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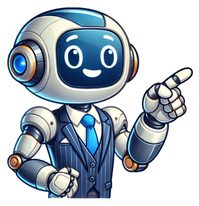

Image not available forColor: To view this video download Flash Player P.ID : 71222 Instantly Access Templates in PowerPoint Stephen R. Covey's "7 Habits of Highly Effective" offers timeless personal development wisdom. These essential habits empower individuals with personal development tips for success, emphasizing proactivity, effective prioritization, and nurturing mutually beneficial relationships. Encouraging holistic personal and professional growth, these habits guide individuals in aligning actions with values, setting clear goals, and sharpening problem-solving skills. Our 7 Habits of Highly Effective People PowerPoint Presentation simplifies the presentation of these transformative principles, ideal for workshops, training sessions, or personal development seminars. With an appealing design that reflects these principles and editable slides, this template enables presenters to communicate personal development tips with professionalism and clarity, fostering a culture of effectiveness and fulfillment.Features of the template:100% customizable slides and easy to download.Slide are available in different sizes.They can be easily edited.The slide contains 16:9 and 4:3 formats.Easy to change the colors of the slide quickly.Highly compatible with PowerPoint and Google Slides.Well-crafted template with an instructional layout. May Also Like These PowerPoint templates The 7 Habits of Highly Effective People Presentation by Alison Begley, University of Cincinnati The Principles Established in Stephen R. Covey's book are supposed to help a person achieve their personal "effectiveness". Covey argues this is achieved by aligning one's actions with what he calls "true north"—principles of a character ethic that, unlike values, he believes to be universal and timeless. The book presents the principles in four sections. Paradigms and Principles. Here, Covey introduces the basic foundation for the creation of the habits. Private Victory. Here, Covey introduces the first three habits intended to take a person from dependence to independence, or one's ability to be self-reliant. You must be able to win your public victories first, before you can be able to win your public victories first, how can you feel good about yourself and still work on habits... Public Victory. Here, Covey introduces habits four through six which are intended to lead to interdependence, the ability to align one's needs and desires with those of other people and create effective relationships. Renewal. Here, Covey introduces the final habit which directs the reader to begin a process of self-improvement. Be Proactive Principles of Personal Vision The word proactive means that we are responsible for our own lives. Our behavior is a function of our decisions, not our conditions. We can subordinate feelings to values. We have the initiative and the responsibility to make things happen. Highly proactive people recognize that responsibility. They do not blame circumstances, conditions, or social conditioning for their behavior. Their behavior is a product of their own conscious choice, based on values, rather than a product of their conditions, based on feeling. Proactive people are still influenced by external stimuli but their response, conscious or unconscious, is a value based choice or response. Begin with the end in mind Principles of Personal Leadership Begin today with the image, picture, or paradigm of the end of your life as your frame of reference or the criterion by which everything else is examined. Each part of your life—today's behavior—can be examined in the context of the whole, of what really matters most to you. By keeping that end clearly in mind, you can make conscious choices to make your life contributes in a meaningful way to the vision you have of your life as a whole. To begin with the end in mind means to start with a clear understanding of your destination. It means to know where you're going so that you better understand where you are now and so that the steps you take are always in the right direction. 2Put First Things First 3 Principles of Personal Management Habit 1 says that you are the programmer. Habit 2 says to write the program. Habit 3 says to run the program. Living it is primarily a function of our independent will, our self-discipline, our integrity, and commitment—not to short-term goals and schedules or to the impulse of the moment, but to the correct principles and our own deepest values, which give meaning and context to our goals, our schedules, and our lives. Organize and execute around priorities. Think Win/Win Principles of Interpersonal Leadership Win/Win is a frame of mind and heart that constantly seeks mutual benefit in all human interactions. Win/Win means that agreements or solutions are mutually beneficial, mutually satisfying. With a Win/Win solution all