

# TABA LESSON

Seven Habits - Data Set

Responsibility

Taking the initiative

Act or be acted upon

Direct , indirect, and no control

Making and keeping commitments

By design or default

A personal mission statement

A Principle Center

Security, Wisdom, Guidance,  
Power

Expand perspective

Time management

Learning to say “NO”

Important urgent activities

Important non-urgent activities

Urgent, but not important activities

Not urgent and not important activities

Understanding the other person, clarifying expectations

Attending to little things

Apologize when you hurt

someone

Keeping commitments

Showing personal integrity

Win / Win      Win / Lose Lose  
/ Win      Win      Lose / Lose  
Win / Win or No Deal

Character and communication

Empathetic listening

Understanding and perception

One on One

Synergy and communication

Creative cooperation

The third alternative

Valuing differences

Exercise, nutrition, stress  
management

Reading, planning, writing

Service, intrinsic security,  
value clarification &  
commitment

Bible study, meditation, and  
prayer

Physical, mental,  
social / emotional, spiritual