

The Basics: Values, Views, and Habits

WHAT ARE THE BASICS OF THE GAME?

Values: The things that are most important to you.

Views: How you see yourself and your family.

Habits: What you do over and over again.



Identify the Things That Are Most Important to You—Values

The things that are most important to you and your family are called values—the things you believe in and care most about. What's most important to you?

Write the five things that are most important to you.

1.

2.

3.

4.

5.

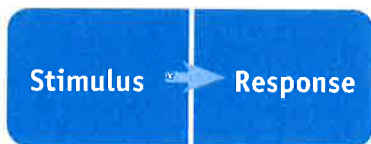
Principles are timeless, universal, natural laws or fundamental truths like kindness, respect, honesty, etc. Values are the worth or priority we place on people, things, ideas, or principles.

—Dr. Stephen R. Covey

Habit 1: Be Proactive®

HOW CAN I TAKE CONTROL OF ME?

Reactive



Be Reactive

I am controlled by conditions and feelings.
It's not my fault. I am a victim.

Proactive



Be Proactive

I am responsible for my choices and actions.
I can choose my response based on my values.

Between stimulus and response, there is a space. It is possible for us as individuals to develop the capacity to pause and give wiser responses.

—Dr. Stephen R. Covey

Steps to taking control of you:

1. **Pause:** Stop what you are doing.
2. **Think:** Think about what you should or shouldn't do.
3. **Choose:** Choose the best thing to do.



Write one thing about yourself over which you would like to have more control.

PAUSE: Write one thing you can do to pause and take control of you.

THINK: Write one thing you should or shouldn't do to take control of you.

CHOOSE: Write what you will choose to do to take control of you.

HOW CAN I BUILD MORE PROACTIVE POWER IN MY LIFE?

Living in the Circle of No Control puts you in a reactive mode. You are responding to stimuli that are outside of your control. People who are reactive typically create low-trust relationships. Living in the Circle of Control is proactive. You focus on things you can influence. People who are proactive typically build high-trust relationships.

YOUR FOUR UNIQUE HUMAN GIFTS