parties feel good about the decision and feel committed to the action plan. Win/Win is a third alternative. It's not your way or my way, it's a better way. Win/Win can't be found if both parties don't agree to disagree agreeably—No Deal. Anything less than Win/Win in an interdependent reality is a poor second best that will have an impact in the long term relationship. The cost of that impact needs to be carefully considered. If you can't reach, or negotiate, Win/Win, you're very often better off to go for No Deal. 4Seek First to Understand, Then to Be Understood Principles of Empathic Communication Listening with the intent to understand is called empathic listening. Empathic listening gets inside another person's frame of reference. You look out through it, you see the world the way they see the world, you understand their paradigm, you understand how they feel. Empathy is not sympathy. Empathic listening involves much more than registering, reflecting, or even understanding the words that are said. You aren't just listening with your ears, but also with you eyes and your heart. Empathic listening is so powerful because it gives you accurate data to work with. When you present your own ideas be clear, specific, visual, and most important, contextual—in the context of a deep understanding of the other person's paradigms and concerns. You will significantly increase the credibility of your ideas. What you're presenting may even be different form what you had originally thought because in you effort to understand, you learned. 5Synergize Principles of Creative Cooperation Synergy is the essence of principle-centered leadership. It catalyzes, unifies, and unleashes the greatest power within people. Simply defined, it means that the whole is greater than the sum of its parts. Without doubt, you have to leave the comfort zone of base camp and confront an entirely new and unknown wilderness. You become a trailblazer, a pathfinder. You open new possibilities, new territories, new continents, so that others can follow. The essence of synergy is to value differences—to respect them, to build on strengths, to compensate for weaknesses. 6Sharpen the Saw Principles of Balanced Self-Renewal Habit 7 is preserving and enhancing the greatest asset you have, your self. It means to sharpen the saw in all four areas of your nature: physical, spiritual, mental, and social/emotional. It means to wise and prudently manage your energy in ways that are balanced and renewing. Take the single most important thing you can do to sharpen the saw in each area and make it a habit. Find your voice, and inspire others to find theirs Submitted by Allison Begley 0 ratings0% found this document useful (0 votes)881 viewsThe document introduces Stephen Covey's concept of a maturity continuum that individuals move through from dependence to independence to interdependence. It outlines three stages of maturity...SaveSave The 7 Habits of Highly Effective People For Later0%0% found this document useful, undefined BeingGuru is a Freelancing, motivation and technology blog. The website covers latest technology news, showcases videos to teach freelancing and writes about motivation... Subscribe LinkedIn Newsletter Back to Top 7 Habits of Highly Effective People HABIT 6 (HABIT OF CREATIVE COOPERATION)Interdependence 7 Seek to understand Before to be understood Synergize 6 Public Victory Think Win-Win 4 Independence 3First Things First PrivateVictory 2 Begin with End in Mind 1Be Proactive DependencePARADIGM • INEFFECTIVE: Its either your way or my way or a compromise • EFFECTIVE: Together we can create a better way, a higher way • PRINCIPLE: "The whole is greater then sum of its parts"WHAT IS SYNERGY • In general, may be defined as two or more agents working together to produce a result not obtainable by any of the agents independently. • The term synergy comes from the ancient Greek word syn-ergos, συνεργός, meaning 'working together' • Synergy is the ability of group to outperform even its best individual member. Synergy in Business • To achieve synergy in business requires that people become open and authentic. • When we open ourselves up to the influence of others, we gain new insights and facilitate the generation of ideas. SYNERGY&Co • Synergy is a process of interacting that helps people to see, hear, and feel things they could not see, hear, and feel by themselves. Positive energy • Encouraging and seeking different perspective openly enough to alter or complete your paradigm • Win win Cooperation • Having mutually agreed upon end in mind • Worth the effort and highly effective • A discipline process • A brainstorming free for all that leads nowhere • Accepting other ideas as full truth • Win loose competition • Groupthink (Giving in to peer pressure) • always easy • Just a negotiation TechniqueTYPES OF INTERACTIONPractice Creative Cooperation • Synergizing is a creative process that explores new possibilities