

An on-going Process of Clarifying your Values and Aligning your Life with Timeless Principles.

Aesop's fable, the goose the golden egg, is a story of a poor farmer who one days finds a goose. Instead of killing and eating the goose, he takes her home. The next day, to his delight, he finds that she has laid an golden egg. As he grows rich, however, he also grows greedy and impatient. Finally, in an attempt to get all of the gold in the goose, he kills and opens her, only to find nothing.

The moral of this fable has a modern ring to it. Like the foolish farmer, we often emphasize short-term results (golden eggs) at the expense of long-term prosperity (the goose). It seems that we are often more concerned with doing things right (efficiency) than with doing the right things (effectiveness). In his attempt to be efficient, the farmer became grossly ineffective; he destroyed his capability for getting his desired results.

Relationship should be effective, not efficient. With each new relationship, we open what could be termed an "Emotional Bank Account." Much like a financial bank account, deposits are made in and withdrawals are taken from an Emotional Bank Account. When withdrawals exceed deposits, the account is overdrawn. One important difference between the two kinds of accounts is that the human relationship requires continual small deposits in order to maintain its balance.

Deposits are made in the form of courtesies, respect, kindness, patience, service, and honesty. Withdrawals come in the form of overreactions, ego trips, an absence of apologies for mistakes, and neglect of the human relationship. Our motives for making deposits should be sincere or others will feel manipulated and grow cynical and distrustful. By maintaining a large emotional bank account, we will operate from a high level of trust with our family, friends, and peers.

The Seven Habits of Highly Effective Teens will review habits—those second nature responses. Habits of effectiveness can be learned; habits of ineffectiveness can be unlearned. The seven habits are interrelated, The first three habits are of character; they will help you achieve the daily private victory and progress from dependence to interdependence. the next three are the outward expression of character and lead to interdependence, mutual benefit, and public victories. The seventh habit renews "the goose" and sustains the process of growth.

http://www.dailymotion.com/video/xhsz4l_goose-that-laid-the-golden-egg-aesop-s-fables_animals



What exactly are habits?”

Cross your arms. Now do it the other way. How does that feel?

Who taught you this habit?

How long would it take to make you feel comfortable crossing their arms in this new fashion? (It takes about a month to learn or unlearn habits.)

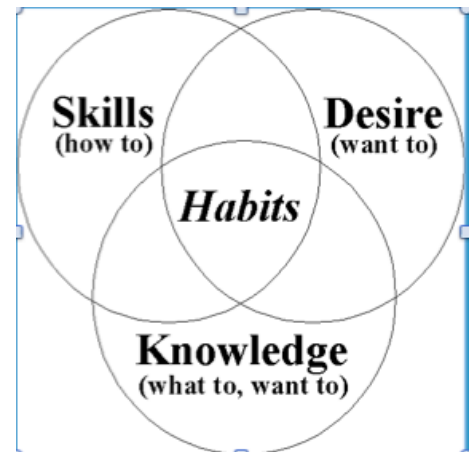
DEFINITIONS

On a sheet, write a definition for the word “habit”

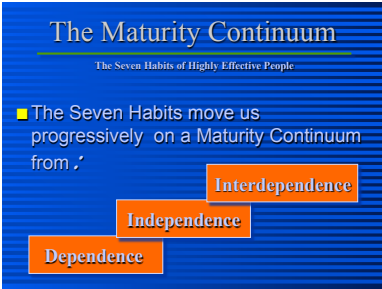
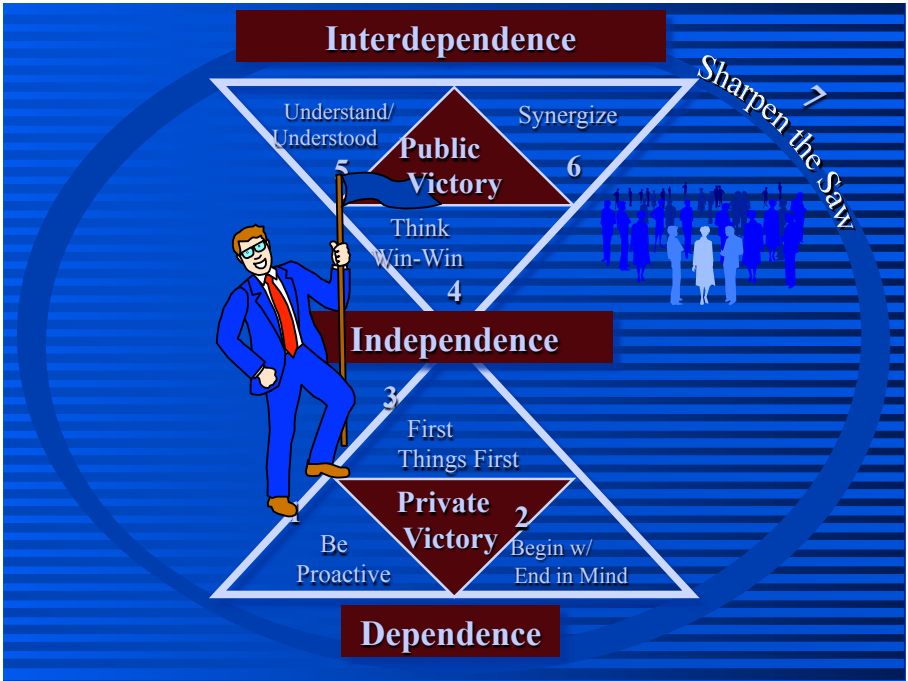
Share your definition with others.

