

# Hayden Peak Elementary is a 7 Habits School

We learn and live by the 7 Habits of Happy Kids, which are:

## #1 “Be Proactive”

*I'm in charge of me.*

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

## #2 “Begin with the End in Mind”

*Have a plan.*

- I plan ahead and set goals.
- I look for way to be a good citizen.
- I do things that have meaning and make a difference.
- I am an important part of my classroom and contribute to my school's mission and vision.

## #3 “Put First Things First”

*Work first, then play.*

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

## #4 “Think Win-Win”

*I win, you win, we win.*

- I balance courage for getting what I want with consideration for what others want.
- I make deposits into other's Emotional Bank Accounts.
- When conflicts arise, I look for third alternatives.

## #5 Seek First to Understand, Then to be Understood

*Listen before you talk.*

- I am confident in voicing my ideas.
- I look people in the eyes when talking.
- I listen to other people's ideas and feelings.
- I try to see things from other's viewpoints.
- I listen to others without interrupting.

## **# 6 “Synergize”**

*Together is better*

- I value other people’s strengths and learn from them.
- I get along well with others, even people who are different than me.
- I work well in groups.
- I seek out other people’s ideas to solve problems because I know that by teaming with others we can create better solutions than any of us can alone.
- I am humble.

## **# 7 “Sharpen the Saw”**

*Balance feels best.*

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

Plus.....

## **# 8 “Find Your Voice”**

*Inspire others to do likewise.*

- What are you good at? This is your mind.
- What do you love doing? This is your heart.
- What need can you serve? This is your body.
- What is life asking of you...what is your conscience directing you to do? This is your spirit.