

The 7 Habits of Happy Kids

These 'habits' can be learned and practiced by children as well as adults.
They are based on timeless principles and can help anyone:

Get control of your life
Improve your relationships with your
 friends
Make smarter decisions
Get along with others
Define your values and what matters most

Get more done in less time
Increase your self confidence
Be happy
Find balance between school,
 family, friends, and everything
 else

Here are the 7 Habits of Highly Effective People as defined by Stephen Covey:

- Habit 1: Be Proactive
 Take responsibility for your life.
- Habit 2: Begin with the End in Mind
 Define your mission and goals in life.
- Habit 3: Put First Things First
 Prioritize, and do the most important things first.
- Habit 4: Think Win-Win
 Have an everyone-can-win attitude.
- Habit 5: Seek First to Understand, Then to Be Understood
 Listen to people sincerely.
- Habit 6: Synergize
 Work together to achieve more
- Habit 7: Sharpen the Saw
 Renew yourself regularly

These habits build one upon the other. The first three work together and allow a person to get to habits 4, 5, and 6. Habit 7 supports all the habits. If you would like more information you can ask Mr. Shdo.

