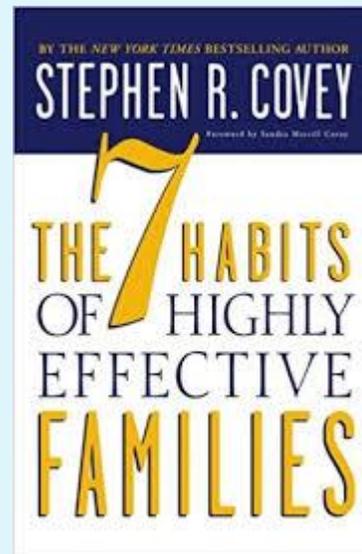


# The 7 Habits of Highly Effective Families



The background features abstract, overlapping geometric shapes in various shades of blue, ranging from light sky blue to deep navy blue. These shapes are primarily located on the left and right sides of the frame, creating a modern, dynamic feel. The central area is a clean, white space where the text is placed.

# HABIT #1: BEING PROACTIVE

# CREATE A PAUSE BUTTON

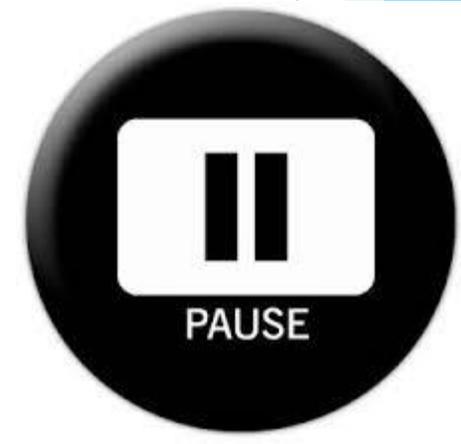


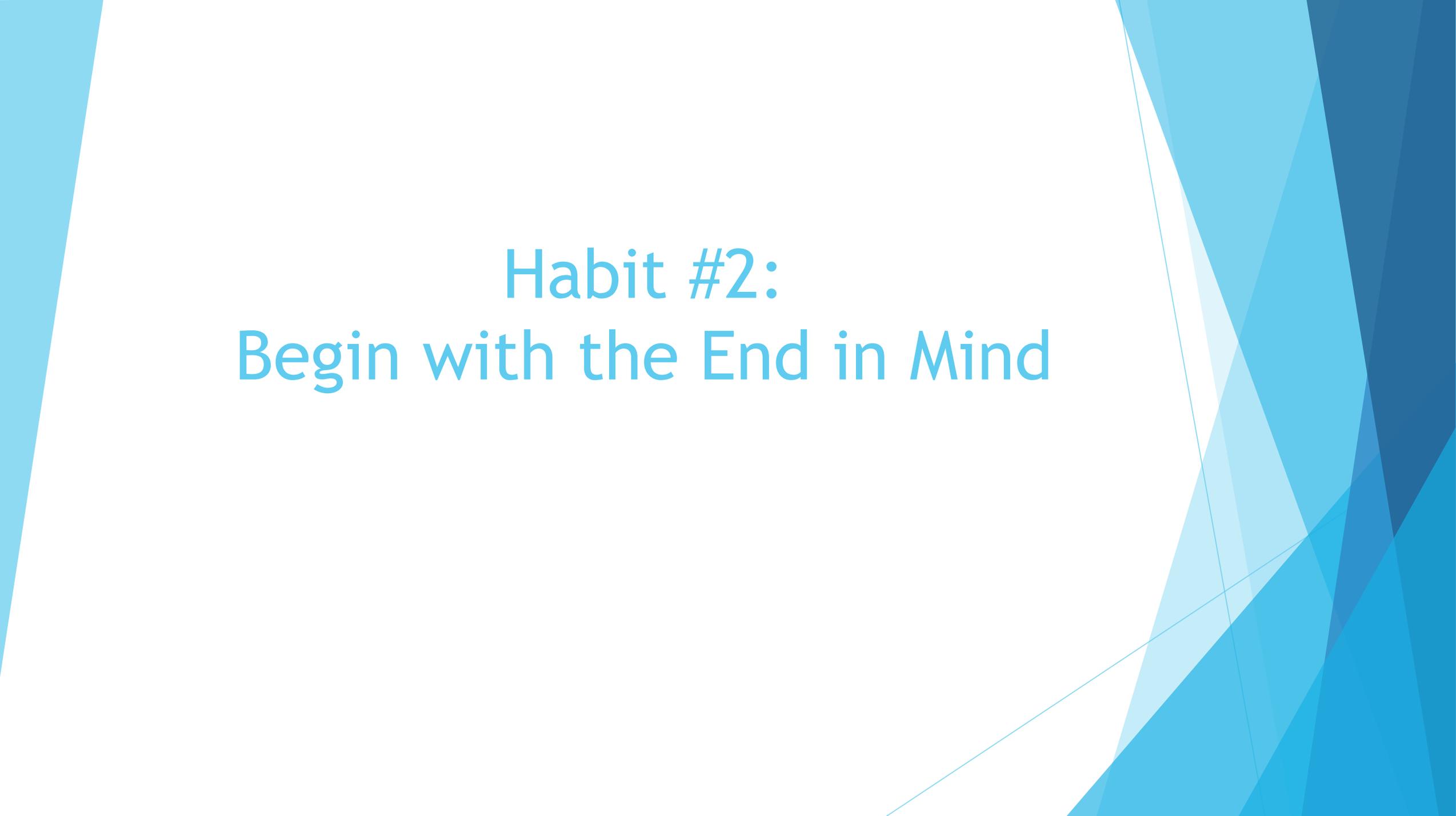
A space between what happens to you and how you respond to it.