Read page 8 of *The 7 Habits of Highly Effective Teens*, “

We become what we repeatedly do!



Habit 1: Be Proactive

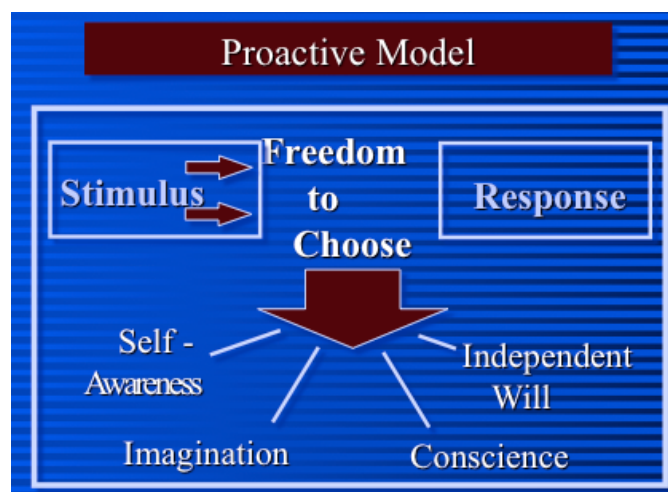


Dependent people need others to get what they want.

Independent people can get what they want through their own efforts.

Interdependent people combine their own efforts with the efforts of others to achieve their greatest success."
-- Stephen Covey

If we are proactive, we recognize that we have the freedom and ability to choose how we respond to whatever happens!



Humans are different from animals: they have self awareness, imagination, conscience and independent will.

**Not until you can say,
"I am what I am today because of the choices I made yesterday,"
can you say,
"I choose otherwise."**

What are some reactive statements that you have heard/said? Why not be proactive? Are you willing to risk change?

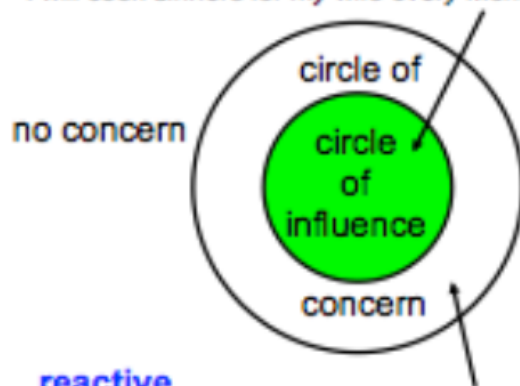
proactive

(forward acting, opportunity-focused, clear)

I will read one book per month in my field.

I will exercise and attend Weight Watchers weekly.

I will cook dinners for my wife every Monday.



reactive

(reverse acting, problem-bound, vague)

I am not as smart as others in this company.

People think I'm too heavy.

I wish our Monday evenings were better.

Proactive vs Reactive

Proactive Language

- I'll do it
- I can do better than that
- Let's look at all our options
- I choose to
- There's gotta be a way
- I'm not going to let your bad mood rub off on me

Reactive Language

- I'll try
- That's just the way I am
- There's nothing I can do
- I have to
- I can't
- You ruined my day

□

□

BE PROACTIVE -

I am the force.

I take responsibility for my decisions.

Being proactive is more than taking initiative. It is accepting responsibility for our own behavior (past, present, and future) and making choices based upon on principles and values rather than on moods or circumstances. Proactive people are agents of change and choose not to be victims, to be reactive, or to blame others. They take an Inside-Outside Approach to creating changes.

Habit 2: Begin with the end in Mind

If you don't know where you are going, how will you know when you get there?

• WHO'S IN THE LEAD?

Habit 2: Begin with the End in Mind teaches that if you don't create a vision of your own, someone else will do it for you—friends, parents, the media, or someone else. And who knows if their interests are the same as yours? Unless you create your own vision of who and what you want to be, you will be quick to follow anyone who is willing to lead, even into things that won't get you very far.



