HABIT

1. **Be Proactive** – Take responsibility for your life.
   - This is a habit I already do well: Y N
   - What could you do to be a more responsible person?

2. **Begin With the End in Mind** – Define your mission and goals in life.
   - This is a habit I already do well: Y N
   - What goal are you currently working on? What can you start doing better to help you reach this goal?

3. **Put First Things First** – Prioritize and do the most important things first.
   - This is a habit I already do well: Y N
   - What could you do to be more organized at school? at home?

4. **Think Win-Win** – Compromise and have an everyone-can-win attitude.
   - This is a habit I already do well: Y N
   - What can you do to have more of a win-win attitude?
HABIT
Seek First to Understand, Then to be Understood –
Listen to people sincerely.

This is a habit I already do well: Y N
What can you do to be a better listener?

HABIT
Synergize – Work with others to achieve more.

This is a habit I already do well: Y N
What can you do to be a better team member? At home? In Sports? In school?

HABIT
Sharpen the Saw – Renew yourself regularly by taking care of yourself and doing things you love to do.

This is a habit I already do well: Y N
How do you take care of you?

- How do you take care of your physical self?

- How do you take care of your mental health?

- How do you take care of your social self?

- How do you take care of your spiritual self? What feeds your soul? What makes you feel good about you?

7 The Habits Quiz
Check Yourself!

<table>
<thead>
<tr>
<th></th>
<th>STRONGLY AGREE......STRONGLY DISAGREE</th>
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<tbody>
<tr>
<td>1.</td>
<td>I feel in control of my life.</td>
</tr>
<tr>
<td>2.</td>
<td>I regularly set goals and accomplish</td>
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<tr>
<td></td>
<td>them.</td>
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<td>3.</td>
<td>I am organized and prepared.</td>
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<td>4.</td>
<td>I communicate well.</td>
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<td>5.</td>
<td>People would say I am a good listener.</td>
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<td>6.</td>
<td>Other people often have valuable</td>
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<tr>
<td></td>
<td>ideas.</td>
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<td>7.</td>
<td>I exercise regularly and eat</td>
</tr>
<tr>
<td></td>
<td>healthy foods.</td>
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