- ▶ **Pause** before you speak!
- ▶ **Think** about your words.
- ▶ **Pause** before you act!
- ▶ **Think** before you act!

# How to Create a Pause Button:

- ▶ Each individual must realize his or her own gifts.
- Self-Awareness: Stand apart from our own life and observe it.
- Conscience: Your inner voice
- Imagination: Being able to envision something different
- Independent Will: The power to take action
- Humor: Finding the funny part



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# Habit #2: Begin with the End in Mind

# What are your families principles?

- ▶ How do you maintain relationships with family members?
  - ▶ How do you settle disagreements?
  - ▶ What traditions are important to you?
    - ▶ What is special to your family?
- ▶ When do you spend the most & least amount of time with your family?
  - ▶ What makes your family work?

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# Habit #3: Put First Things First

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Things which matter most must never be at the mercy of things which matter least.”

By Goethe



# Something to Think About:

“I don’t care how much you know until I know how much you care.”



# Create Structure in the Family

- ▶ Weekly family time
- ▶ Turning your Mission Statement into your Constitution
  - ▶ A time to plan
  - ▶ A time to teach
- ▶ A time to solve problems
  - ▶ A time to have fun
- ▶ Making the commitment



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# Habit #4: Think “Win-Win”

# Creating a Spirit of “Win-Win”:

- ▶ Do what is best for everyone.
- ▶ Being mature in the decisions that you make.
- ▶ Being committed to your family.
- ▶ Let them win in the little things (i.e. going outside)
- ▶ You can interact with them around the big things (i.e., involve them in the problem and solution).
- ▶ You can take steps to offset the competition focus (i.e., tell the child about how well they did and not focus on the loss).

“Parenting is not about being popular and giving in to every child’s whim and desire. It’s about making decisions that truly are win-win-however they may appear to that child at the time.”



# Creating Win-Win Agreements:

- ▶ Establish clear expectations
- ▶ Helps to establish deposits in the family emotional bank
- ▶ Agreements are based on shared understanding
  - ▶ It helps to create a shared vision.
- ▶ It involves a commitment from all involved.

# 5 Elements of a Win-Win Agreement:

- ▶ Desired results: What outcomes are you seeking?
- ▶ Guidelines: What is everyone expected to do?
- ▶ Resources: What is needed to make the agreement work?
- ▶ Accountability: Who is responsible for doing which tasks, and how will we know?
- ▶ Consequences: What happens if a member does not follow through?

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Habit #5:  
Seek First to Understand  
Then To Be Understood

# Seeking to Understand: The Fundamental Deposit

- ▶ **Giving psychological air:** Being understood is the emotional and psychological equivalent of getting air.
- ▶ **Knowing what constitutes a deposit:** The deposit should be meaningful for the person. It should have some value.
- ▶ **People are very tender:** People may create a mask to cover up or avoid vulnerability.
- ▶ **Dealing with negative baggage:** Past experiences that people carry with them that affect their interactions with others.
- ▶ **Overcoming Anger and Offense:** Family members fight back. Their pride gets into the way of solving problems.

# ...Then to be Understood

## Giving Feedback:

- Will the feedback be helpful?
- Seek first to understand
- Separate the person from the behavior
- Be especially sensitive and patient regarding blind spots.
- Use “I” messages.



# Habit #6: Synergize

# Synergize

- ▶ It's the magic that happens when one plus one equals three - or more.
- ▶ It happens because the relationship between the parts is a part itself.
- ▶ It has a dynamic power that it affects how the parts interact with one another.
- ▶ It comes out of the spirit of mutual respect (win-win).
- ▶ Mutual understanding in producing something new.
- ▶ The whole body can do far more than all the individual parts could do on their own.



# Involve People in the Problem Work out the Solution Together

- ▶ Ask questions for clarification.
  - ▶ Listen to each other.
- ▶ Discuss alternatives and possible consequences.



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# Habit #7: Sharpen Your Saw



# Sharpen the Saw



- ▶ Sharpen the Saw means preserving and enhancing the greatest asset you have-you. It means having a balanced program for self-renewal in the four areas of your life: physical, social/emotional, mental, and spiritual.

