

Name: _____

Grade: _____



7 Habits At Home Summer Challenges

Directions: Review each habit with your family and work throughout the summer to complete the listed challenges. Choose at least 2 for each habit. As you complete them, highlight or cross them off. Have an adult sign the bottom of page 2 and bring your paper back to your teacher in August for a prize!

Strategies for Living the Habits	At Home Challenges
<u>Habit 1: Be Proactive</u> -I am in charge of the choices I make. -I can react to things happening around me, like a soda bottle fizzing over, or I can be proactive and choose my mood and attitude. -I can do the things I need to do without being asked by my parents.	-Make a list of ideas you can do when you are bored. -Lay out your clothes the night before. -Share strategies for creating a space when you feel frustrated. -Discuss things that are in your family's circle of influence. -Think of a frustrating situation you recently experienced. What is a proactive response? A reactive response?
<u>Habit 2: Begin with the End in Mind</u> -I create academic and personal goals. -I have a mission statement that guides my choices. -Before beginning a task, I gather all the materials I need.	-Set a family goal for the week. -What is your family's mission? Can you narrow it down to just three words? Post your mission in your house. -Discuss what you expect from one another as a family.
<u>Habit 3: Put First Things First</u> -I work first, then play. -I decide what is most important to do first. -I put safety first.	-Family time is a big rock! Plan and have a family night. -What are some big rocks for your family? Make a list of your priorities for the summer.

<u>Habit 4: Think Win-Win</u> -I cannot always do exactly what I want to do. -I need to listen to what everyone has to say. -We can brainstorm solutions to a problem to find one that makes everyone happy!	-When a problem arises, work together as a family to come up with a win-win solution. -Discuss ways that you can build trust within your family. -Do something kind for a family member.
<u>Habit 5: Seek First to Understand, Then to be Understood</u> -Before I say something, I think about how it will make the other person feel. -I listen with my eyes by looking at the person talking. -I listen with my heart by caring about what someone is saying. -I listen to understand, not to reply.	-Discuss who in your family is a great listener. What makes them a great listener? -Listen to someone in your family and focus on listening with your eyes. -Listen to someone in your family and focus on listening with your heart.
<u>Habit 6: Synergize</u> -We can do more together. -Each of us has different strengths and talents, and we celebrate our diversity. -When working as a family, we all have jobs.	-Think about and share with your family how you helped someone today. -Identify the strengths of each person in your family. -What is a leadership role or roles that you might take on at home? Share your ideas with your family.
<u>Habit 7: Sharpen the Saw</u> -I can take care of my body by exercising and eating healthy. -I can go to bed on time to get about 9 hours of sleep each night. -I can spend time with my family and friends to take care of my heart.	-Schedule "quiet time" and share with your family how you spent it. -Tell your family how you keep your mind sharp. -Make a list of ways to take care of your body.

Adult Signature: _____