The 7 Habits Sailing Into Life at Home

Personal Reflection:

Where do you fall? Draw a line where you fall, and a star where you think your child would fall on *some* of the habits.

Habit 1: Be Proactive

Very Proactive — Very Reactive

Habit 3: Put First Things First

Our Time is Very Organized — Our Time is Not At All Organized

Habit 5: Seek First to Understand, Then to Be Understood

Listen Listen Well — Don't Listen Well

Habit 6: Synergize

Work Well Well With Others — Don't Work Well With Others

Habit 7: Sharpen the Saw

Very Sharp — Very Dull

Family Mission Statements

(Habit 2: Begin with the End in Mind)

Step 1
Gather all the family members together.

Step 2
Explain that you will be creating a family mission statement. Describe the benefits of having a mission statement and how it keeps the family moving in the same direction. Describe it as a road map, rather than a list of rules or requirements.

Step 3
Define your specific family by asking everyone to suggest adjectives that fit your family. Suggestions could include funny, smart, caring, active or quirky. Make sure everyone throws out an adjective or two. Write these for everyone to see.

Step 4
Brainstorm ideas to be included in the mission statement. Allow everyone to contribute. Start off the discussion with some examples and questions. What would a stranger think when they saw your family interact? What inside jokes or stories does your family have? What goals do you have as a family? What traits are admired and what is unacceptable?

Step 5
Put several of these ideas in sentence form. Write as many sentences that are necessary. An example might be "The Smith family accepts everyone as they are but encourages change and growth for the better. We speak to one another in respect and show consideration at all times. We value privacy and trust. We agree that there are consequences to all of our actions and we agree to take responsibility for our own actions. Together we can impact each other and our community for the better."

Step 6
Edit your statement until everyone is agreement with both the words and the sentiment. Hone the words down to the bare minimum to express your statement.

Step 7
Craft a family motto. This should be one sentence that encapsulates your family's mission statement. It should be easy to remember and touch on at least a few of the points in your mission statement. It could be "Do unto others as you have them do unto you" or "Return with honor." It also could be funny or in code, as long as your family knows what it means and represents.

Step 8
Print out your motto and family mission statement. Have everyone sign and date it. Post it somewhere so it can be seen and referenced. As good or bad decisions are made, tie it back to the family mission statement.