

# The 7 Habits of Happy Kids



## Habit 1- Be Proactive: You're In Charge

- I am a responsible person.
- I take initiative.
- I choose my actions, attitudes, and moods.
- I do not blame others for my wrong actions.
- I do the right thing without being asked, even when no one is looking.

## Habit 2- Begin with the End in Mind: Have A Plan

- I plan ahead and set goals.
- I do things that have meaning and make a difference.
- I am an important part of my classroom and school.



## Habit 3- Put First Things First: Work First, Then Play

- I spend my time on things that are most important.
- I say no to things I know I should not do.
- I set priorities, make a schedule, and follow my plan.
- I am self-disciplined and organized.



## Habit 4- Think Win-Win: Everyone Can Win

- I want everyone to be a success.
- I don't have to put others down to get what I want.
- When a conflict happens, I look for a third solution.
- I believe that we all can win!



## Habit 5- Seek First to Understand Then to be Understood:

### Listen Before You Talk

- I listen to other people's ideas and feelings.
- I try to see things from their viewpoints.
- I listen to others without interrupting.
- I share my opinions and ideas.



## Habit 6- Synergize: Together Is Better

- I know that everyone is good at something.
- Everyone needs to get better at something.
- We can all learn something from each other.
- Working in groups helps to create better ideas than what one person can do alone.



## Habit 7- Sharpen the Saw: Balance Feels Best

- I take care of my body by eating right, exercising and getting sleep.
- I learn in lots of ways and lots of places, not just at school.
- I take time to help others.

