

HABIT HOMEWORK MENU

Welcome! We are excited to share the 7 Habits® with our families. We invite you to use the menu below to select a habit to focus on each week for the next 20 weeks. For weeks 21–40, return to the top of the menu and challenge your family to focus on the habit not selected the first time around. Consider keeping a family journal to reflect on your learning or track your efforts with photos.

WEEK	MENU OPTION #1	OR	MENU OPTION #2
1	Habit 1: Be Proactive® <input type="checkbox"/> List ideas of things you can do when you are bored. Keep the list in a visible spot and add to it as you have new ideas.		Habit 6: Synergize® <input type="checkbox"/> Complete a family project or chore together.
2	Habit 2: Begin With the End in Mind® <input type="checkbox"/> Set a family goal for the week. Make a plan for achieving this short-term goal.		Habit 7: Sharpen the Saw® <input type="checkbox"/> Go outside. Take a walk, visit a park, or play a game.
3	Habit 3: Put First Things First® <input type="checkbox"/> Talk about what's most important to your family. Make a list of your family's top three Big Rocks (most important priorities).		Habit 4: Think Win-Win® <input type="checkbox"/> Make a "wish poster." Start by drawing a line down the middle of the poster. On one side, record the child's hopes, dreams, and wishes. On the other side, record the parents' hopes, dreams, and wishes. Together, look at your wish poster. How can your family work together to make both sets of wishes a reality?
4	Habit 5: Seek First to Understand, Then to Be Understood® <input type="checkbox"/> Think of someone in your family who is a great listener. What makes them a great listener?		Habit 7: Sharpen the Saw <input type="checkbox"/> Read a book together as a family.



Name: _____

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5	<p>Habit 7: Sharpen the Saw <input type="checkbox"/></p> <p>Set a goal for physical activity as a family. Log the number of minutes you were active. Stop and reflect: Did you sleep better this week with all that exercise?</p>		<p>Habit 1: Be Proactive <input type="checkbox"/></p> <p>Take a “strategic pause.” Get a sip of water, stretch, breathe in, and think of something happy. When is a strategic pause helpful?</p>
6	<p>Habit 7: Sharpen the Saw <input type="checkbox"/></p> <p>Make a calendar for the week and tally the fruits and vegetables consumed each day. Reflect on your family’s healthy eating habits.</p>		<p>Habit 6: Synergize <input type="checkbox"/></p> <p>Write down the names of the members of your family. Record two or three talents or strengths for each person.</p>
7	<p>Habit 2: Begin With the End in Mind <input type="checkbox"/></p> <p>Draft a family mission statement by using exactly seven more words to complete this prompt: Our family mission is to commit daily to _____.</p>		<p>Habit 7: Sharpen the Saw <input type="checkbox"/></p> <p>Plan and hold a family night this week.</p>
8	<p>Habit 1: Be Proactive <input type="checkbox"/></p> <p>Try laying out your clothes each night before you go to bed. At the end of the week, reflect on this question: Did this help your week go more smoothly?</p>		<p>Habit Review <input type="checkbox"/></p> <p>Try listing each of the 7 Habits. Discuss what it means to show each habit. Post the list in a visible spot.</p>
9	<p>Habit 4: Think Win-Win <input type="checkbox"/></p> <p>Make a t-chart. On the left, record ideas about what makes a bad teammate. On the right, record ideas about what makes a good teammate. What kind of teammate do you think you are and why?</p>		<p>Habit 7: Sharpen the Saw <input type="checkbox"/></p> <p>Make a calendar for the week and log the time you go to bed and the time you wake up. Determine the amount of sleep you get each night.</p>
10	<p>Habit 2: Begin With the End in Mind <input type="checkbox"/></p> <p>Reflect on the last quarter. What went well? How will you grow throughout the remainder of the year? Commit to one learning goal for the next quarter.</p>		<p>Habit 3: Put First Things First <input type="checkbox"/></p> <p>Discuss what it means to “procrastinate.”</p>

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11	Habit 4: Think Win-Win <input type="checkbox"/> Define “courage.” Identify people in your family or community who are courageous.		Habit 7: Sharpen the Saw <input type="checkbox"/> Try giving up video games for a week. List activities you do instead of playing video games.
12	Habit 1: Be Proactive <input type="checkbox"/> Think about the last time you got mad or upset and said something unkind. Share an idea for a more proactive response.		Habit 6: Synergize <input type="checkbox"/> Think about a skill that you’d like to learn from someone in your family. Take time to learn and practice that skill this week.
13	Habit 4: Think Win-Win <input type="checkbox"/> Try to go one full day without sulking, pouting, or feeling sorry for yourself. Were you able to do it? Why or why not? What did you get upset about? What could you do to make it a win-win situation?		Habit 2: Begin With the End in Mind <input type="checkbox"/> Find a quote that shows what your family values.
14	Habit 3: Put First Things First <input type="checkbox"/> Make a chart for a week that shows important tasks you complete daily, such as chores, homework completion, and exercise. Update the chart with a check to show that you completed the task or a dot to show that you did not complete the task. Reflect on how you did at the end of the week.		Habit 7: Sharpen the Saw <input type="checkbox"/> Find a place in your home, outside, or nearby that you think is restful. Sit there and reflect or meditate for 5 minutes each day. Did you think about things that have already happened, things you hope will happen in the future, or both?
15	Habit 5: Seek First to Understand, Then to Be Understood <input type="checkbox"/> Define “empathy.” Discuss ways to show empathy when others feel sad, hurt, or disappointed.		Habit 2: Begin With the End in Mind <input type="checkbox"/> Write a statement about what you want to accomplish in your life. Talk about how your family and community can help you with those dreams.
16	Habit 4: Think Win-Win <input type="checkbox"/> Define “consideration.” Identify people in your family or community who are considerate.		Habit 3: Put First Things First <input type="checkbox"/> Try limiting screen time to just 30 minutes per day and focusing on your Big Rocks. Reflect each day on the Big Rocks you prioritized instead of screen time.

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17	<p>Habit 2: Begin With the End in Mind</p> <p>Children, interview your parents; parents interview your children. Ask them about goals they achieved and why they were important.</p>	<input type="checkbox"/>	<p>Habit 7: Sharpen the Saw</p> <p>Track the number of steps you take each day.</p>
18	<p>Habit Review</p> <p>Select your favorite habit. Tell why it is your favorite.</p>	<input type="checkbox"/>	<p>Habit Review</p> <p>Which habit is the most challenging or difficult for your family? Why?</p>
19	<p>Habit 5: Seek First to Understand, Then to Be Understood</p> <p>Discuss body language. Talk about how we can use it to know how people are feeling.</p>	<input type="checkbox"/>	<p>Habit 7: Sharpen the Saw</p> <p>Pick a favorite exercise, such as jumping jacks, sit-ups, or jogging. Set the clock and do that exercise for 5 minutes a day. Journal your exercises for each day this week.</p>
20	<p>Habit Review</p> <p>Choose one habit your family would like to do better. Write a summary about how your family tried to improve that habit this week.</p>	<input type="checkbox"/>	<p>Habit Review</p> <p>Celebrate the ways your family has grown through these Habit Homework activities.</p>

