



The 7 Habits

Introduction:

The 7 habits of highly effective people book which was written by Stephen R. Covey's bestselling written works. These 7 habits is a successful Signature Program can help your company achieve high sustainable results by focusing on making individuals and leaders more successful. 7 Habits training improves basic efficiency for everyone from temporary recipients to top level managers. Participants gain more experience, using timeless principles that bring greater productivity, improved communication, stronger relationships, growing influence, and laser-focused focus on key priorities. These habits guarantee success and high achievement in any field which is dreamt by a person.

Definition:

The 7 habits are well defined by Stephen R. Covey. He worked for years and gives you a perfect schedule to how to indulge our lives into these habits and give an altogether new look to your success route.

Details:

The details to all these most important 7 habits are written below for you to check them out:

1: Grind the saw:

Try to look for the long-term settlement and always try to take the affordable lifestyle. Being energetic every time is very time. It will help you to grab any opportunity in a go and faster than others.

2: Be Proactive:

You have a natural desire to exercise influence in the world around you so do not waste your time just reacting to events and external circumstances. Take the reins and commit to your life and always be ready to take responsibility.

3: Start with an expected end in the mind:

Always keep a vision in your mind. Don't work without any aim in life. Work in the way which helps to make your future better. Never look to take easy chances and timely opportunities.

4: First thing first:

Work in a proper way and take step-by-step way. Put the things first which is important for the start and then do other things later at their own time. Don't do things that are less important and that have no value for the future. Work by keeping a vision of future in your mind.

5: Think of win:

Always try to build long lasting relationship with the others. Work in a way that benefits all the parties and don't work for personal matters always.

6: First try to understand, then to be understood:

Don't jump to conclusions at the first go. First understand the problem and then take the right steps to solve it. First listen to the problem and person and then seek for possible recommendations.

**7: Synergize:**

Embrace the principle that in the group, the contributions of the masses will far exceed those of any individual. This will help you to reach goals that you would not otherwise be able to achieve.

Examples:**Sharpen the saw:**

It is like two people have given the task of chopping the tree. One is given sharpened the axe and other one is given an axe without it. Person 1 will chop out the tree in less time and other one isn't. This is same in real life problems.

Be proactive:

A person who is looking for future success and always works according to possible outcomes is proactive

Expected end in the mind:

A person starts a business and he makes the list of pros and cons of expected results. It might give him some profit or loss in either way.

First things first:

A good example is the big goal of rock-small rock. Think of your life as a pot. If you place large stones first, small stones will settle in the cracks, allowing them to enter the pot. It's like how emergencies work with great tasks in real life.

Think of win:

Some examples of win-win situations are; providing better benefits. Positive benefits like Health Insurance, paid vacation time, and the system of 200k giving to your employees more motivation to stay with your company. This is an effective formula for happy and loyal employees at work.

Understand and being understood:

Just think that you are going to an eye specialist because you have a vision problem. You first explain your problem to an eye doctor, and he immediately takes off his glasses and tells you to try them.

Synergize:

Mating occurs naturally when a herd of geese heads south in winter. They fly V-shaped because of the lift, the whole herd can fly farther than each bird alone.

Sources:

- 1: <https://www.leaderinme.org/the-7-habits-of-highly-effective-people/>
- 2: <https://www.blinkist.com/magazine/posts/read-seven-habits-highly-effective-people-3-minutes>
- 3: <https://www.richfieldpsa.net/the-leader-in-me-7-habits-of-highly-effective-people/>
- 4: <https://www.simonandschuster.com/books/The-7-Habits-of-Highly-Effective-People/Stephen-R-Covey/9781982137137>