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The 7 Habits of Highly Effective Families by Stephen Covey

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The 7 Habits of Highly Effective Families

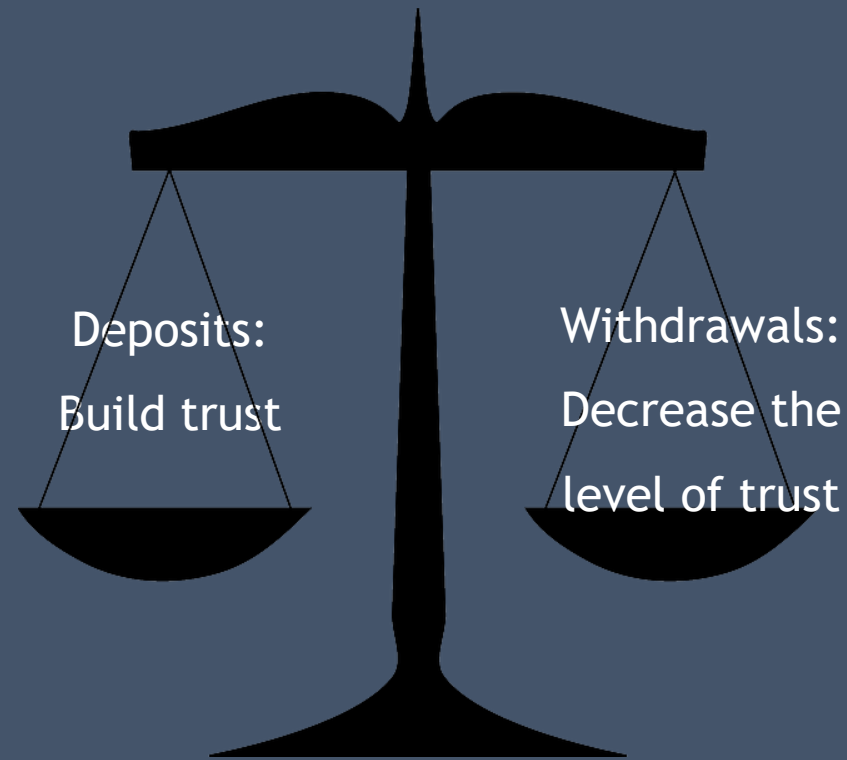
By Stephen Covey

Presented by Dr. Trevor O'Reggio



Habit #1—Be Proactive

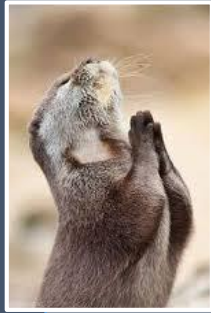
Make Deposits in the Emotional Bank Account



- Balance in the account determines how well you can communicate and solve problems with another person.
- One of the great things about being proactive is that you can choose to make deposits instead of withdrawals



Examples: Deposits into the Bank



“Please”



“Thank You”



“You Go First”

Habit #2—Begin with the End in Mind

Step 1

Explore what your family is all about



Step 2

Write your family mission statement



Step 3

Stay on track



Habit #3—Put First Things First

Sun	M	T	W	TH	F	Sat
	4:15 	7p-Family Night	6p Grow group	5:30-music 	Business trip for dad	Church
12:30 Pathfinder fundraiser	3:30 basketball 	7p-Family Night	6p Grow group	5:30-music 	1p 	Church
Mom runs in <i>Riverwalk</i> 5k 	4:15 	7p-Family Night	6p Grow group	5:30-music 		Church 8p volleyball tournament
11:45a Dinner with grandparents	3:30 basketball 	7p-Family Night	6p Grow group	5:30-music 	7:30 Adventurer vespers	Church

4 Main Points

1. Planning
2. Problem-solving
3. Teaching
4. Fun

Habit #4—Think Win-Win



Mutual Respect

- ▶ Understanding
- ▶ Creative cooperation
- ▶ Mutual respect



Negative Emotions

- ▶ Competition
- ▶ Criticism
- ▶ Blaming
- ▶ anger

Habit #5—Seek First to Understand...then to be Understood

Listen with empathy and try to see things as the other person sees it.