to benefit all parties involved. At its best it is a process that results in the third Alternative • Getting to Synergy Check Willingness Reflect View Points Create New Ideas MY Way Third Alternative Your WayPractice of Creative Cooperation • Check Willingness. Be willing to search for a solution that is better either of you has in mind • Reflect View Points. Restate the other view point to his or her satisfaction before you state your own • Create New Ideas. Propose and refine new ideas. Go back for further understanding until you arrive at third alternative.BEHAVIOR V/S RESULTS BEHAVIOR RESULT • Value and celebrate the differences • Practice Creative cooperation • Innovation and Invention • New and Better solution • Transformed relationships • Appreciation of diverse PerspectivesSam's Pizza Place (Synergy creates a standout) • Most Creative Pizza Place in the world • Sam own a franchise of 1 of the most largest Pizza chain. • Teenagers who worked after school or part time • 1 hour in Whole Week • What could we do this week that we have never done before. • Ground Rule: All suggestions are welcome • Week over week AccumulationSome Creative Idea's • Selling Hot Pizza's to customers as they drive by on their way home • They Give Away free pizza to every thirtieth sixth Customer. People line up and see is they can be a lucky lucky winner • Staffers get a break in the operation when they are recognized by name. • They give every week delivery an unexpected T- Shirt. Extra Canned Soda, a free salad • They send a pizza free birthday card to their neighborhood, selling that pizzas to people who they love. • Difference is excited staffers and mounting profits.THINGS TO DO • PLAN YOUR WEEK • Take 20 to 30 minutes to plan • Review missions and goals • Schedule the week.LIVE THE HABIT • One of your big rocks this week is to schedule the activities below • Live with Habit • Pick an issues at work or at home. A small one you can effectively address in a meeting. For example at your job, you might work with others to speed up the process, Cut costs on an activity, or resolve a resource issues. At home you could work with a family member to complete a household project or find ways to save money. When you are chosen you issue, meet with appropriate people(Your team your family members) and use the getting to synergy process and arrive at a solution better. Check Willingness Create idea Reflect view pointsFAMOUS QUOTATIONS The enemy of the best is good (Voltaire) If two people have the same opinion, one is unnecessary (Stephen R. Covey)FAMOUS QUOTATION DON'T EXPECT ANYTHING ORIGINAL FROM AN ECHO (DUNE MUNCY) ITS NOT YOUR WAY OR MY WAY IT'S A BETTER WAY, A HIGHER WAY Stephen R. Covey's book, The 7 Habits of Highly Effective People, has been a top seller for the simple reason that it ignores trends and pop psychology for proven principles of fairness, integrity, honesty, and human dignity. The book is a New York Times bestseller—with over 40 million copies sold. Celebrating its 30 years of helping people solve personal and professional problems, this special anniversary edition includes a new foreword and afterword written by Covey exploring the question of whether the 7 Habits are still relevant and answering some of the most common questions he has received over the past 30 years. Buy The 7 Habits of Highly Effective People From Amazon: 30th Anniversary Edition – Over 20 Million Copies Sold You can buy the book by clicking on the picture above. Here is the complete summary of the book divided into 4 habits. Habit 1: Be Proactive Be Proactive is about taking responsibility for your life. You can't keep blaming your parents or grandparents, your genetics, circumstances, conditions, or conditioning for their behavior. They know they choose their behavior. Reactive people, on the other hand, focus their time and energy on things they can't control. The problems, challenges, and opportunities we face fall into two areas–Circle of Concern and the Circle of Influence. Habit 2: Begin with the End in Mind Habit 2 is based on imagination–the ability to envision in your mind what you cannot at present see with your eyes. It is based on the principle that all things are created twice. There is a mental (first) creation and a physical (second) creation. The physical creation follows the mental, just as a building follows a blueprint. If you don't make a conscious effort to visualize who you are and what you want in life, then you empower other people and circumstances to shape you and your life by default. Habit 3: Put First Things First Habit 1 says, "You're in charge. You're the creator." Being proactive is about choice. Habit 2 is the first, or mental, creation. Beginning with the End in Mind is about vision. Habit 3 is the second creation, the physical creation. This habit is where Habits 1 and 2 come together. It happens day in and day out, moment by moment. It deals with many of the questions