Name:	Hour:
	110011

### Habit 4: Think Win-Win



Definition:
<b>Directions</b> : Create a S.M.A.R.T. goal about having a think win-win attitude for the next two weeks.
Goal: In the next two weeks, I plan to

I plan to ACCOPMLISH this by...

- 1. Identifying my current attitude and explaining why I am struggling with having a win-win attitude
- 2. Determining what I need to do to start thinking win-win
- 3. Thinking win-win and documenting my progress with self-reflection

## **Identify Present Attitude**

What type of outlook on life do you have now (Win-Lose, Lose-Win, Lose-Lose)? Why do you think you struggle with thinking win-win? Are there specific situations that cause you to think Lose-Win, Win-Lose,
or Lose-Lose? How has your previous attitude affected your life?
Creating Success
Describe three new behaviors that you could start doing to successful think win-win.
1.)
1.)
2.)
3.)

#### **Taking Action and Reflecting**

**Directions:** For the next two weeks you will practice your S.M.A.R.T. goal by using your three new behaviors to help you think win-win. As you work on this habit you are responsible for journaling your progress.

#### **Answer the Following in your Journal Entry:**

- -Describe how you worked on your S.M.A.R.T. goal during week 1.
- -During week 1, how did you remind yourself to work on your goal? (If you forgot, how can you remind yourself for week 2?)
- -Were you successful at thinking win-win? If yes, provide proof. If no, explain what you can do for week 2 to achieve success.

Journal: Week 1				
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#### **Answer the Following in your Journal Entry:**

- -Describe how you worked on your S.M.A.R.T. goal during week 2.
- -ANSWER IF SUCCESSFUL: Were you successful at thinking win-win? If yes, provide proof. Do you think these new behaviors could be something that you continue to use consistently? Explain.
- -ANSWER IF NOT SUCCESSFUL: If you were <u>not</u> successful, why do you think you continue to struggle and what would it take for you to start making better choices?

urnal: Week 2					
	LUDE ALL THE QU	IFSTIONS AROVI	 F IN MY IOURN	AI FNTRY?	

# Rate your Achievement

**Directions:** If you had to rate how well you achieved your goal on a scale from 1 - 10, what would you give yourself? (1 = Did not achieve it 5 = I tried, but I still need work 10 = I did it  $\odot$ )

1 2 3 4 5 6 7 8 9 10