

The 7 Habits of Happy Kids

Habit 1: Be Proactive

I am responsible.
I take initiative.
I choose my actions, attitudes, and moods.
I don't blame others for my mistakes.

Habit 2: Begin with the End in Mind

I plan ahead.
I set goals.
I do meaningful things and make a difference.
I look for ways to be a good citizen.

Habit 3: Put First Things First

I spend my time on things that are most important.
I set priorities, make a schedule, and follow my plan.
I am disciplined and organized.

Habit 4: Think Win-Win

I have consideration for what others want and need.
When conflicts arise, I look for options that work for both sides.

Habit 5: First Seek to Understand, then Seek to be Understood

I listen to other people's ideas and feelings.
I try to see things from other viewpoints.
I listen to others without interrupting.

Habit 6: Synergize

I value other people's strengths and learn from others.
I get along well with others.
I work well in groups.

Habit 7: Sharpen the Saw

I take care of my body and health.
I spend time with my family and friends.
I learn in lots of ways and in lots of places.