

The Seven Habits of

Highly Effective Families	Highly <i>ineffective</i> Families
<p>Habit 1 - Are proactive (Be Proactive)</p> <ul style="list-style-type: none"> • They act based on principles and values. • They accept personal responsibility for their own actions and resulting consequences. • They are "transition people", choosing to change inappropriate scripts handed down through the family, and create new, empowering scripts. 	<p>Are reactive</p> <ul style="list-style-type: none"> • They react based on emotion or circumstance. • They blame and accuse other family members, other people, or circumstances for their problems. • They live out negative scripts handed down through the family.
<p>Habit 2 - Begin with the end in mind</p> <ul style="list-style-type: none"> • They have a clear, agreed-upon sense of shared vision and purpose. • They work together to accomplish their shared vision. • They are contribution focused. 	<p>Proceed with little or nothing in mind</p> <ul style="list-style-type: none"> • They have no clear understanding or agreement concerning the purpose of the family. • They live their own independent lives and essentially sleep at the same "hotel". • They are essentially self-focused.
<p>Habit 3 - Put first things first</p> <ul style="list-style-type: none"> • They invest high-leverage, quality time in the family--even amid all the other pressing demands of life. • They have effective, aligned family systems. • They coordinate and plan the most effective use of their time in fulfilling their shared vision. 	<p>Put second or third things first</p> <ul style="list-style-type: none"> • They're often rushed and hurried, working long hours and feeling guilty about not having more family time. • They constantly struggle to organized the family effectively. • They have no sense that what they're doing in the family contributes to their long-range mission and goals.
<p>Habit 4 - Think win/win</p> <ul style="list-style-type: none"> • They genuinely seek mutual benefit in all family interactions. • They find joy in the success of other family members. • They think in terms of cooperation instead of comparison or competition. • They are firm on principle but flexible on preference. • They express appreciation. 	<p>Think win/lose or lose/win or just win</p> <ul style="list-style-type: none"> • They compete with one another for time, attention, or esteem. • Deep inside, they resent the success of other family members. • They compare themselves or family members with one another. • They would usually rather be "right" than happy. • Some may act as "martyrs", blaming their suffering on other family members. • Some aren't really concerned about the impact on other family members, as long as they get what they want. • They complain, tear down, and are often sarcastic.
<p>Habit 5 - Seek first to understand, ... Then to be understood</p> <ul style="list-style-type: none"> • In almost all interactions, they try to seek first to understand the other family member's point of view. • They listen with intent to understand. • They listen until they and the other family members feel there is genuine, deep understanding. • They present their own point of view with courage and consideration. 	<p>Seek first to be understood</p> <ul style="list-style-type: none"> • In almost all interactions, they focus on making their point and convincing others to agree. • When they listen to others, it is with the intent to reply. • Their conversations with other family members are essentially collective monologues.
<p>Habit 6 - Synergize</p> <ul style="list-style-type: none"> • They celebrate differences. • They believe that "our way" is better than "your way" or "my way". • They go for synergistic third alternative solutions. 	<p>Compromise</p> <ul style="list-style-type: none"> • They are frustrated by differences. • They go for "your way", or "my way", or compromise--"we both give up something so that we can agree."
<p>Habit 7 - Take time to "sharpen the saw"</p> <ul style="list-style-type: none"> • As individuals and as a family, they regularly exercise, play together, take vacations together, and learn new things together. • As marriage partners, they regularly do things to keep their marriage alive. 	<p>Rarely take time for renewal</p> <ul style="list-style-type: none"> • They react based on emotion or circumstance. • They blame and accuse other family members, other people or circumstances for their problems. • They live out negative scripts handed down through the family.