



# THE 7 HABITS of Highly Effective People®

*Military Suite for Strong Individuals & Families*

How do Service Members and Families build individual readiness, resilience, and crucial life skills?

## The Challenge

Serving your country is one of the most noble things you can do. It can also pose unique challenges. In addition to the routine difficulties of life that all people face, Service Members must deal with the stress of deployment, separation from loved ones, and the realities of combat. Unmanaged stress can potentially lead to high-risk behaviors affecting individual readiness and unit mission success. However, with the right education, Service Members can develop the vision, character, and skills to empower themselves and their families to thrive.

## Solution: *The 7 Habits® Military Suite for Strong Individuals & Families*

The Suite includes custom courses—for Service Members, for Soldiers, for Marriage, and for Military Families—each providing a holistic approach to developing foundational character and life skills. This leads to greater resilience and deeper relationships in your personal life, as a family member, and as a Service Member, helping your unit achieve superior results. Based on Stephen R. Covey's best-selling book *The 7 Habits of Highly Effective People*, this Suite was custom built for Army BSRT, Air Force Strong Bonds, and Navy CREDO, and has since impacted the lives of 1M+ service members and families.

For Service Members



For Soldiers



For Marriage



For Military Families



### Learning Outcomes

- Take initiative
- Create a vision for your future
- Prioritize the most important activities
- Build high-trust relationships
- Listen and communicate effectively
- Solve interpersonal problems
- Build a successful family culture
- Lead a healthy, balanced life

### What's Included

Each course contains 7-14 hours of world-class content that can be taught in a 1-2 day workshop or in 1-hour modules by a certified facilitator. Certification is available for organizations. Courses include:

- A comprehensive guidebook
- Award-winning videos
- Inspiring activities & role plays
- The 7 Habits planning calendar
- *The 7 Habits of Highly Effective People* or *Families* paperback book (optional for purchase)

## Core Competencies

### Habit 1: Be Proactive®

- Take initiative.
- React less, choose more; take responsibility for your actions and make decisions based on values.
- Choose to stay within your Circle of Influence.

### Habit 2: Begin With the End in Mind®

- Define mission and values.
- Create a vision for the future.
- Set measurable and achievable goals.
- Focus on desired outcomes.

### Habit 3: Put First Things First®

- Focus on the most important activities.
- Apply effective planning and time-management skills.
- Use planning tools effectively.
- Build a nurturing family culture.

### Habit 4: Think Win–Win®

- Build high-trust relationships.
- Build effective teams.
- Practice conflict-resolution.
- Think in terms of mutual benefit.

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

- Seek first to listen with the intent to understand the thoughts and feelings of others.
- Then seek to effectively communicate own thoughts and feelings.
- Overcome communication pitfalls.
- Diffuse emotionally charged situations.

### Habit 6: Synergize®

- Value differences in others and build on strengths.
- Apply effective problem solving.
- Collaborate with others to reach synergistic solutions.
- Increase maturity from independence to interdependence.

### Habit 7: Sharpen the Saw®

- Achieve life and work balance.
- Apply continuous improvement.
- Take care of your whole-person: body, heart, mind, and spirit.
- Build resilience through self-renewal.

“Habits are powerful factors in our lives. Because they’re consistent, often unconscious patterns, they constantly, daily express our character and produce our effectiveness... or ineffectiveness.”

—Dr. Stephen R. Covey

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