

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.

The 7 Habits of Unsuccessful Families

Habit 1: You say, “I can’t do it.”

Habit 2: You don’t know what’s important in your life.

Habit 3: You spend time doing what is not good for you.

Habit 4: You think if someone wins, someone always has to lose in relationships.

Habit 5: You talk first and listen second.

Habit 6: You do not work with others.

Habit 7: You do not take care of yourself or your family.

Habit 1: Be Proactive®

Circle of No Control
(concern)

**When you are
reactive, you
give up
control.**

**Your influence
shrinks.**

**Circle of
Control**
(influence)

Habit 1: Be Proactive®

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

**Circle of No Control
(concern)**

**Circle of Control
(influence)**

Habit 2: Begin With the End in Mind®

Make a Family Mission Statement

What do I want my family to stand for?



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.



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

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.**

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.

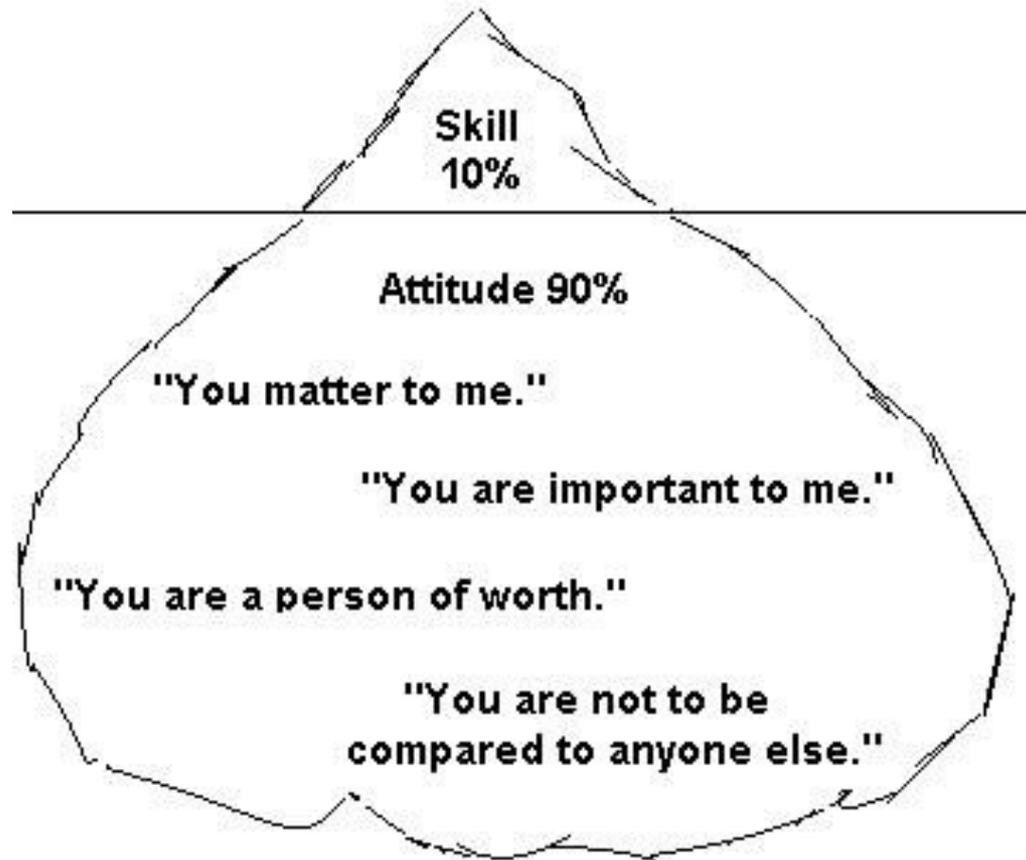
It's not you or me, it's about both of us.

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

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.**



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.

Habit 6: Synergize®

You and I can work together.



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

The Two Rules of Synergy

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

Habit 7: Sharpen the Saw®

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



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.