


THE 7 HABITS
of Successful Families™
POWERPOINT PRESENTATION

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BPS Office of Title I



The Basics


To meet the needs of your family and to have a successful family, you also need some basics.

1. Values—the things that are most important to you.
2. Views—how you see yourself and your family.
3. Habits—what you do over and over again.

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The Basics: Values


The things that are most important to you and your family are called values.



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The Basics: Views


How you see yourself and your family is your point of view.



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Limited Views

Seeing only what is wrong about you or your family is called a limited view.



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What Do You Really See?



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Video: *Subway*

The Basics: Habits

A habit is something you do over and over again, like how you write, fold your arms, or brush your teeth.



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The 7 Habits of Successful Families

- Habit 1: You're Proactive—you say, "I can do it."
- Habit 2: You Begin With the End in Mind—you identify your values and have a Family Mission Statement.
- Habit 3: You Put First Things First—you do what's best for you and your family first.
- Habit 4: You Think Win-Win—you think everyone can win in your relationships.
- Habit 5: You Seek First to Understand, Then to Be Understood—you listen first and talk second.
- Habit 6: You Synergize—you celebrate differences and work together as a team.
- Habit 7: You Sharpen the Saw—you make the time to care for yourself and your family.

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Habit 1: Be Proactive®

What can you control in your life?

Circle of No Control
(concern)

Circle of Control
(influence)

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Habit 1: Be Proactive®

When you are reactive, you give up control.
Your influence shrinks.

Circle of No Control
(concern)

Circle of Control
(influence)

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Habit 1: Be Proactive®

When you are proactive, you are in control.
Your influence grows.

Circle of No Control
(concern)

Circle of Control
(influence)


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Reactive

Reactive




When you are reactive, there is no space between what is happening to you and how you respond.

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Proactive

To Be Proactive, you need to create a space between what is happening to you and your response.

Proactive



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Your Four Unique Human Gifts



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Steps to Taking Control of You


Pause	Stop what you are doing and pause.
Think	Think about what you should or shouldn't do.
Choose	Choose the best thing to do.

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Habit 2: Begin With the End in Mind®

Make a Family Mission Statement

What do I want my family to stand for?



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Habit 3: Put First Things First®—Big Rocks vs. Little Rocks

Your **BIG ROCKS** are the things that are most important for you to do next week, such as:

- Planning family meals.
- Spending time with your family.
- Getting an education or a skill.
- Eating dinner together.

Your **LITTLE ROCKS** are the less important things for you to do next week, such as:

- Watching TV for long periods of time.
- Chatting with friends on the phone.
- Playing video games.
- Always searching the Internet.



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Video: *Big Rocks* (Stephen R. Covey)

Five Things Families Should Do

1. Develop a mission statement.
2. Schedule regular one-on-one bonding times.
3. Plan regular family meals.
4. Create weekly family times.
5. Build family rituals and traditions.



The promise:

If you do these things, I can guarantee that the quality of your life will improve dramatically.

—Stephen R. Covey

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Four Steps to Prioritizing Family Time

1. Hold a one- to three-hour regular weekly family time.
2. Have all family members attend and plan together.
3. Plan fun activities, and teach and share your family values.
4. Be positive and make great memories together.

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Emotional Bank Account®

Deposits	Withdrawals
Keep promises.	Break promises.
Do small acts of kindness.	Put people down.
Be loyal.	Gossip and break confidences.
Listen.	Don't listen.
Say you're sorry.	Be arrogant.
Set clear expectations.	Set false expectations.

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Habit 4: Think Win-Win®



In relationships, you should think everyone can win.

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Four Ways of Thinking

Win-Lose

I get the remote and you get nothing.
We don't have enough for both of us.

Lose-Win

You get the remote and I get nothing.
If you win, I am a loser.

Lose-Lose

We argue and I throw the remote against the wall.
If I'm going down, you're going down with me.

