# Habits of Happy Kids

**Carrie Martin Leaders**

1. **BE PROACTIVE**
   - **YOU are in charge of YOU.**
   - I am in charge!
   - I am responsible for myself.
   - I take initiative and have a can-do attitude.
   - I choose how to act, how to feel and what I do.
   - I do what is right without being asked, even when no one is looking.

2. **BEGIN WITH THE END IN MIND**
   - **Know what you want before you do it.**
   - I have a plan!
   - I set goals for myself.
   - I have a plan for how I will accomplish my goals.
   - I think about what I want to be when I grow up and how I will get there.

3. **PUT FIRST THINGS FIRST**
   - **Work first then play.**
   - I will do my work first, then play!
   - I do my work before I play.
   - I know what my responsibilities are, and I do them based on what is important.
   - I practice self-control.

4. **THINK WIN-WIN**
   - **I win, you win, everyone wins.**
   - I believe we can win!
   - I want everyone to be a success.
   - I don't have to put others down to get what I want.
   - When there is conflict, I look for solutions that will make everyone feel good.

5. **SEEK FIRST TO UNDERSTAND, THEN TO BE UNDERSTOOD**
   - **Listen first, then talk.**
   - I will listen to others before I talk!
   - I am a good listener.
   - I try to understand other peoples' point of view especially when their opinions are different than mine.
   - I am comfortable sharing my opinions.

6. **SYNERGIZE**
   - **Work together to do better.**
   - I know that together is better!
   - I know that everyone is good at something.
   - Everyone needs to get better at something.
   - I believe that we can all learn something from each other.
   - I know that working in groups helps to create better ideas than one person can do alone.

7. **SHARPEN THE SAW**
   - **TAKE CARE OF YOURSELF!**
   - I have balance in my life!
   - I keep my body healthy when I exercise, eat healthy foods and get enough sleep.
   - I enjoy learning new things.
   - I know that it is important to spend time with people I care about.

8. **FIND YOUR VOICE**
   - **Discover your TALENTS, and INSPIRE others to find theirs.**
   - I have found something that I am good at and really like doing.
   - I am proud but do not boast. Instead, I use my expertise to help and inspire others.