

7 Habits- Your Ultimate Guide To An Abundant Life 7习惯 - 您富贵人生的终极指南

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Some Facts appront...

Sold more than 25 million copies in 40 languages worldwide...

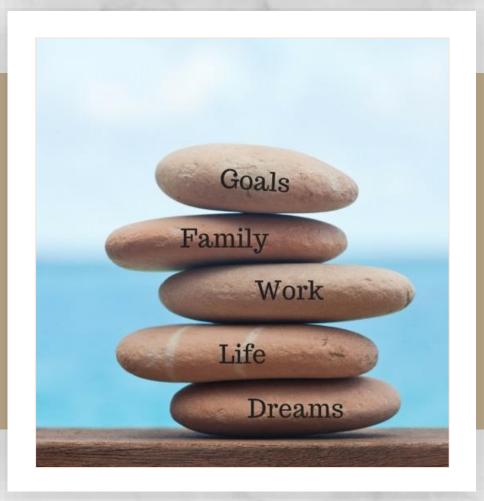
Listed as one of "The 25 Most Influential Business Management Books" by TIMES

74 Commitment

Through actualizing the 7 habits, you will enhance your effectiveness, be it at work, or your personal life.

Question:

What would you want to change most in your workplace, and your personal life, in order to enhance effectiveness?

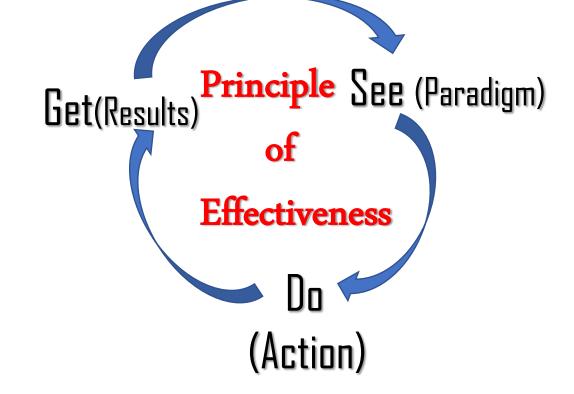






The next question will be:

How is habits cultivated? And how do we change them?







Character Ethics

150 years

Personality Ethics

Past 50 years, till present times Pre-1920s

Post 1920s



Integrity
Humility
Courage

Personality Ethic

Public Image
Attitude
Personality



Ain Husniza #MakeSchoolASaferPlace



#MakeEarningMy\$\$ASafetyNET

Something about Cyber bully....

When we come across a controversial news via Social Media:

E.g: The case of Ain's protest of sexual Harassment... what do you do?

1. Lots of people wants to be hero image first above
anything else!

Personality Ethic

3. Just wants to show off....

2. Wants to be 'the first' to roll out the news - be the center of attraction

1. Just wants to show off etc etc...

Something about Cyber bully....

Or Do We ...

Is this news true? (integrity)

Character Ethic

2. Who really IS the victim here?

(has the wisdom to weigh
3. If it's not true, or if I have yet to study in

the situation)

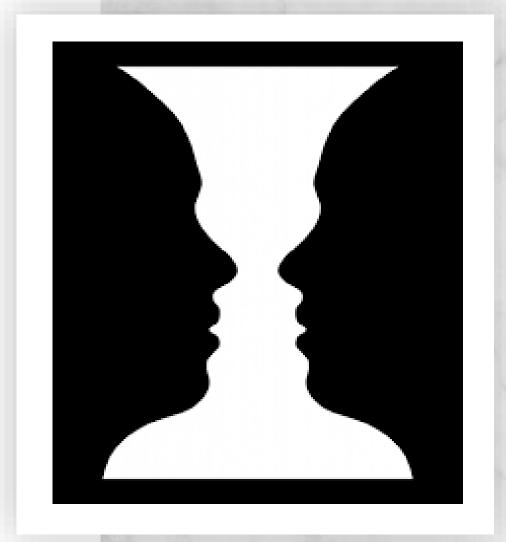
details and drill into the truth of the matter,

what would I do now? (being responsible)

