**The Seven Habits of Highly Effective People**

At a time of system change, it’s worth remembering wise approaches from proven successful approaches. These apply in every relationship, from consultation to business, from small scale to large, and in how we run our lives.

Stephen Covey’ Seven Habits of Highly Effective People (over 15 million copies in print….) explores the fact that two people see an issue in different ways, and that if we work together, we can achieve far more. Progression involves a move from independence to Interdependence, and finally remembering to rest, repair and renew resources

The main points are

1. Be Proactive in life, relationships, etc. Be positive. When asked something, have a ‘can do’ attitude
2. Begin with the End in Mind. Be clear about your goal, think upon and develop your vision – not just for major goals, but day-to-day
3. Put First Things First – which includes looking after your own self – and health. Relationship building is valuable
4. Think Win-Win – move away from competition to cooperation. Valuing the other person and their point of view and respect are powerful tools
5. Seek First to Understand, then Be Understood – effective communication involves active listening, and careful attention to the other person
6. Synergize. Using the power of the team can create outcomes no individual could ever achieve alone
7. Sharpen the Saw. Spend time to renew your resources, health and energy. You may use exercise, quiet times, mindfulness, and of course good quality sleep and nutrition

This common sense applied can help many of us at this time

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