

## **Book Discussion: *The 7 Habits of Highly Effective People***

### **Habit 1 – Be Proactive**

- How do you interpret the difference between being proactive vs. reactive?
- Share a recent situation where you chose your response instead of reacting impulsively.

### **Habit 2 – Begin with the End in Mind**

- What's one personal or professional "end" you want to keep in focus this year?
- How do you currently define success for yourself?

### **Habit 3 – Put First Things First**

- Which "urgent but not important" tasks tend to steal your time?
- How do you prioritize when everything feels important?

### **Habit 4 – Think Win-Win**

- Share an example of a negotiation or conversation where a win-win outcome was possible.
- What's the hardest part about adopting a win-win mindset?

### **Habit 5 – Seek First to Understand, Then to Be Understood**

- How do you practice deep listening in your daily life?
- When was the last time listening changed your perspective?

### **Habit 6 – Synergize**

- What's a time when collaboration produced a better result than working alone?
- How can we create more synergy in our teams or relationships?

### **Habit 7 – Sharpen the Saw**

- Which area (physical, mental, emotional, spiritual) do you most need to "sharpen" right now?
- What's one small habit you could start this week to renew yourself?

## **3. Reflection & Takeaways**

- Which habit feels most natural to you? Which feels most challenging?
- If you could only apply one habit for the next month, which would it be and why?