



Seven Habits in a Nutshell



HABIT 1
I'm a responsible person
I take initiatives
I choose my actions, attitudes, and moods
I don't blame others for my faults
I do good things, even when no one is around



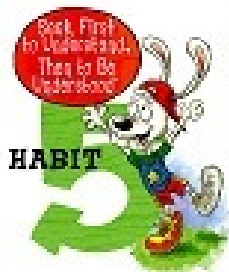
HABIT 2
I plan ahead and set goals
I do things that have meaning
I'm an important part of my class
I figure out what I want to be
I learn from inspiring people



HABIT 3
I make my schedule
I spend my time on important things
I study first, then play
I'm disciplined and organized
I'm aware of the time



HABIT 4
I try to make everyone happy, including me
I seek for a fair solution
I view life not as a competition
I have respect for everybody
I'm not a selfish person



HABIT 5
I listen to other people's ideas and feelings
I listen with my eyes, ears, and heart
I try understanding things from other people's view
I don't interrupt whenever someone is talking
I'm confident voicing my ideas



HABIT 6
I value other people's differences
Being unique is cool
I ask for other people's ideas
I'm a good team player
I can cooperate with anyone



HABIT 7
I exercise regularly and eat healthy food
I can learn new things everywhere
I spend time with my families and friends
I always pray to God
I keep my body, mind, heart, and soul balanced