

# 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.

