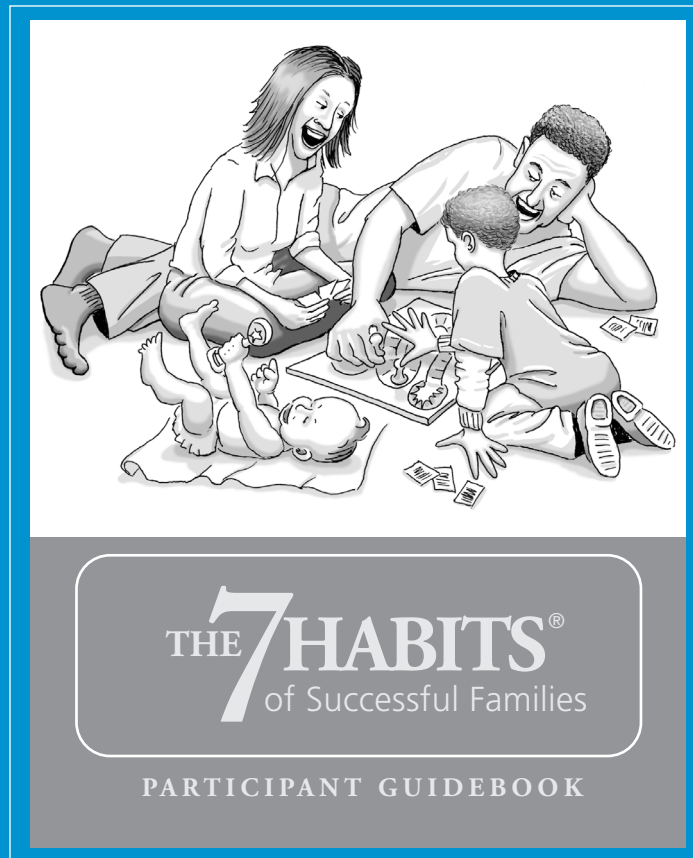


Introductory Workshop for Parents



THE **7**HABITS[®]
of Successful Families

PARTICIPANT GUIDEBOOK

- Habit 1: Be Proactive[®]**
- Habit 2: Begin with the End in Mind[®]**
- Habit 3: Put First Things First[®]**
- Habit 4: Think Win-Win[®]**
- Habit 5: Seek First to Understand,
Then to Be Understood[®]**
- Habit 6: Synergize[®]**
- Habit 7: Sharpen the Saw[®]**



Drawing the Maturity Continuum



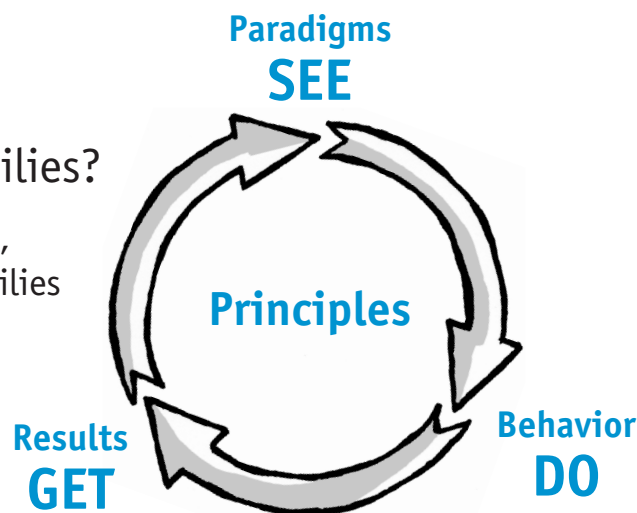
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Effective Habits Build Effective Families

GET IN THE HABIT

What Are the Habits of Successful Families?

Every family has habits. To be a successful family, you need to practice the habits of successful families and teach your family to practice them.



Habit	Unsuccessful Families	Successful Families
1	Say, "I/we can't do it."	Say "I/We can do it!"
2	Don't know what is important in life	Identify values and have a family mission statement
3	Spend time doing what is not good for the family and members	Do what is best for the family and its members
4	Think that if someone wins someone must lose in relationships	Think that everyone can usually win in relationships
5	Talk first and listen second!	Listen first and talk second
6	Do not work well together	Celebrate differences and work well together
7	Don't take care of the four main needs of the family	Take time to care for the four needs of the family

The habit my family has that we would like to change is...

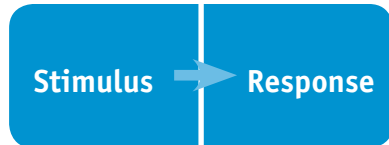


Habit 1: Be Proactive®

HOW CAN I TAKE CONTROL OF ME?



Reactive



Be Reactive

I am controlled by conditions and feelings.
It's not my fault. I am a victim.

Proactive



Be Proactive

I am responsible for my choices and actions.
I can choose my response based on my values.

Between stimulus and response, there is a space. It is possible for us as individuals to develop this capacity to pause and give wiser responses.

—Stephen R. Covey

Steps to taking control of you.

1. **Pause:** Stop what you are doing and pause.
2. **Think:** Think about what you should or should not be doing.
3. **Choose:** Choose the best thing to do.



Write one thing about yourself over which you would like to have more control.

PAUSE: Write one thing you can do to pause and take control of you.

THINK: Write one thing you should and should not do to take control of you.

CHOOSE: Write what you will choose to do to take control of you.

Habit 2: Begin with the End in Mind®

MAKE A FAMILY MISSION STATEMENT

What do I want my family to stand for?



