7 Habits Book Club

1. The three most important things I learned from reading the Overview and Habit 1 are:

2. Three lessons I learned about myself from these chapters are:

3. As a leader, I benefited from these chapters by:

4. (p. 17-20) Our values, beliefs and strengths influence how we perceive and respond to others. What are the risks associated with this?

5. How can you handle situations where you catch yourself making judgments about others?

6. (p.21-23) Think of a leader that you don't trust and have difficulty following. Stephen makes bold statements in the 7 Habits that if your character is not true, then any attempts at leading others will be seen as insincere, lead to distrust and be perceived as manipulative.

How can leading from a place of your purpose, values and strengths prevent this perception?
7. (p. 32) "Paradigms are inseparable from character". What does this quote mean to you?

8. Our purpose, strengths and values can act as mental maps that influence our attitudes towards others and our behavior. How can we balance being true to ourselves (leading from our purpose and values and utilizing our strengths) without judging others by them?

9. You have the ability to choose how you respond in any situation. The way you respond is never out of your control. What do you think about the validity of this statement? How does this relate to what you learned about Emotional Intelligence?

10. For a full day, listen to your language and the language of people around you. How often do you hear reactive language? Write down some of the things you caught yourself saying here:

11. Pick a real scenario that you think you might encounter in the near future where you can see your hot buttons being pushed. Look at this situation through your Circle of Influence. How could you respond proactively? Visualize this after writing it down.
12. Select a problem from your work or personal life that is frustrating to you. Write down the first steps you can take in your Circle of Influence to solve it and then commit to taking at least one of the steps.

13. The book asks us to make a 30 day commitment and I would challenge you to commit whole heartedly to this – For 30 days, work only in your Circle of Influence. Make small commitments and keep them. Be a learner, not a judger. Be part of the solution, not part of the problem. Choose how you react and if your hot buttons are pushed and you feel your amygdala hijacking you, step away until you can calmly continue. Don’t blame other people. Look at their weaknesses with compassion. It’s not what they are doing that is the problem, it is your own chosen response to that. Work on you.