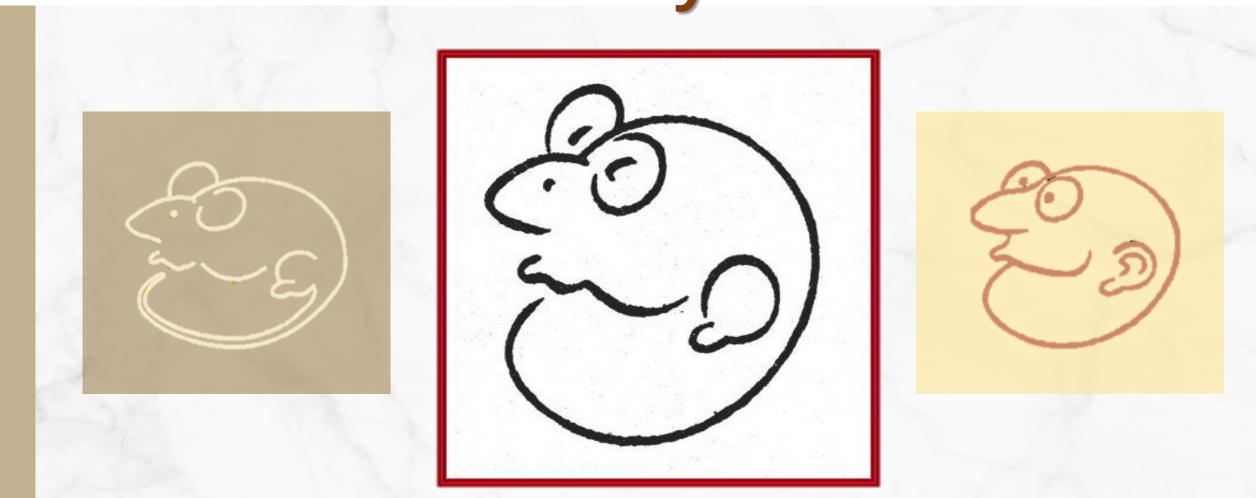
1. Just wants to show off etc etc...

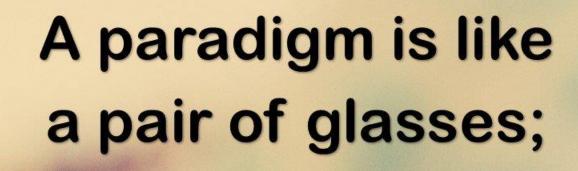
There's 2 ways we see the world:

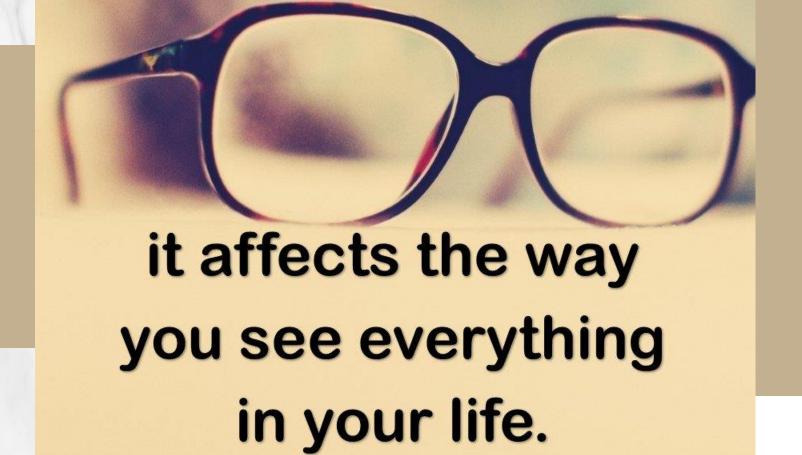
- 1. The world as it is, and
- 2. The world based on our own personal value.



What do you see?







Questions

Think about an incident that made you do a paradigm shift (eg something dramatic, an incident allowing you to receive new info etc)

What was it like? What kind of scenario were you in?

What did you learn from it, which totally influenced your paradigm?

How did it affect your actions (habits) after that?

7 Habits of highly effective people

Habit 7 Sharpen The Saw

Habit 6 Synergize

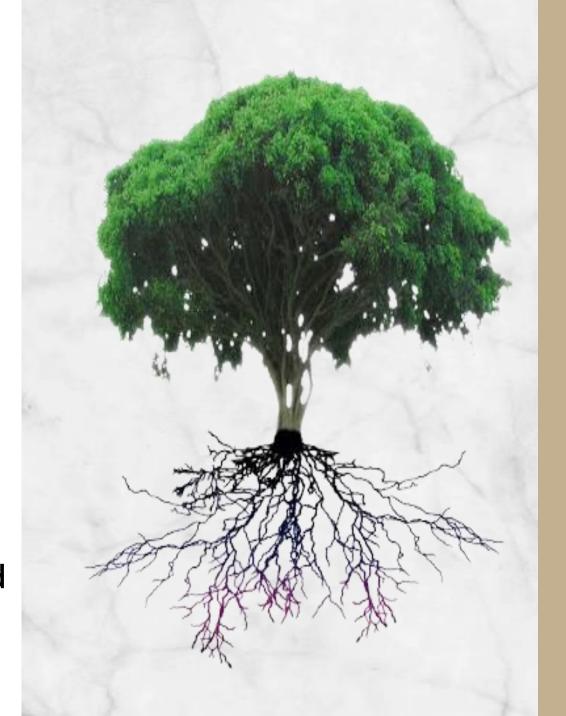
Habit 5 Seek First To Understand,
Then To Be Understood

