The 7 Habits of Happy Kids Worksheet

Name: _____ Date: _____

Habit 1: Be Proactive

I am in charge of me.

What is one thing you can choose to do today to be responsible?

_____

_____

Habit 2: Begin with the End in Mind

Have a plan.

What is one goal you want to reach this week?

_____

What steps will you take to reach it?

1. _____
2. _____
3. _____

Habit 3: Put First Things First

Work first, then play.

Write one thing you need to do before playing today:

_____

Habit 4: Think Win-Win

Everyone can win.

Describe a time you shared or compromised to make everyone happy:

_____

_____

Habit 5: Seek First to Understand, Then to Be Understood

Listen before you talk.

Who do you need to listen to better?

_____

What is one way you can show you're listening?

_____

Habit 6: Synergize

Together is better.

Name a time you worked well with others:

_____

What made the teamwork successful?

_____

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Habit 7: Sharpen the Saw

Balance feels best.

Circle one thing you can do today to take care of yourself:

- Exercise - Read - Help someone - Rest

What do you enjoy that makes you feel happy and healthy?

_____

The 7 Habits of Happy Kids - Grades 1 & 2

Name: _____ Date: _____

Habit 1: Be Proactive

I can make good choices!
What is one good choice you can make today?

_____

Habit 2: Begin with the End in Mind

I can set goals!
What is one goal you have?

_____

Habit 3: Put First Things First

I do my work before I play.
What do you need to do before playing today?

_____

Habit 4: Think Win-Win

I can share and be fair.
Tell about a time you shared with someone.

_____

Habit 5: Listen Before You Talk

I can be a good listener.
Who do you need to listen to today?

_____

Habit 6: Work Together

I can be a good teammate.
Tell about a time you worked with someone.

_____

Habit 7: Take Care of Yourself

I can rest, play, and eat healthy!
What will you do today to take care of yourself?

_____