

7 Habits Journal Assignments

You will do 3 journal entries, as described below. Each journal entry should be completed either in Notability or Pages and turned in as a PDF in the correct folder on Showbie. If you choose to do the entries by hand, take a picture and put them in Showbie (or have Ms. Hagen do this for you.) Each entry should be at least 2 paragraphs long.

Journal Entry #1: **Due Wednesday, 1/7 (A) or Thursday, 1/8 (B)

Part 1: Explain what paradigms, principles and habits are. Prove to me that you understand each one.

Part 2: How do these terms relate to your life? Please write about all three—habits, paradigms, and principles. What are positives that you think enhance your life? What are negatives you might want to change?

Journal Entry #2: **Due Friday, 1/9 (A) or Monday, 1/12 (B)

Part 1: Explain Habits 1, 2, and 3—the private victory habits. Prove to me that you understand each one.

Part 2: Think about these habits in your own life. Which are strengths for you? Which could use some improvement? How might living these habits change your life?

Journal Entry #3: **Due Thursday, 1/15 (A) or Friday, 1/16 (B)

Part 1: Explain Habits 4, 5, and 6—the public victory habits. Prove to me that you understand each one.

Part 2: Think about these habits in your own life. Which are strengths for you? Which could use some improvement? How might living these habits change your life?