addressed in the field of time management. But that's not all it's about. Habit 3 is about life management as well-your purpose, values, roles, and priorities. What are "first things?" First things are those things you, personally, find of most worth. If you put first things first, you are organizing and managing time and events according to the personal priorities you established in Habit 2. Habit 4: Think Win-Win Think Win-Win isn't about being nice, nor is it a quick-fix technique. It is a character-based code for human interaction and collaboration. A person or organization that approaches conflicts with a win-win attitude possesses three vital character traits: 1- Integrity: sticking with your true feelings, values, and commitments 2- Maturity: expressing your ideas and feelings with courage and consideration for the ideas and feelings of others 3- Abundance Mentality: believing there is plenty for everyone Habit 5: Seek First to Understand, Then to Be Understood Communication is the most important skill in life. You spend years learning how to read and write, and years learning how to speak. But what about listening? What training have you had that enables you to listen so you really, deeply understand another human being? Probably none, right? Because you so often listen autobiographically, you tend to respond in one of four ways: Evaluating: You judge and then either agree or disagree. Probing: You ask questions from your own frame of reference. Advising: You give counsel, advice, and solutions to problems. Interpreting: You analyze others' motives and behaviors based on your own experiences. Habit 6: Synergize Synergize is the habit of creative cooperation. It is teamwork, open-mindedness, and the adventure of finding new solutions to old problems. But it doesn't just happen on its own. It's a process, and through that process, people bring all their personal experience and expertise to the table. Together, they can produce far better results than they could individually. Synergy lets us discover jointly things we are much less likely to discover by ourselves. It is the idea that the whole is greater than the sum of the parts. One plus one equals three, or six, or sixty-one name it. When people begin to interact together genuinely, and they're open to each other's influence, they begin to gain new insight. The capability of inventing new approaches is increased exponentially because of differences. Habit 7: Sharpen the Saw Sharpen the Saw means preserving and enhancing the greatest asset you have-you. It means having a balanced program for self-renewal in the four areas of your life: physical, social/emotional, mental, and spiritual. Here are some examples of activities: Physical: Beneficial eating, exercising, and resting Social/Emotional: Making social and meaningful connections with others Mental: Learning, reading, writing, planning, visualizing, and reflecting Spiritual: Clarifying your values and commitments, and living daily in harmony with them. Spiritual renewal is the most important and the most personal. It is the renewal of the heart and the renewal of the spirit. It is the renewal of the will to live the life you know you should live. Spiritual renewal gives you the strength to live the other three areas. Conclusion Pretty picture, is it? You can buy The 7 Habits of Highly Effective People on Amazon. Page 2 In developed or less-developed countries, depression is one of the main causes of disability. According to the predictions of the World Health Organization, depression is expected to become the second most prevalent disease worldwide by the year 2020. The common treatment for curing this problem is the use of anti-depressants but they come with a slew of side effects. Sometimes these treatments bring more health issues to your body; therefore, you must look for natural ways to improve your depression system. Following are a few ways to start with: Get sunshine: Today's digital advancements are forcing people to stay inside their houses to stay connected all day. This is the reason more and more people are being diagnosed with a deficiency of Vitamin D which is causing severe forms of depression in people. The best way to get your supplement of vitamin D is through daily sunshine. Make it a habit of getting better sleep and greeting the sun in the morning. Talk to people: When you are trying to avoid taking antidepressants for curing your depression issues, talking to some can bring you a better perspective. Talk to people who are wise and can understand you. They will help you to understand how to replace negative thoughts with positive ideas and use logical ones as you work on overcoming depression. Discuss with your doctor: Many people think that a doctor can only suggest antidepressants for treating their symptoms of depression. But that is not true; you need to understand the reasons for the arising symptoms that may be linked to high