

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	
Reflect	Answer and actions I can take
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	
Reflect	Answer and actions I can take
What are my goals?	
Do I compromise my goals just to make things easier?	

Habit 3: Put first things first

Reflect	Answer and actions I can take
Are my priorities straight?	
How do I focus on the important, not just the urgent?	

Habit 4: Think win / win

Reflect	Answer and actions I can take
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

Reflect	Answer and actions I can take
Are my own thoughts and opinions more important than others?	
How well do I understand others and communicate my thoughts?	

Habit 6: Synergize

Reflect	Answer and actions I can take
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

Reflect	Answer and actions I can take
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?	