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From the International Bestselling Author

The
7
HABITS
of
HIGHLY
EFFECTIVE
FAMILIES

Foreword by Sandra Merrill Covey

The 7 Habits of Highly Effective Families



BE PROACTIVE

BEGIN WITH THE END IN MIND

PUT FIRST THINGS FIRST

THINK WIN-WIN

SEEK FIRST TO UNDERSTAND

SYNERGIZE

SHARPEN THE SAW

BE PROACTIVE



- Take individual responsibility for your life and choices. You are the creative force of your own life.
- Life is a product of your values not your feelings. Your decisions not your conditions.
- If you are reactive, you respond to your feelings, your moods, other people, and conditions. It's always somebody's or something's fault.
- We have the capacity to choose our response. We are responsible. We are response-able.
- “I am today what I am because I so choose to be that.”
- “The people who get on in this world are the people who get up and look for the circumstances they want and if they don't find them they make them.” - George Bernard Shaw
- You have the power to rise above negative scripting. You have power to stop negative tendencies. But you must try, you must give effort.
- The greatest battles of life are fought out daily in the silent chambers of our own soul.

BEGIN WITH THE END IN MIND

- To begin with the end in mind is the most important decision because everything will be influenced by this.
- The vision of the future is more powerful than the baggage of the past.
- The 4 necessities of life: the physical need to live, the relationship need to love, The mental need to learn, The spiritual need to have meaning to leave a legacy. Create a mission statement that includes these.
- There is nothing as powerful and as rewarding as the creation of a life vision.
- We begin our life in a family and we end our life in a family. From beginning to end it is family.
- Regardless of the current situation it is never too late to start providing leadership to your family.

PUT FIRST THINGS FIRST



- Things that matter most should never be at the mercy of things that matter least.
- Integrity: Our discipline and our commitment to live by the things we have identified as important.
- The main thing, is to keep the main thing, the main thing.
- Organize your life around relationships not just your work schedule.
- You can't fake trust and family culture. These are based on enduring values and alignment on principles.
- Principles ultimately govern. Always teach the underlying principle behind any practice.

THINK WIN-WIN

- Make constant deposits of trust and confidence into the emotional bank account of your family.
- Your heart and mind are focused on goodwill towards people. You want them to win while you take care of yourself as well.
- Five goals of a competition: 1) give your best 2) have fun 3) work as a team 4) learn 5) win.
- Five elements of stewardship:
 - 1) Set a clear description of desired results - Get a visual understanding - Create mission statements.
 - 2) Teach the guidelines - Identify the failure paths - The best way to learn is from other people's mistakes.
 - 3) Identify the resources.
 - 4) Set up an accountability agreement
 - 5) Deliver on rewards and consequences.
- Learning how to communicate effectively and empathically is one of the master skills in family life and is the key to building win-win relationships.
- When you accept the person as they truly are, it allows them to feel safe to reach out and become better.



SEEK FIRST TO UNDERSTAND

- Understanding the other person in their frame of reference must always be the first deposit we make.
- To feel understood is the feeling of being loved.
- The whole key to human influence is first to be influenced.
- Everyone lives in their own subjective world with their own perceptions of reality.
- Unless we seek to understand another person's world we will not have influence with them.
- The most basic fundamental and essential aspect of love, is understanding. You accept the other person because they matter to you.
- Empathic listening means you listen in the other person's frame of reference.
- Most people give the impression of listening when really just preparing their response in an attempt to be efficient.
- Perception is reality. Even if it's not your perception, it's their reality.

SYNERGIZE

- The key to the many is how you treat the one. This is because everyone knows that they would receive the same treatment.
- When giving feedback describe you and your feelings. Because it is exactly that. It is a perception of the other person.
- You can't talk yourself out of a problem that you behaved yourself into.
- We are the cumulative sum of all the experiences that we have had which results in our preconceived notions, our context, and our frame of reference.
- Effective families know that the whole is greater than the sum of the parts. They value and benefit from the differences in others. People are different and it's in those differences that strength is manifested.
- In a family your happiness is totally interwoven with their happiness.

SHARPEN THE SAW



- Effective families are involved in constant renewal and improvement of all four dimensions of life: physical, relational, mental, and spiritual.
- The self-fulfilling prophecy: people ultimately live up to the social mirror that surrounds them.
- Plan family meetings to learn and grow, celebrate, report on stewardships, have fun, and calibrate on your mission statement.
- The number one principle on how to build a family culture: make your family number one.
- The enemy of the best is the good.
- Families are like airplanes in that they must constantly self correct to get back on track and arrive at their destination.
- To improve your situation focus on "I will be" statements not "if I had" statements.

CREATE YOUR HABITS

- Do it because it is right not because it works.
- There is no quick fix, there is no shortcut to the natural process of you reap what you sow.
- All of us think we see the world as it is, in fact we see the world as we are.
- A person's frame of mind (their underlying map of the world) drives all of their behaviors.
- Attitude and behavior flows from your paradigm (how you see reality).
- Don't work on their behavior, don't work on their attitude, just change the way they see their role, their responsibility, and their stewardship.
- Small acts of kindness, courtesies, gentleness, consideration, and respect repeated overtime build huge deposits.
- There is no other single activity is as important. There is no higher leadership role than parenthood. There is no greater contribution to society than a strong, healthy, beautiful family.