

#1 Bestselling Author of *The 7 Habits of Highly Effective People*

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The Leader in Me



Now Schools and Parents Around the World
Inspiring Greatness, One Child at a Time



Parent's Guide

The Leader in Me™

great happens here

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Welcome

Welcome to *The Leader in Me Parent's Guide*. This guide is based on the timeless principles found in *The 7 Habits of Highly Effective People* and *The Leader in Me*. It shares easy-to-understand ideas and activities, and a reading list to help you teach and model powerful *7 Habits* principles to your children at home.

You are your child's first and best teacher. You lay the foundation for the education of your children's mind, heart, body, and spirit. No matter what's going on in your child's school, you can help your son or daughter discover the leader within and prepare for a great life of contribution and service. If you are fortunate enough to have a school that already supports the principles laid out in *The Leader in Me*, your job is simpler, but no less important—it is to reinforce the principles your child learns at school and lives at home becoming a leader of his or her own life.

Here are a few tips to ensure your success:

Go at the Right Pace

1. You are so busy! So the first tip is to look for ways to work the principles into what you are already doing. Think of it not as one more thing to do, but as a better way of doing what you are already doing.
2. Are there things you are doing now that you could replace with more important activities? TV watching is the first thing that comes to mind, but there may be others. We're not saying TV is all bad, but too much TV can be a waste of time.
3. Go at a pace that works for you. You can plunge in all at once or work at it slowly, little by little. Either way, you will see improvements as you reap the benefits of living by timeless and universal principles as a family.

Keep It Simple

Applying the principles at home will make your home life easier and happier. The key is to keep the focus simple and simply keep the focus. There are three things you can do to prepare your child for the new reality. **First:** help your child become more responsible and independent through Habits 1, 2, and 3. **Second:** focus on helping your child become more interdependent through Habits 4, 5, and 6. And **third:** focus on teaching and rewarding primary greatness, which is based on character and contribution, not on secondary greatness (awards, wealth, or fame).

Learn More About the 7 Habits

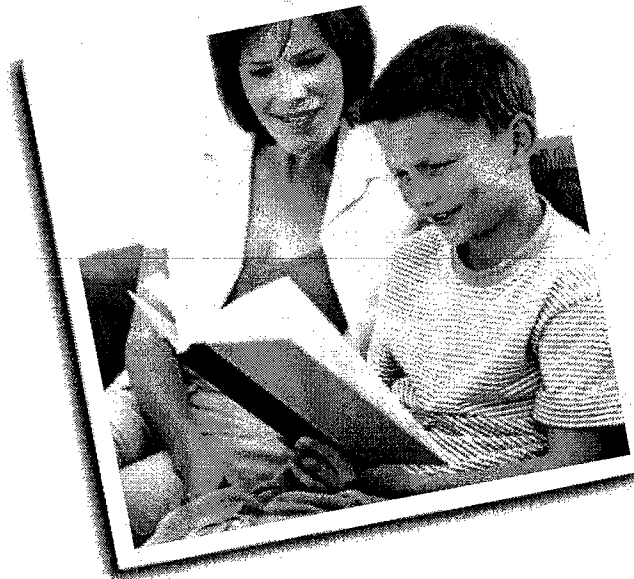
The best way to learn more about the 7 Habits is to read or listen to *The 7 Habits of Highly Effective People*, *The 7 Habits of Highly Effective Families*, *The 7 Habits of Happy Kids*, or attend a *7 Habits* training workshop. Go to FranklinCovey.com for information about classes in your area. Completing the exercises in this guidebook will help teach you the habits, and you can also go to www.TheLeaderInMe.org for even more ideas for parents and teachers, and for how to sponsor a school.

Parent-Child Activities



In this section, we list a variety of activities you can participate in with your younger children and teens. The more you involve yourself with your children, the better. The more you model the habits, the more they will learn, so put your heart into the activities and have fun together!

The activities are listed by habit and include a brief explanation of the habit and some activity ideas. Working through these activities with your children will help reinforce desired behaviors and create a common language, which will make them a natural part of your family life.



HABIT 1 **Be Proactive**[®]

Be Proactive means to take responsibility for your choices and behaviors. Habit 1 is the key to all of the other habits; that's why it comes first. *Be Proactive* says, "I am in charge of my own life. I am responsible for whether I am happy or sad. I can choose how I react to other people or situations. I am in the driver's seat." Young children can easily learn to understand that different choices yield different results. The goal is to teach them to think about those results before they decide what to do. Discussions can focus on taking care of themselves, taking care of their things, reacting or not reacting to others' behavior, planning ahead, and thinking about what the right thing to do is. With your child, think of ways to *Be Proactive* at home.

Younger-Child Activities

Most of us react to a situation immediately, without taking time to think about the results of our actions. Part of *Be Proactive* is being able to stop and think before we act. With your child, do some role-playing to practice the skill of stopping and thinking in different situations. Your goal in these role plays is to encourage your child to stop and think before reacting. Use the following ideas to get started, and then think of some that can be immediately applicable to your child's life.

1. (In this role play, you should play the part of your child's friend.) Say that you have a new best friend who lives close to your house and you don't want to play with him or her anymore. Apologize and then wait for your child's reaction.
2. (In this role play, you should be your child's sibling.) Tell your child that you broke his or her favorite toy by accident. Tell him or her that you don't think it's a very big deal because he or she has many toys.
3. (In this role play, you should play the part of your child and your child should play the part of you). Tell your child that you are "sooooo bored" and there is nothing fun to do. Complain that no one wants to play and that he or she (as the parent) needs to amuse you.
4. Read Chapter 1 of *The 7 Habits of Happy Kids* book with your child and then complete the Parent's Corner.

Teen Activities

Older children begin to rely more and more on their peer group; they can allow a rude comment by a friend to ruin their whole day and are easily led into misbehavior by their peer group. As a parent, it's important to help your teenager understand the importance of taking responsibility for his or her own life and choices. It's also important for you as a parent to let your child learn from his or her mistakes. If you always save the day, your child won't learn responsibility and independence.

1. The next time your child forgets homework or his or her soccer shoes before the big game, think hard before coming to the rescue. What are you teaching your child when you save the day?
2. If your child has a dispute with a teacher or gets a grade he or she thinks is unfair, encourage your teen to make an appointment with the teacher to discuss it one-on-one instead of doing it for him or her.

