

Hand Signs for the 7 Habits

Each of the habits has a hand sign to help you remember it.

Can you do it?

Habit 1: Be Proactive®

Place your thumb to your chest.

Habit 2: Begin with the End in Mind®

Begin (point to your feet) with the End (both hands point to the sky) in Mind (point to your head).

Habit 3: Put First Things First®

Hold up your index finger each time you say the word “first”.

Habit 4: Think Win-Win®

Think (point to your head) Win (hand out, palm open) Win (other hand out, palm open).

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

Place hand over brow like you’re looking over the horizon, then cup both hands behind your ears.

Habit 6: Synergize®

Put your hand out toward the opposite forearm and grab your forearm. Then shake your arms up and down like a “mixer”.

Habit 7: Sharpen the Saw®

Pretend you are sawing a tree.