

What is a paradigm?

We all see the world through different 'glasses.' This is known as a paradigm. Our 'glasses' affect the way we behave. Sometimes it is good to take our glasses off, try a new pair on for a while and notice how we see and behave differently.

What is a habit?

A habit is a learned behaviour, something we do without thinking about it, like folding our arms in a particular way or saying please and thank you. When we begin to change a habit it can feel uncomfortable, but we can all change and create new, positive habits if we choose to!

Habit 1: Be Proactive



We are responsible for our own learning and actions.

- Have a 'can do' attitude and try our best in everything we do.
- Stop, think and make good choices.
- Take responsibility for our actions and outcomes.

Habit 2: Begin with the End in Mind



We plan ahead and set goals.

- Set a goal.
- Make a plan on how to meet that goal.
- Persevere when things get tough.

Habit 3: Put First Things First



We focus and concentrate on work first and then play.

- Do the important things first.
- Stay focused and concentrate.
- Manage challenges and distractions along the way.

Habit 4: Think Win-Win



We are positive, resilient and work with others to solve problems creatively.

- Look for solutions to problems.
- Think about solutions in which everyone can be successful.
- Be kind and respectful, use courage and consideration when communicating and working together.

Habit 5: Seek First to Understand, Then to Be Understood



We listen first and then talk. We respect ourselves and others and celebrate our global community.

- Listen to other people's ideas and feelings without interrupting.
- Share own opinions and ideas without raising our voices.
- Try to understand views and opinions of others even though they may be different to our own.

Habit 6: Synergize



We work and learn together and take pride in our achievements and environment.

- Communicate and listen carefully to others.
- Value other people's strengths and talents and learn from them.
- Know that we can get more done and create better ideas and solutions when working in a team.

Habit 7: Sharpen the Saw



We know how to look after ourselves and be the best that we can be.

- Take care of ourselves, look after our heart, mind, body and spirit.
- Balance time between school, out of school activities, family and friends.
- Enjoy learning new skills, always seek ways to become a better person.

An Emotional Bank Account



Imagine we all have a personal bank account inside. Actions such as being kind and patient, greeting people and spending time with our friends and families can all lead to deposits into our own and others personal bank accounts. Actions such as interrupting people when they are speaking, checking our phones when someone is talking, shouting or being unkind can all lead to withdrawals from personal bank accounts. When we realise we are making these withdrawals, we need to change our actions and replace the withdrawals with deposits.

A Guide to 'The Leader in Me' 2020 - 2021

This year, staff and children at the Queens' Federation have continued to develop their use of the 'Seven Habits of Effective People.' The seven habits are now incorporated into all aspects of school life. Our aim is to develop skills that will promote learning for life and develop leaders of the future.

If you would like to learn more about 'The 7 Habits,' you may like to read Stephen Covey's 'The 7 Habits of Highly Effective People' or 'The 7 Habits of Highly Effective Families' or Sean Covey's 'The 7 Habits of Happy Kids.'

Additionally, please look on our school website for more information.