One of the most powerful things you can pass on to your children is the sense of building a life based on a mission. —Stephen R. Covey

Habit 3: Put First Things First®



If you don't put the big rocks (your family's priorities) in your schedule first, they hardly ever get in. When you put those big family rocks in first, you begin to feel this deep sense of inner peace. You're not constantly feeling torn between family and work.



—Stephen R. Covey

Our family BIG ROCKS
for next week are:

LITTLE ROCKS
for next week are:

Habit 4: Think Win-Win®

HOW CAN I WIN WITH MY FAMILY?

Discover How to Win



What is a situation where we are practicing “win-lose” or “lose-win” with one of our children?

How could we try a “win-win” in this situation?

Habit 5: Seek First to Understand, Then to Be Understood®



WHAT IS A SITUATION WHERE WE COULD PRACTICE “LISTEN FIRST, TALK SECOND” IN OUR FAMILY?

Habit 6: Synergize®

WHAT IS SYNERGY?

Synergy is:

- Celebrating differences.
- Teaming.
- Being open-minded.
- Finding new and better ways.

Synergy is not:

- Tolerating differences.
- Working independently.
- Thinking you are always right.
- Compromising.



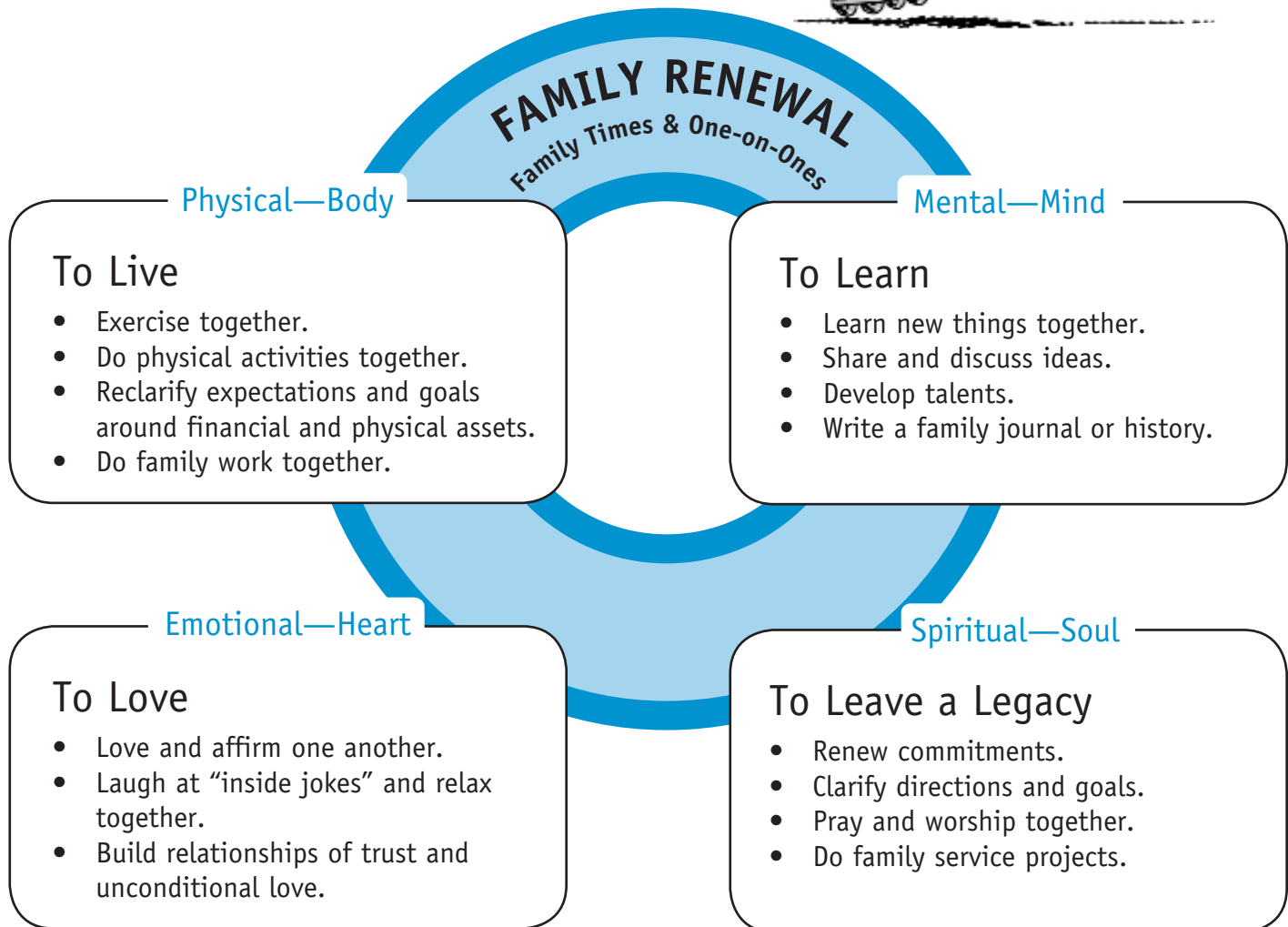
In the space below, write your name and two other family members and write their strengths.

Family Member	Strengths

Habit 7: Sharpen the Saw®

Build Traditions Together— Value the Four Basic Needs of Individuals and Families

Renewing our family in each of these four areas is where we find family bonding, identity, fulfillment, and happiness.



What are ways we can sharpen our family saw?