Win-Win

You and I decide together to turn off the TV and play cards.
It's not you or me, it's about both of us.

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A Frame of Mind

Think Win-Win is a frame of mind and heart that seeks mutual benefit and mutual respect. It's not thinking selfishly (win-lose) or like a victim (lose-win). It's thinking in terms of "we, not me."

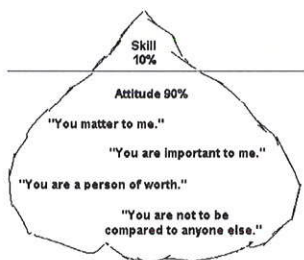
—Stephen R. Covey

Habit 5: Seek First to Understand, Then to Be Understood⁹

I think the deepest hunger of the human soul is to be recognized, valued, appreciated, and understood. When you acknowledge others and adapt yourself in an effort to reach them, in effect you say to them, "You matter. You are a person of worth."

—Stephen R. Covey

What Does It Take to Be a Good Listener?



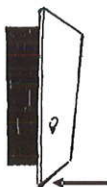
The Open-Door Policy—Listen for Understanding

1. Take time.
2. Avoid "door slammers."
3. Listen first, talk second.



Door Slammers

1. Criticizing
2. Talking about yourself
3. Giving advice



The Open-Door Policy

1. Listen with your eyes, heart, and ears.
 - Place yourself in the other person's shoes—listen for his or her point of view rather than interpreting from yours.
2. Reflect what the other person is feeling and saying in your own words.
 - Use the word "you," and avoid "I" or "me" references.

Phrases to Open the Door and Keep It Open

To Open the Door:

"Tell me about it."

To Keep the Door Open:

"You're saying..."

"As you see it..."

"So you feel _____ about _____?"

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Three Steps of Talking

Control body language.

Use appropriate words.

Speak in a soft voice.



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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.

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Habit 6: Synergize®

You and I can work together.



When you and your family creatively work together, that is synergy.

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The Two Rules of Synergy

- Rule 1: Value one another.
- Rule 2: Recognize strengths.

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Getting to Synergy® Family Action Plan



Define

(Clarify the problem or issue.)



Their Way

(Seek first to understand the other person's needs.)



My Way

(Seek to be understood; share your needs and ideas.)



Brainstorm

(Create new options and ideas together.)



Synergize

(Find the best solution—the Third Alternative)

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Habit 7: Sharpen the Saw®

Sharpen the Saw means to take care of you and your family.



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FAMILY RENEWAL

Family Times & One-on-Ones

Physical—Body

TO LIVE

Exercise together.
Do physical activities together.
Reclarify expectations and goals around financial and physical assets.
Do family work together.

Mental—Mind

TO LEARN

Learn new things together.
Share and discuss ideas.
Develop talents.
Write.

Emotional—Heart

TO LOVE

Love and affirm each other.
Laugh at "inside jokes" and relax together.
Build relationships of trust and unconditional love.

Spiritual—Spirit

TO LEAVE A LEGACY

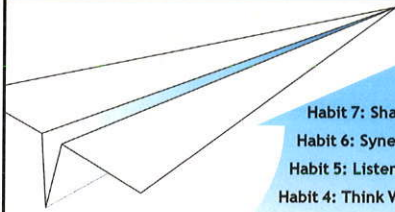
Renew commitments.
Clarify directions and goals.
Pray and worship together.
Read inspirational or sacred literature together.

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Flight Plan for a Successful Family



Habit 7: Sharpen the Saw

Habit 6: Synergize

Habit 5: Listen First, Talk Second

Habit 4: Think Win-Win

Habit 3: Put First Things First

Habit 2: Begin With the End In Mind

Habit 1: Be Proactive

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Stephen Covey describes the goal of
7 Habits:

RELEASE HUMAN POTENTIAL!

Communicate worth and potential so
clearly that people see it in themselves.

These habits may be **COMMON SENSE**,
but they are **NOT**
COMMON PRACTICE!