A Personal Mission Statement is like a personal credo or motto that states what your life is about. It is the blueprint for building your life. It is the map for life's journey. Since your destiny is yet to be decided, why not decide today to make it extraordinary and leave a lasting legacy?

Remember, life is a mission, not a career. A career is a profession. A career asks, "What's in it for me?" A mission asks, "How can I make a difference?"

Mission Statement Builder

"The key to the ability to change is a changeless sense of who you are, what you are about and what you value." –Stephen R. Covey
Create Your Personal Mission Statement

Our Mission Builder exercise can help to add focus, direction, and a sense of purpose to your daily decisions. The wizard will take you step-by-step through the process of creating a unique, personalized Mission Statement to guide your life.
Create Your Mission

MISSION STATEMENT

STEP 1

PERFORMANCE

- 1) I am at my best when
- 2) I am at my worst when

STEP 2

PASSION

- 1) What I really love to do at work (school)?
- 2) What do I really love to do in my personal life?

STEP 3

TALENTS

- 1) My natural talents and gifts are:

STEP 4

IMAGINATION

- 1) If I had unlimited time and resources and knew I could not fail, what would I choose to do?

STEP 5

VISION

Imagine your life as an epic journey, and you are the hero/heroine of the story. What do you imagine your journey is about? Complete the following statement by describing what you are doing, who it is for, why you are doing it, and what the journey's results are.

- 1) My life's journey is

STEP 6

CHARACTER

- 1) Imagine your 80th birthday, who will be there with you? What tribute statement will you like them to make about your life?

STEP 7

CONTRIBUTION

1) What do I suppose to be the most important future contribution to the most important people of my life?

STEP 8

CONSCIENCE

1) Are there things that I really feel that I should do or change, even though I may have dismissed such thoughts many times? What are they?

STEP 9

INFLUENCE

1) Imagine that you could invite to dinner three people who have influenced you the most—past or present. Write their name and what quality or attribute you admire them most about them.

STEP 10

BALANCE

1) Let's think of balance as a state of fulfillment and renewal in each of the following four dimensions: Physical, Spiritual, Mental, Social/Emotional. what is the single most important thing you can do in each of these areas that will have the greatest positive impact on your life and help you achieve a sense of balance?

Discovered Your Mission ... now let it guide you.

Below is a Sample

I am at my best when I have the freedom and support to make a difference..
I will try to prevent times when someone I love is being unfairly judged..
I will enjoy my work by finding employment where I am allowed to participate in think-tank sessions and can use my creative problem-solving skills.
I will find opportunities to use my natural talents and gifts such as problem-solving, organizing, listening, caring, helping, and mentoring.
I can do anything I set my mind to do. I will create a beautiful environment where people can come to be renewed, healed, and heard.
My life's journey is connecting inner peace, spirituality and intellectual dialog so that I can continue to explore the riches of the world and the people who live within it.
I will be a person who loves people and helps them develop their potential. I will create rich networks of people from all over the country. I will be real—accepting the good and not-good in others.
My most important future contribution to other will be the support I give my children and grandchildren in their life journeys..

I will stop procrastinating and start working on:

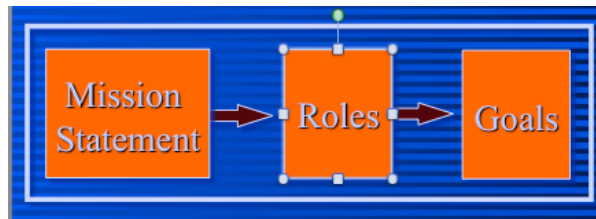
- The need to write my book.
- The need to complete the genealogy so that our “roots” are known and preserved.
- The opportunity to continue to experience nature's gifts and beauty.

I will strive to incorporate the following attributes into my life:

- If you can't say something nice, don't say it.
- Work hard and do the best that you can do.
- Love unconditionally.

I will constantly renew myself by focusing on the four dimensions of my life:

- I will put exercise on the “must do” list
- I will continue my spiritual journey with Spong
- I will read and talk to people of quality
- I will be compassionate and supportive of others.



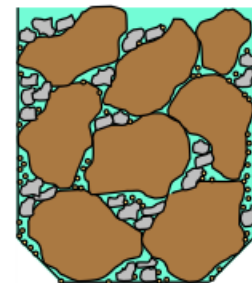
Habit 3: Put First Things First

The Seven Habits of Highly Effective People

Organize and execute around priorities.

