in charge of the choices I make.</li> <li>• I can react to things happening around me, like a soda bottle fizzing over, or I can Be Proactive and choose my mood and attitude.</li> <li>• I can do the things I need to do without being asked by my teacher or parent.</li> </ul>	<ul style="list-style-type: none"> <li>• Make a list of ideas you can do when you are bored. Share a photo of your list.</li> <li>• Try laying out your clothes the night before you go to bed. Take a photo of tomorrow's outfit and share!</li> <li>• Share strategies for creating space when you feel frustrated.</li> <li>• Think about a time when you were mad or frustrated and said something that was unkind. How could you have been proactive instead?</li> <li>• Think of a frustrating situation you recently experienced. What would a proactive response look like? sound like? What would a reactive response look like? sound like?</li> <li>• What is within your family's Circle of Influence®?</li> <li>• What percentage of the time are you proactive or reactive in any given day?</li> </ul>
<p><b>Habit 2: Begin With the End in Mind®</b></p> <ul style="list-style-type: none"> <li>• I create academic and personal goals.</li> <li>• I have a mission statement that guides my choices.</li> <li>• Before beginning to work on an assignment or homework, I gather all of the materials I need.</li> </ul>	<ul style="list-style-type: none"> <li>• Try setting a family goal for the week. Share your family goal.</li> <li>• What is your family's mission? Can you narrow it down to just three words? Post your three word family mission statement.</li> <li>• How will you know you've had a successful school year?</li> <li>• What do you expect from one another as a family?</li> </ul>

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<p><b>Habit 3: Put First Things First®</b></p> <ul style="list-style-type: none"> <li>• I work first, then play.</li> <li>• I decide what is most important to do first.</li> <li>• I put safety first.</li> </ul>	<ul style="list-style-type: none"> <li>• Family time is a Big Rock! Snap a selfie that captures quality time together.</li> <li>• Plan a family night. Snap a family selfie.</li> <li>• What are some Big Rocks for your family? Share your highest priorities.</li> </ul>
<p><b>Habit 4: Think Win-Win®</b></p> <ul style="list-style-type: none"> <li>• I cannot always do exactly what I want to do.</li> <li>• I need to listen to what everyone has to say.</li> <li>• We can brainstorm solutions to a problem to find one that makes everyone happy!</li> </ul>	<ul style="list-style-type: none"> <li>• Describe a time when you thought Win-Win at home. Share the problem and your solution.</li> <li>• Share some ideas for how you help build trust in your family.</li> <li>• What are some ways you might break trust in your family?</li> <li>• Try doing something kind for a family member. Snap a photo that captures that family member's emotions.</li> <li>• How does your family demonstrate courage?</li> <li>• How does your family demonstrate consideration?</li> </ul>
<p><b>Habit 5: Seek First to Understand, Then to Be Understood®</b></p> <ul style="list-style-type: none"> <li>• Before I say something, I think about how it will make my friend feel.</li> <li>• I listen with my eyes by looking at the person who is talking.</li> <li>• I listen with my heart by caring about what they are saying.</li> <li>• I listen to understand, not to reply.</li> </ul>	<ul style="list-style-type: none"> <li>• Think of someone in your family who is a great listener. What makes them a great listener? Try snapping a selfie with that family member and including a shout-out to them.</li> <li>• How do you listen with your eyes?</li> <li>• How do you listen with your heart?</li> </ul>
<p><b>Habit 6: Synergize®</b></p> <ul style="list-style-type: none"> <li>• We can do more together.</li> <li>• Each of us has different strengths and talents, and we celebrate our diversity.</li> <li>• When working as a classroom and in groups, we each have a job.</li> </ul>	<ul style="list-style-type: none"> <li>• How did you help someone out today?</li> <li>• Identify the strengths for each person in your family.</li> <li>• What is a leadership role you might take on at home to help your family? Share your ideas.</li> </ul>

## STRATEGIES FOR LIVING THE 7 HABITS®

## AT HOME/SOCIAL MEDIA CHALLENGES

### Habit 7: Sharpen the Saw®

- I need balance between my body, mind, heart, and spirit.
- I can take care of my body by exercising and eating healthy.
- I can go to bed on time to get about 9 hours of sleep each night.
- I can spend time with my family and friends to take care of my heart.

- How will your family Sharpen the Saw over the weekend? Capture a photo of the ways you're finding balance in your body, mind, heart, and spirit.
- Did you have "quiet time" this week? How did you spend it?
- How do you keep your mind sharp?
- How do you take care of your body?
- How do you build relationships?
- How do you serve others?