Habit 4 Think Win-Win

Habit 3 Put First Things First

Habit 2 Begin With The End In Mind

Habit 1 Be Proactive



INTERDEPENDENCE

Habit 5

Seek first to understand, then to be understood

Public Victory

Habit 6
Synergize

Habit 4

Think win-win

INDEPENDENCE

Habit 3

Put first things first

Habit 1

Be Proactive

Private Victory

Habit 2

Begin With The End In Mind

DEPENDENCE

Habit 7 Sharpen The Saw

HABI

P/PC Balance Production Production Capability

Habit #1: Be Proactive



Principles guiding Habit #1:

Responsibility, choices, ownership, proactive and wisdom.

"Life is 10% what happens to me and 90% of how I react to it."

- Charles Swindoll



Stimulus

Response

Stimulus

Freedom To choose

Response

The 4 Unique Human Gifts

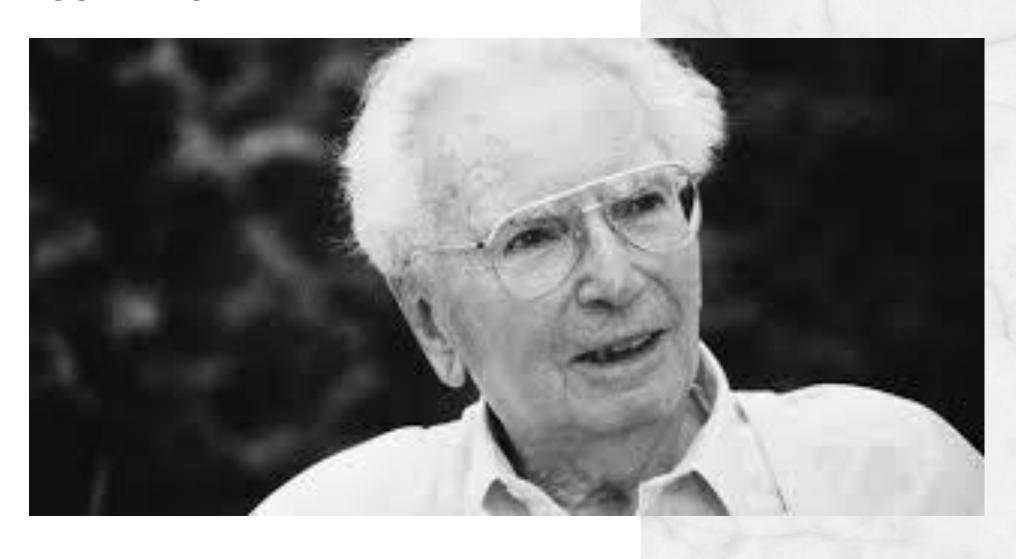
Selfawareness

Imagination

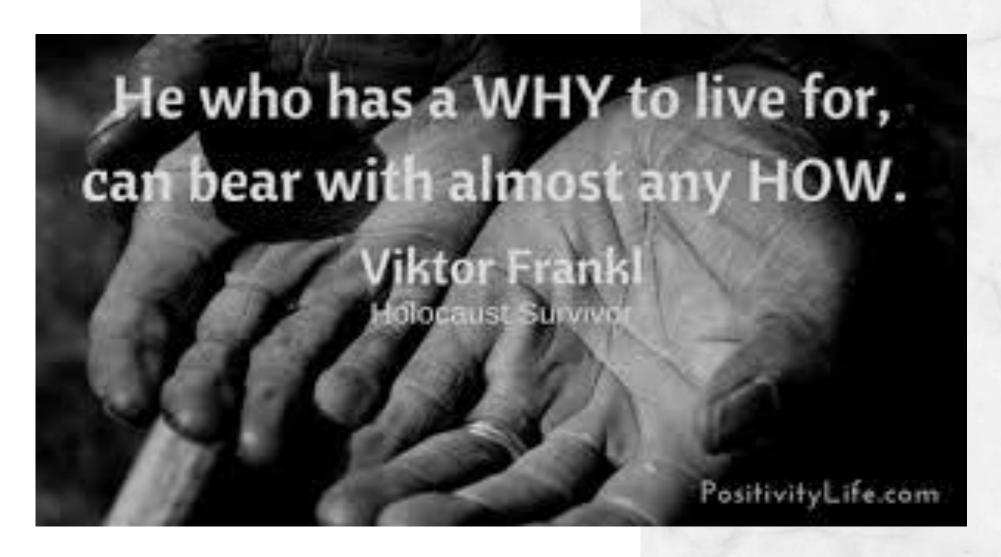
Conscience

Independent will

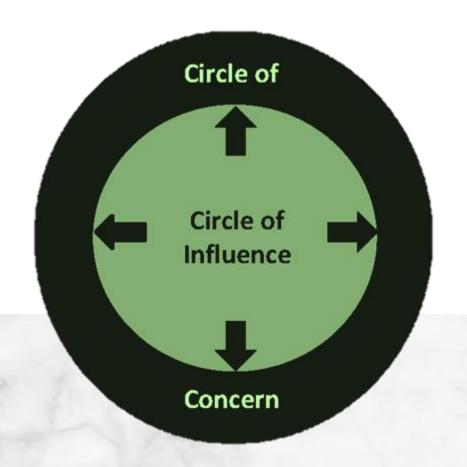
Viktor Frankl



