

Name: \_\_\_\_\_

Hour: \_\_\_\_\_

## Habit 4: *Think Win-Win*



Definition: \_\_\_\_\_

**Directions:** Create a S.M.A.R.T. goal about having a think win-win attitude for the next two weeks.

**Goal:** In the next two weeks, I plan to \_\_\_\_\_

I plan to **ACCOPMLISH** this by...

1. Identifying my current attitude and explaining why I am struggling with having a win-win attitude
2. Determining what I need to do to start thinking win-win
3. Thinking win-win and documenting my progress with self-reflection

## Identify Present Attitude

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*What type of outlook on life do you have now (Win-Lose, Lose-Win, Lose-Lose)? Why do you think you struggle with thinking win-win? Are there specific situations that cause you to think Lose-Win, Win-Lose, or Lose-Lose? How has your previous attitude affected your life?*

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## Creating Success

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*Describe three new behaviors that you could start doing to successful think win-win.*

1.) \_\_\_\_\_  
\_\_\_\_\_

2.) \_\_\_\_\_  
\_\_\_\_\_

3.) \_\_\_\_\_  
\_\_\_\_\_



**Answer the Following in your Journal Entry:**

-Describe how you worked on your S.M.A.R.T. goal during week 2.

-**ANSWER IF SUCCESSFUL:** Were you successful at thinking win-win? If yes, provide proof. Do you think these new behaviors could be something that you continue to use consistently? Explain.

-**ANSWER IF NOT SUCCESSFUL:** If you were *not* successful, why do you think you continue to struggle and what would it take for you to start making better choices?

**Journal: Week 2**

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*DID I INCLUDE ALL THE QUESTIONS ABOVE IN MY JOURNAL ENTRY?*

***Rate your Achievement***

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**Directions:** If you had to rate how well you achieved your goal on a scale from 1 – 10, what would you give yourself?      (1 = Did not achieve it    5= I tried, but I still need work    10 = I did it 😊 )

- 1
- 2
- 3
- 4
- 5
- 6
- 7
- 8
- 9
- 10