**7 HABITS FAMILY HOMEWORK**

1. **Read** the description of each habit.

2. Select and **complete one activity** from each of the 7 Habits.

3. Have each family member **sign the bottom** and return your menu board to school.

4. **Send a family photo** to lisa.lester@abileneisd.org so you can be part of our Bowie Lighthouse Family showcase!

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| **Habit 1: BE PROACTIVE**  -Take initiative.  -Help others.  -Take responsibility for your choices.  -Stay organized.  -Do things without being asked. | **Habit 2: BEGIN WITH THE END IN MIND**  -Set goals.  -Have a plan.  -Consider consequences | **Habit 3: PUT FIRST THINGS FIRST**  -Set priorities.  -Say “no” to time-wasters  -Know your roles and your goals. | **Habit 4: THINK WIN-WIN**  -Solve problems.  -Keep promises.  -Respect others. | **Habit 5: SEEK FIRST TO UNDERSTAND, THEN TO BE UNDERSTOOD**  -Listen carefully.  -Speak clearly.  -Don’t judge.  -Be honest and kind. | **Habit 6: SYNERGIZE**  -Listen to others’ ideas.  -Celebrate others’ strengths.  -Work together.  -Be humble. | **Habit 7: SHARPEN THE SAW**  -Take care of your mind.  -Take care of your body.  -Take care of your heart and soul.  -Balance work and play. |
| Talk about things each family member can do without being asked. | Create a family mission statement. | Family time is a priority! Have a family fun night. What activity best fits your family? | Compliment time! Tell each family member what you appreciate about them. | Use the Peace Path on the Bowie playground to learn about positive conflict resolution. | Work together to accomplish a task like cleaning the house or cooking dinner. | Exercise together as a family. |
| Discuss good choices that have been made recently and one area that could improve. | Choose a quote that represents what is most important to your family. | What are some “time wasters” that need to be limited? How can you help each other accomplish this? | Show kindness to a neighbor. | Think of three ways your family can show respect to one another. | Identify and record two or three strengths for each member of your family. | Go to a family movie, picnic, or fun event. |
| Create a family calendar to help organize events and deadlines. | What would your family like to celebrate at the end of this school year? Decide on a plan to reach your goal. | Discuss your family’s three biggest priorities for the next week. | Talk about how you show courage as a family. | Criticizing, talking about yourself, and giving advice are door slammers. What can you do to open the door to listening and understanding? | Discuss why it is important to be humble. | Write about your favorite family traditions or create a new family tradition. |

 Family signatures:

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