**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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