

Name: _____

Hour: _____



Habit 6: Synergy

Definition: _____

Directions: Create a S.M.A.R.T. goal about improving your ability to create synergy.

Goal: In the next two weeks, I plan to _____
_____.

I plan to **ACCOPMLISH** this by...

1. Explaining why I need to work on synergy
2. Determining what I need to do to get closer to synergy
3. Using synergy with others and documenting my progress with self-reflection



Reason for Improvement

What prevents you from achieving success with others? What specific areas do you need to improve on to be more successful when working with others? Why is improving on this habit important to you?

Creating Success

Describe three new behaviors that you could start doing to successfully work with others.

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 create synergy with others. 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 synergy? If yes, provide proof. If no, explain what you can do for week 2 to achieve success?

Journal: Week 1

This image shows a single sheet of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

DID I INCLUDE ALL THE QUESTIONS ABOVE IN MY JOURNAL ENTRY?

Answer the Following in your Journal Entry:

- Describe how you worked on your S.M.A.R.T. goal during week 2.

-ANSWER IF NOT SUCCESSFUL: If you were not successful, why do you think you continue to struggle and what would it take for you to start making better choices?

This image shows a single sheet of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page. There are approximately 20 lines visible. The paper has a slight shadow on the right side, suggesting it's resting on a surface. There is no handwriting or other markings on the paper.

Rate your Achievement

1 2 3 4 5 6 7 8 9 10