		The Time Management Matrix	
		Urgent	Not Urgent
Important	I	Crisis Pressing problems Deadline-driven projects	II Prevention, PC activities Relationship building Recognizing opportunities Planning, Recreation
	III	Interruptions, Some calls Some mail, Some reports Some meetings Popular activities	IV Trivia, Busy work Some mail, Some calls Time Wasters Pleasant activities
Not Important			

Activity #1 - How do you fill up your time?



The goal is to have most of your activities in Quadrant II. Why is this?

1. How often during my typical day do I fix problems?

2. How often during my typical day do I work to improve study skills?

3. How often during my typical day do I drop what I'm doing to hang out with friends who call or stop by?

4. How often during my typical day do I watch TV, play video games, or surf the Web?

5. How often during my typical day do I deal with emergencies?

6. How often during my typical day do I spend time with my siblings or other family members?

7. How often during my typical day do I do things other people want me to do?

8. How often during my day do I hang out and chat?

1	2	3	4	5
1	2	3	4	5
1	2	3	4	5
1	2	3	4	5
1	2	3	4	5
1	2	3	4	5

Questions 1 and 5 (Quadrant 1):

Questions 2 and 6 (Quadrant 2):

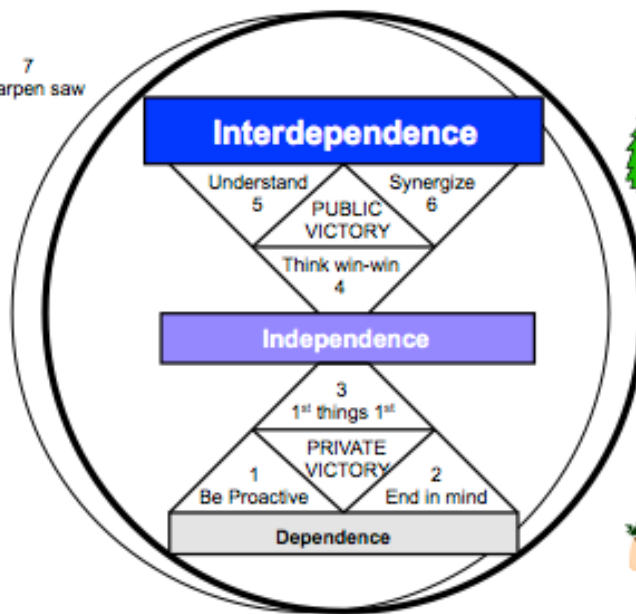
Questions 3 and 7 (Quadrant 3):

Questions 4 and 8 (Quadrant 4):

SCORING TABLE

Moving to Interdependence

7
Sharpen saw



Habit 4: Think Win-Win



Win-Win means seeking solutions that allow every one to win or agreeing to accept the concept of “no deal”.

Successful relationships are built on a win-win foundation.

The Win-Win character consists of three traits: integrity, maturity, abundance mentality.

The Habit of Mutual Benefit

How do you develop “Courage”? “Consideration”? Emotional bank account deposits?

What causes conflict? How can “Win-Win” help in conflict resolution?

Habit 5: Seek First to Understand then to be Understood



Most people listen in order to reply!



You can not understand another person if your mind is wandering off into another galaxy.



Many times we only pretend to pay attention to the other person.



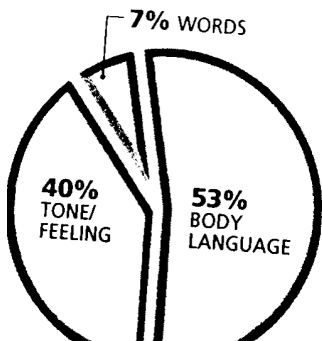
Many times we have “selective listening” —hearing on the part of the conversation that interests us, then zoom off into another space.



If you only hear the words and not the tonality or body language, you haven't heard the message.



Too many times we listen just from our own point of view: judging, advising, and probing.



Genuine Listening requires listening to the words, the feelings/tones used, and understanding the body language.

Genuine Listening also requires you to “Hear What I’m NOT saying.”



Genuine Listening requires you to “stand in their shoes.”

Veginot Activity

You are going to be assigned to one of two teams: Dr. Smith or Dr. Harper's. You must come up with a team strategy on how your team can get the one and only crops of veginots.... which is critically needed by both teams.

What will you do and say to negotiate with the other team to get your needed part of the veginot.

I don't care how much you know until I know how much you care!

Habit 6: Synergize

Value the Difference

Synergy means one plus one equals three or more

Synergy is the process that reveals the Third Alternative

Synergy is the Habit of Self-Renewal

Habit 7: Sharpen the Saw

The Habit of Self-Renewal

Physical - endurance, strength, flexibility, sleep, eating

Mental - reading, journaling, discussing, seminars, meetings

Social/Emotional - family, friends, service, doing for others

Spiritual - battle of good versus evil