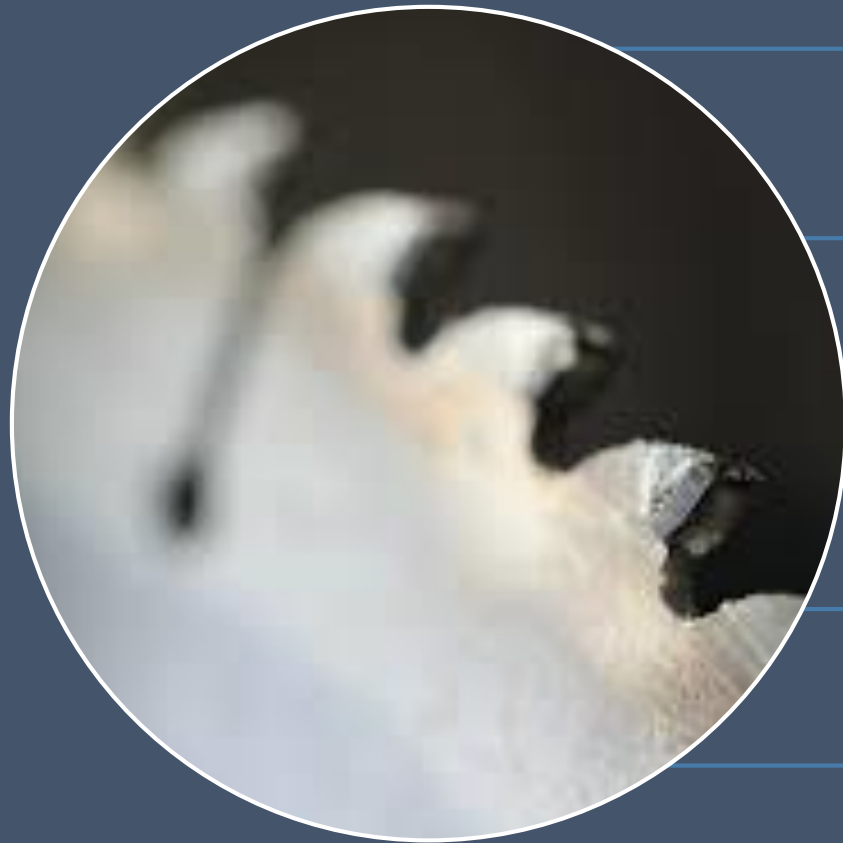
Habit #6--Synergize

$$1 + 1 = 3$$

- ▶ 1+1=3 (or more)
- ▶ Celebrate differences in the family.
- ▶ The fact that you see things differently should be a strength not weakness in the relationship
- ▶ Law of Synergy: our combined efforts are more than the sum total of our individual efforts.- two oxen



Habit #7—Sharpen the Saw



Family
vacation



Worship
together



Serve
together

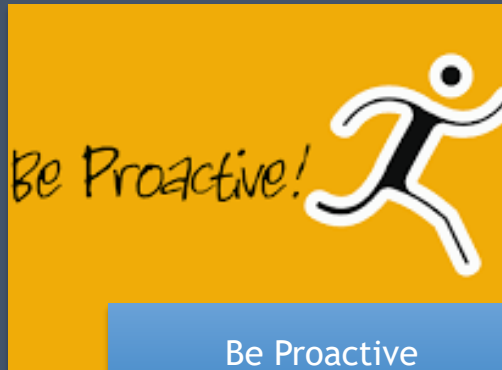


Work
together

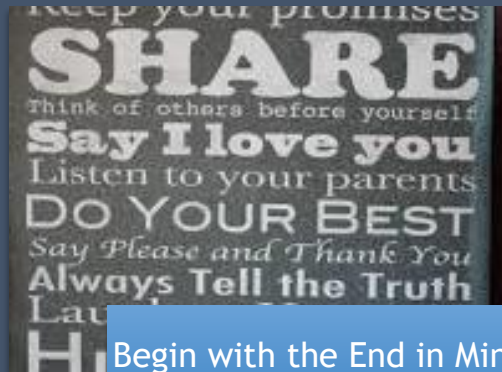


Family
activities

Cultivate all of the six habits



Be Proactive



Begin with the End in Mind



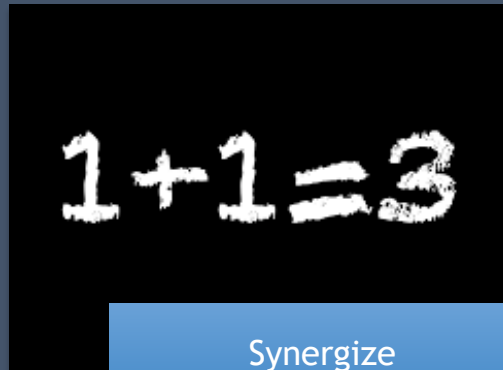
Put First Things First



Think Win-Win



Seek First to Understand.
... then to be Understood



Synergize



Sharpen the Saw