blood pressure or joint pain. So first start by discussing with your doctor the reasons behind your depression. Control your negative thoughts: Negative thoughts are a very powerful force that can ruin your life if you don't control them. Stick to a regular sleep schedule and stay away from all junk foods. Eat at least 30 minutes before bed. High use of smartphones/tablets/ipads is a lot more to your negativity is the use of earphones all the time. When you talk on the phone for hours or listen to music, you naturally start to have pain in your ears and neck. You may consider it can be cured with massage but that brings just a temporary relief. The extreme use of earphones makes you irritated all the time and you start to lose your temper very often. This drags you into a depressed state much quicker than you actually think. For avoiding it, try to use your phone by turning on the speaker whenever possible. Speaking a little loud won't harm you that much as the earphones will bring constant damage to your brain and ears. BeingGuru is a Freelancing, motivation and technology blog. The website covers latest technology news, showcases videos to teach freelancing and writes about motivation... Subscribe LinkedIn Newsletter Back to Top When Stephen Covey first released The Seven Habits of Highly Effective People, the book became an instant rage because people suddenly got up and took notice that their lives were headed off in the wrong direction; and more than that, they realized that there were so many simple things they could do in order to navigate their life correctly. This book was wonderful education for people, education in how to live life effectively and get closer to the ideal of being a 'success' in life.But not everyone understands Stephen Covey's model fully well, or maybe there are some people who haven't read it yet. This is definitely true because we still see so much failure all around us. Now, I am not saying that by using Covey's model, or anyone else's model for that matter, you can become a sure-shot success, but at least we should have some many more successes than failures. Unfortunately, that is not the case. Why? Because people are not taking the time to understand the ideas of Stephen Covey or their friends are not reading the book themselves. Problem with the ideas of Stephen Covey is that people are not reading the book themselves. The first step is to read the book and understand the ideas. Sharpen the Saw Stephen Covey's 7 Habits book also talks about the sharpening of the saw. Sharpen the Saw keeps your mind, body, and spirit healthy. It includes changing information. Or, they take the information and do not make the effort to actually utilize it so that it becomes knowledge for them.The second problem is that a lot of people have a myopic view of Covey's ideas. These are people who are impressed by the book already. If you ask them what the seven habits are, they can rattle them off end to end, but then they miss the larger picture. They do not understand that Covey was trying to tell more than he wrote in words. There are hidden implications in this book, yes, and a lot of people have just failed to see through them.That is what we are trying to do. We are trying to show you how Covey's book, or rather, his model, was a complete model in itself. If you implement it, there should be no aspect of your life that should go untouched. The only thing is that you have to understand these ideals and try to implement them in your life.But, before we barge into that area, it is extremely important to understand what these ideals are. What was the model that was propounded by Stephen Covey in his mega-famous book? We shall begin by trying to understand his model first, and then interpret it in such a way that it pertains to every aspect of our life 1 THE 7 HABITS OF HIGHLY EFFECTIVE PEOPLE 2 THEME OF THE BOOK The book is a seven course meal on how to take control of one's life and become the complete, fulfilling person one envisions. The seven habits are keys to success for people in all walks of life. The book inspires a person to integrate the different responsibilities in one's life - personal, family and professional. The book is filled with practical wisdom for people who want to become effective in their personal life and in their relationships. 3 SOME IMPORTANT HABITS Habit 1 Be Proactive Habit 2 Begin with the end in mind Habit 3 Put first things first Habit 4 Think win win Habit 5 Seek first to understand, then to be understood Habit 6 Synergize Habit 7 Sharpen the saw 4 PARADIGMS & PRINCIPLES 5 ABILITY 1. To control your life 2. Skill and knowledge 3. Desire 4. Habit 6 Principles are timeless, universal, and self evident. Knowledge of principles is not wisdom. Wisdom is the ability to use the principles in the right way at the right time. Principles are like laws of nature. Principles are like laws of nature. Principles are like laws of nature