



# Intro to Habits and Paradigm

September 11, 2017

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*Students Will Be Able To*

*1. Define what habits are*

*2. Identify some of their personal habits*

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## Materials

Copies of the “Who Am I?” poem. Copies of 7-Habits Tree for discussion of the Copies of T-Chart and pencil for each student if doing the T-chart in Activity 3.

## Introduction

Explain to students that habits are things we do repeatedly. However, most of the time we’re hardly aware that we even have them. We are on autopilot.

Some habits are good, such as:

- Exercising regularly
- Planning ahead
- Showing respect for others

Some are bad, including:

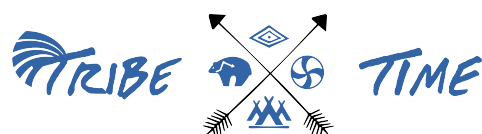
- Thinking negatively
- Feeling inferior
- Smoking

And some don’t really matter at all, like:

- Taking showers at night instead of in the morning
- Putting hot sauce on all your food
- Listening to music while doing your homework

Explain to students that habits can be changed. If at any time you want to change a habit—you can!

**Give each student a copy of the 7-Habits Tree handout; give students an overview of each of the seven habits.**





# The 7 Habits® Tree

AND REMEMBER TO TAKE CARE OF YOURSELF

**Habit 7**

**SHARPEN THE SAW®**  
Balance Feels Best

I take care of my body by eating right, exercising and getting sleep.  
I learn in lots of ways and lots of places, not just at school.  
I take time to help others.

THEN PLAY WELL WITH OTHERS

**Habit 6**

**SYNERGIZE®**  
Together Is Better

I know that everyone is good at something.  
Everyone needs to get better at something.  
We can all learn something from each other.  
Working in groups helps to create better ideas than what one person can do alone.

**Habit 5**

**SEEK FIRST TO UNDERSTAND, THEN TO BE UNDERSTOOD®**  
Listen Before You Talk

I listen to other people's ideas and feelings.  
I try to see things from their viewpoints.  
I listen to others without interrupting.  
I share my opinions and ideas.

**Habit 4**

**THINK WIN-WIN®**  
Everyone Can Win

I want everyone to be a success.  
I don't have to put others down to get what I want.  
When a conflict happens, I look for a third solution.  
I believe that we all can win!

START WITH YOU

**Habit 3**

**PUT FIRST THINGS FIRST®**  
Work First, Then Play

I spend my time on things that are most important.  
I say no to things I know I should not do.  
I set priorities, make a schedule, and follow my plan.  
I am self discipline and organized.

**Habit 2**

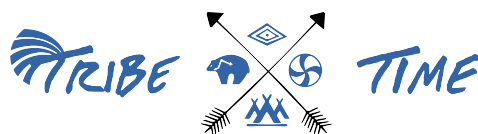
**BEGIN WITH THE END IN MIND®**  
Have a Plan

I plan ahead and set goals.  
I do things that have meaning and make a difference.  
I am an important part of my classroom and school.

**Habit 1**

**BE PROACTIVE®**  
You're in Charge

I am a responsible person.  
I take initiative.  
I choose my actions, attitudes and moods.  
I do not blame others for my wong actions.  
I do the right thing without being asked, even when no one is looking.





### Activity 1 – Folding Arms

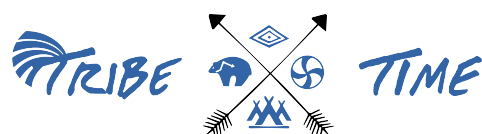
Have students fold their arms. Now, have them do it the other way. Feels strange doesn't it? However, if you keep doing it this way, eventually it'll feel 'normal' and your old way will be the one that feels strange.

### Activity 2 – Who Am I?

Read the "Who Am I?" poem to class and have them guess what you're talking about. This would obviously have to be done at the beginning of class, if you choose this activity.

### Activity 3 – Make a List and Check It Twice

Have students complete a T-chart with their good habits on one side and bad habits on the other. Guide a class discussion 1) of how we can change bad habits, 2) what makes a habit a "bad" or "good" habit, 3) why do we need to change 'bad' habits?





# Who Am I?

## Activity 2

I am your constant companion. I am our greatest helper or heaviest burden. I will push you onward or drag you down to failure. I am completely at your command. Half the things you do you might just as well turn over to me and I will be able to do them quickly and correctly.

I am easily managed—you must merely be firm with me. Show me exactly how you want something done and after a few lessons I will do it automatically. I am the servant of all great individuals and, alas, of all failures as well. Those who are great, I have made great. Those who are failures, I have made failures.

I am not a machine, though I work with all the precision of a machine plus the intelligence of a human. You may run me for a profit or run me for ruin—it makes no difference to me.

Take me, train me, be firm with me, and I will pace the world at your feet. Be easy with me and I will destroy you.

WHO AM I?

