

Habit 1: Be Proactive, You're in Charge!

When we are proactive, we take responsibility for our choices and behaviors.

We say things like: "I choose my actions, attitudes, and moods. I do not blame others for my wrong actions, and I do the right thing without being asked, even when no one is looking.

When we are proactive we:

...know we are responsible for our choices, and we do not blame others when things do not go our way.

We take initiative to make things happen, we do not wait around to see what may happen.

When things do not go our way, we may not be happy, but we remain calm. We remember mistakes are a big part of life, and that we should learn from them to continue to grow and better ourselves.

https://m.youtube.com/watch?v=Y8aEoK_jMuE

Habit 2: Begin with the End in Mind: Have a Plan

I plan ahead and set goals.

I am prepared at all times.

I think about how the choices I make now will affect my future.

I think about the positive or negative consequences of my actions before I act.

I do things that have meaning and make a difference.

I look for ways to be a good citizen.

I am an important part of my classroom and I contribute to my school's mission and vision.

<https://www.youtube.com/watch/?v=gxJKMAWvvJw>

Habit 3: Put First Things First: Work First, Then Play

<https://www.youtube.com/watch?v=pIDNf85ciEg>

Brother bear did not Put First Things First, and fell behind in school. Brother's choices and actions had negative consequences. Not only did he earn a "0" on his test, he now has to have his parents sign his failed assignment. Brother then decided to not tell his parents about the test, which hurt rather than helped the entire situation. Every choice you make has consequences. Before deciding how to act or react to someone first think, "Am I helping or hurting?" Planning ahead can help you make choices that create positive outcomes.

In life you want to spend time on the most important things in life. All humans have one thing in common, we all have the same amount of time in each day, month, and year. What makes us different is how we choose to spend our time. If we want to get the most out of each day, it is important to spend your day with people you love, and on work that will help you grow into your best self.

When you choose to Put First Things First you...

Do the things you have to do before the things you want to do

Say no to things you know you should not do

Make a plan and schedule for yourself, then follow it through

Try to stay organized

Focus on the task you are trying to accomplish and avoid distractions

Remember: You are in charge of you! Choose to spend your time accomplishing goals and working towards being your best self! Every action comes with consequences, so be sure your choices are always helping you and not hurting you!

Habit 4: Think Win-Win: Everyone Can Win

The 4th Habit is Think Win-Win: Everyone Can Win. We have to change our mindset and understand in life everyone can win, not just one person! No one has to lose for another person to win.

Everyone can win when we...

Balance the courage of getting what we want while also having consideration for what others want

Think of fair solutions

Do not view life as a competition (no one has to lose, so you can win)

Have respect and empathy for everyone (The golden rule: Treat others the way you would like to be treated)

Always remember the importance of being a great listener (Understand others' point of view)

Value everyone's thoughts and ideas

Problem solve when conflicts arise with others (compromise)

https://www.youtube.com/watch?v=QToGD3F2_eY