

Level 2 Activity Guide

STUDENT EDITION

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USING YOUR ACTIVITY GUIDE

The Leader in Me will help you discover how to be the leader of you. It will help you develop habits that you can use for the rest of your life. If you have a choice to make or a friend you're not getting along with, you can use the 7 Habits to help you.

The Leader in Me will teach you how to:

1. Think about your choices before you make them.
2. Plan ahead.
3. Get along with others.
4. Use your strengths and talents to solve problems.

This is your Activity Guide,
so write in it, draw in it, and
have fun with it!

For more fun activities, go to
www.TheLeaderInMe.org.



THE 7 HABITS

HABIT 1: Be Proactive®

I am a responsible person. I take initiative. I choose my actions, attitudes, and moods. I do not blame others for my wrong actions. I do the right thing without being asked, even when no one is looking.

HABIT 2: Begin With the End in Mind®

I plan ahead and set goals. I do things that have meaning and make a difference. I am an important part of my classroom and contribute to my school's mission and vision. I look for ways to be a good citizen.

HABIT 3: Put First Things First®

I spend my time on things that are most important. This means I say no to things I know I should not do. I set priorities, make a schedule, and follow my plan. I am disciplined and organized.

HABIT 4: Think Win-Win®

I balance courage for getting what I want with consideration for what others want. When conflicts arise, I look for a win-win solution.

HABIT 5: Seek First to Understand, Then to Be Understood®

I listen to other people's ideas and feelings. I try to see things from their viewpoint (paradigm). I listen to others without interrupting. I listen with my ears, my eyes, and my heart. I am confident in voicing my ideas.

HABIT 6: Synergize®

I value other people's strengths and learn from them. I get along well with others, even people who are different than me. I work well in groups. I seek out other people's ideas because I know that by teaming with others, we can create better solutions than what any one of us could alone. I look for Third Alternatives.

HABIT 7: Sharpen the Saw®

I eat right, exercise, and get enough sleep (body). I learn in lots of ways and lots of places, not just at school (brain). I spend time with family and friends (heart). I take time to find meaningful ways to help people (soul). I balance all four parts of myself.

The 7 Habits® Tree

AND REMEMBER TO
TAKE CARE OF YOURSELF

Habit 7

SHARPEN THE SAW®
Balance Feels Best

THEN PLAY WELL
WITH OTHERS

Habit 6

SYNERGIZE®
Together Is Better

Habit 5

SEEK FIRST TO UNDERSTAND,
THEN TO BE UNDERSTOOD®
Listen Before You Talk

Habit 4

THINK WIN-WIN®
Everyone Can Win

START WITH YOU

Habit 3

PUT FIRST THINGS FIRST®
Work First, Then Play

Habit 2

BEGIN WITH
THE END IN MIND®
Have a Plan

Habit 1

BE PROACTIVE®
You're in Charge

HABIT

1

Be Proactive®

ACTIVITY

1

Have you ever tried to stay up past your bedtime?

Draw a picture of what you do when you stay up late.

Write a sentence about your picture.

ACTIVITY

2

Help the boy be the leader of getting himself ready for bed by finding his way through the maze.



For more fun activities, go to
www.TheLeaderInMe.org.

Leaders practice

HABIT 1: Be Proactive

I am a responsible person. I take initiative. I choose my actions, attitudes, and moods. I do not blame others for my wrong actions. I do the right thing without being asked, even when no one is looking.

Going to bed on time is being proactive.

Each night you need
10–11 hours of sleep.

Why?

Your **brain** needs sleep:

- To learn.
- To solve problems.
- To think of new ideas.

Your **body** needs sleep:

- To fight sickness.
- To grow.
- To heal.

Can you Be Proactive and help your body sleep?

Yes!

- Play during the day so you are tired.
- Read a book.
- Take a bath.
- Drink milk or eat a small snack.
- Wear loose sleeping clothes.
- Go to bed on time.



Question: Why did the girl
take a ruler to bed?

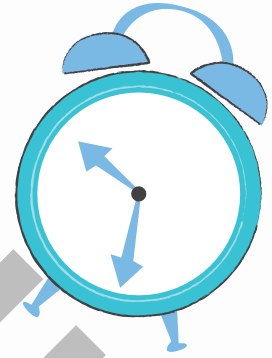
Answer: She wanted to find
out how long she sleeps!

ACTIVITY

3

In the small circle are ways to help your body sleep. They are in your Circle of Control. You are in control. You are the leader of you.

Underline the things you do. Color the inside circle yellow.



Circle of Control Diagram



Some things are in your Circle of **No** Control. You can't control them. A loud storm is in your Circle of No Control. A barking dog is in your Circle of No Control.

Color the outside circle green.

ACTIVITY



I am the leader of me. I am proactive.

This is a **Stop and Think Chart**. It helps you stop and think before you make choices.

Stop and Think Chart



Before bed, I can drink:

1. Soda pop.
2. Milk.



I choose:

_____.

Before bed, I can:

1. Run around.
2. Take a bath.



I choose:

_____.

When I go to bed, I can wear:

1. Sleeping clothes.
2. Play clothes.



I choose:

_____.

I can go to bed:

1. At bedtime.
2. Late.



I choose:

_____.

Question: What loses its head in the morning and gets it back at night?

Answer: Your pillow!

ACTIVITY



I am proactive! I get my body ready to sleep.

Draw a picture of getting your body ready to sleep tonight.



Write a sentence about your picture.

Turn to a neighbor and share one way you can Be Proactive.

Go to Leadership Village and follow the path to Habit 1.

SAMPLE

The
LeaderinMe™
great happens here

7 5 9 5 6

The Leader in Me
Level 2 Activity Guide



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