

# Coffee Talk 2017-2018

Seaview Elementary

**S**trive for Success

**W**ork Together

**I**nspire Others

**M**ake a Difference



The  
**Leader**  
in**Me**

great happens here

# The Habits

Habit 1: Be Proactive

Habit 2: Begin with the End in Mind

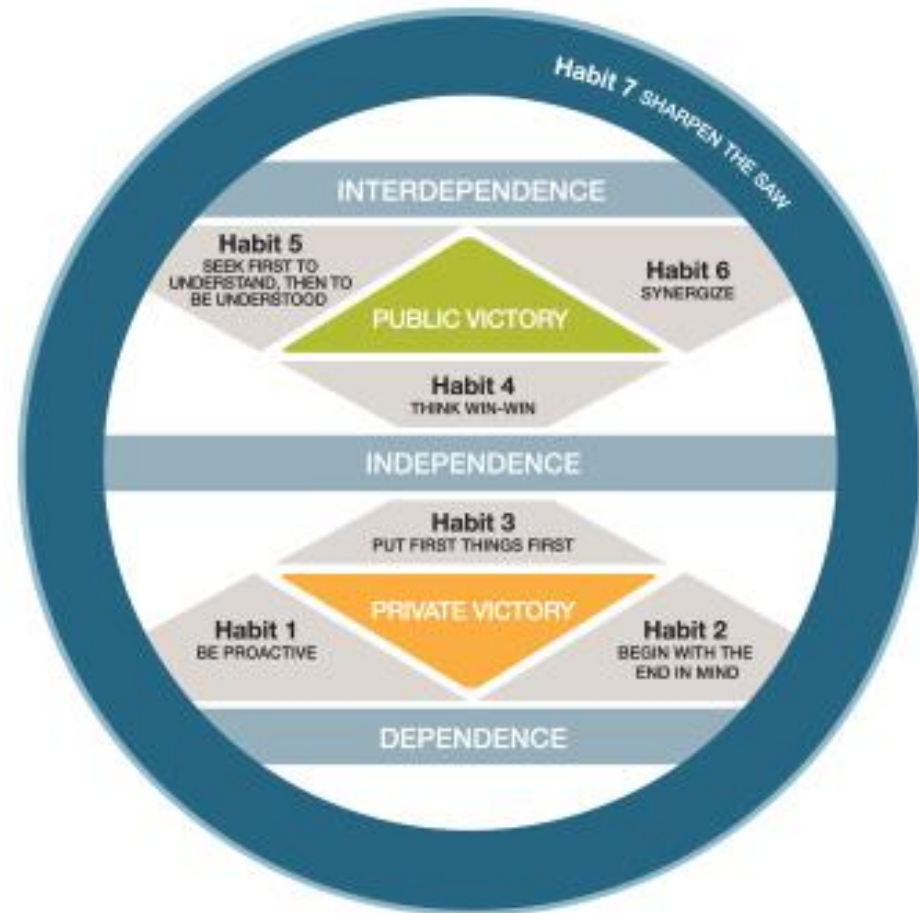
Habit 3: Put First Things First

Habit 4: Think Win-Win

Habit 5: Seek First to Understand then Be Understood

Habit 6: Synergize

Habit 7: Sharpen the Saw



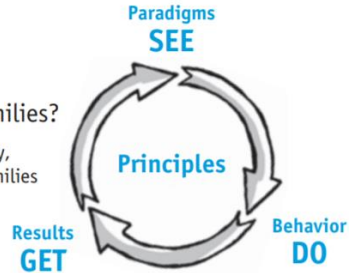
# “The Basics”

## The Basics: Values, Views, and Habits

### GET IN THE HABIT

#### What Are the Habits of Successful Families?

Every family has habits. To be a successful family, you need to practice the habits of successful families and teach your family to practice them.



Habit	Unsuccessful Families	Successful Families
1	You say, “I can’t do it.”	You say, “I can do it.”
2	You don’t know what’s important in your life.	You identify your values and have a mission statement.
3	You spend time doing what is not good for you.	You do what’s best for you and your family first.
4	You think if someone wins, someone always has to lose in relationships.	You think everyone can win in your relationships.

# Habit One- Be Proactive

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

([www.theleaderinme.org](http://www.theleaderinme.org))

**Proactive vs. Reactive language**

**Circle of Influence/Concern**



# Habit two: Begin with the End in Mind

- I plan ahead and set goals for myself
- I am prepared at all times.
- I think about how the choices I make now will affect my future.
- I think about the positive or negative consequences of my actions before I act. .



## Habit Two Activity: Make a plan!

Visualizing how you want something to turn out before it happens. For example, if a smooth morning is the goal brainstorm what that would look and feel like.

*How can you set a Personal WIG that can help you & your family? What is a family WIG that you can set together with the kids to feel more successful and ready for school?*



Disney Clipart

# From “X” to “Y” by “When” WIGs

X= Where I am now

Y= Where I want to be

By When= timeline

\*Lead Measures  
(strategies/changes)

\*Accountability

\*Scoreboard

Examples:

“ I need more energy during the day so I am going to lose 20 pounds by January 1st.”

“I will increase my math facts speed from 12 per minute to 30 per minute by the end of November”

“I will go to bed by 9:00 PM 5 days a week during the school year.”