

7 Habits Printable Worksheets

This worksheet prompts you to reflect on the four key dimensions of your nature: physical, mental, social/emotional, and spiritual. Ask yourself the questions below to see how much you need to do to form each habit. Write down the answers to each one.

HABIT 1: BE PROACTIVE

Do I take charge of my own success?

Do I blame others?

Do I learn from my mistakes?

How can I be more proactive?

HABIT 2: BEGIN WITH THE END IN MIND

What are my goals?

Do I compromise my goals just to make things easier?

HABIT 3: PUT FIRST THINGS FIRST

Are my priorities straight?

How do I focus on the important, not just the urgent?

HABIT 4: THINK WIN / WIN

Do I step on others just for my own success?

How do I build trust with co-workers and create mutual benefits?

HABIT 5: SEEK FIRST TO UNDERSTAND, THEN TO BE UNDERSTOOD

Are my own thoughts and opinions more important than others?

How well do I understand others and communicate my thoughts?

HABIT 6: SYNERGIZE

Am I better alone, and am I better than other people?

What are the possible great things I could achieve if I work with others?

How do I synergize with others to find better ways of doing things?

HABIT 7: SHARPEN THE SAW

Do I invest time in sharpening the saw and improving myself?

Do I invest time in maintaining my own health in body, heart, mind, and soul?

What are things I can do to keep myself in top performance?