Victor Frankl

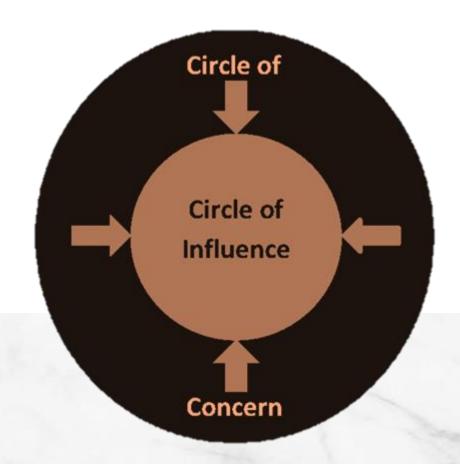


Let's touch on Response-able again...





Positive energy enlarges Circle of Influence



Reactive Focus

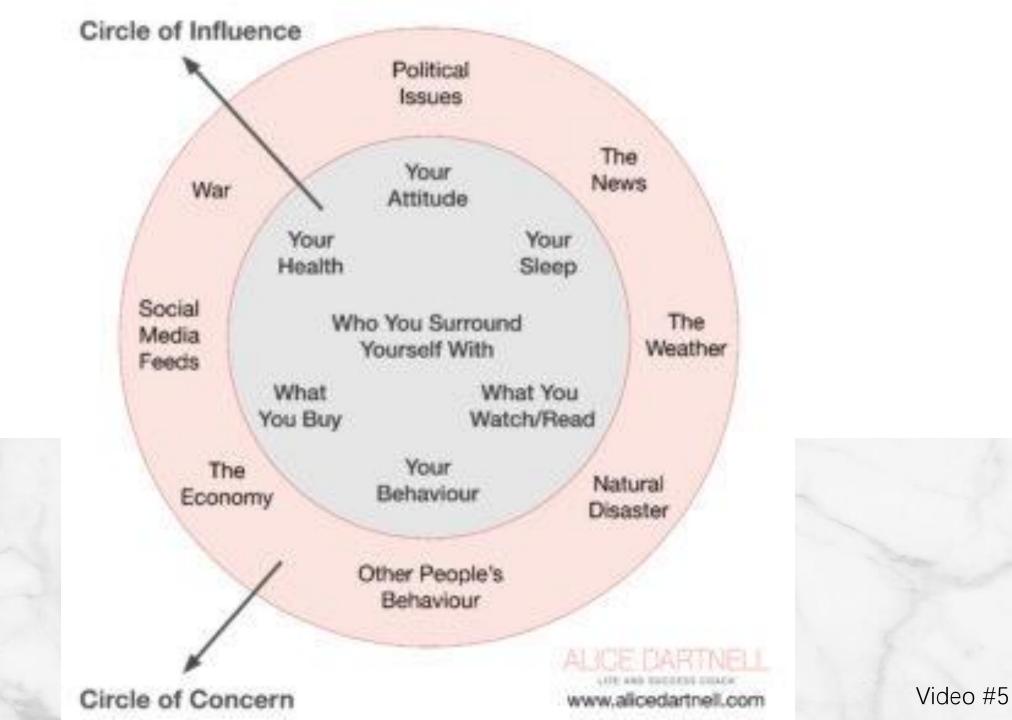
Negative energy reduce Circle of Influence





Circle of Influence

Doing Exercise
Maintain a healthy diet
Wear a mask
Keep a social distance when in public
Read, read and read (positive vibes)!!!!



RecaP: In the 1st workshop, we touched upon:

- 1. Character vs Personality ethics
- 2. Paradigms– how it affects we see the world (and the habit we cultivate due to it)
- 3. Intro to the 7 Habits
- 4. Concept of Goose (PC) vs Golden Egg (Production)
- 5. Habit #1: Be Proactive
- 6. Stimulus vs Response
- 7. The 4 unique Human's gift via Victor Frankl story
- 8. Self Awareness, Imagination, Conscience, Independent will
- 9. Circle of Influence vs Circle of Concern



Next up...

Habit #2
Begin with the End in Mind

STAY TUNE >

