

Chapter 1 : Reflections on Stephen Covey's 7 Habits - Student Housing Matters

This item: Daily Reflections for Highly Effective People: Living the 7 Habits of Highly Effective People Every by Stephen R. Covey Paperback \$ Only 1 left in stock - order soon. Sold by Benasse and ships from Amazon Fulfillment.

Stephen Covey, My Friend I was fortunate enough to see him in action, in real life, up close and personal. So when I discovered yesterday that Stephen had passed away, two stories came to mind which present a real picture of a man who impacted millions all over the world. More important than the journey of self-discovery I made during my first "life sabbatical" taking 5 months off! In fact, the title of my blog post was directly inspired by his 7th habit, "sharpening the saw," from his Seven Habits of Highly Effective People. I loved everything that Covey wrote and I can say that he singularly had the greatest impact on my business and personal life. He helped make sense out of the great chaos of balancing a full life, and I used his books and teachings as examples at work and at home. I was also blessed through some unusual circumstances to meet him and become friends. I discovered yesterday that Stephen passed away at the age of 79 from complications stemming from an accident that occurred while he was riding a bicycle in the mountains of Provo, Utah. He was forever on an adventure. The news stunned me and the very same day, Arianna Huffington, knowing that we were friends, asked me if I could post a story about my experiences with him. I immediately agreed and began to reflect on everything he had taught me. Two stories automatically came to mind, which present a real picture of a man who impacted millions all over the world as I was fortunate enough to see him in action, in real life, up close and personal. It was the fall of when I had my first encounter with Stephen. One day, a call came in to my office and I was informed that Stephen Covey was on the phone -- my first thought was that it was a prank as I was always quoting him in my staff meetings! I answered, waiting to hear the prank but was very surprised to instead hear a calm soft spoken man on other end of the line. When I realized that this was in fact the real Stephen Covey, I was overwhelmed and wanted to tell him immediately how in hundreds of ways, his thinking and writing had impacted my life. I could not believe my ears and quickly agreed to meet with him. We had breakfast at the Marriot Marquis hotel in Manhattan a week later. My first story about the real Stephen Covey took place at that breakfast as I watched and listened to his interactions with our waitress. As she came over with her pot of coffee and to take our order, Stephen very politely asked her how her day was going. The way he asked that very basic question and the way that he looked into her eyes, created such a connection that you could sense that she knew he was a very caring man. He then asked her where she lived and she told us that she lived in New Jersey and had a 60 mile daily commute by bus. His next question was about her family and as she told us about her two lovely children and how they were the center of her life you could see that in that moment Stephen had brought her in the middle of her busy day, to a very happy place. When she left to take our order back to the kitchen, Stephen quickly pointed out to me how devoted this hard working mother was to her family and how significant it was in his eyes that she endured such a commute to provide for her kids. When she came back to deliver our food, she looked at him and said: A few minutes later, many of the other restaurant staff came out to meet him including the short order cook and they all treated him like he was a rock star. He signed aprons and napkins and made sure to write the names of each of their children on every item. I was in awe of how he handled that morning and I know that those people at the Marriot restaurant will never forget meeting him. He had touched their lives before our breakfast and morning had even begun. My second story about this amazing man came a few years later when I had gotten Stephen to agree to be the keynote speaker at the annual American Magazine conference. Three months before the conference, Stephen called me to say that he had to cancel his appearance due to a personal reason a family event had come up and he felt terrible about putting me in such a tough position. I told him that since he had called three months before the conference, I had plenty of time to get another speaker. His idea was to present how he believed our company should frame getting their business plan back on track. I think back now to how many people Stephen touched around the world and I want to make it clear that from my ring side seat I found that he was an authentic man of principals. Stephen Covey has left quite a legacy and I will miss him very much. I am very thankful that he has left me with writing and memories that I will always cherish.

Chapter 2 : Daily Reflections For Highly Effective People by Covey, Stephen R

A daily reader with a quote for each day from The 7 Habits of Highly Effective People. The book serves as a helpful reminder of the concepts and principles. The book serves as a helpful reminder of the concepts and principles.

January January 1 Take me, train me, be firm with me, and I will place the world at your feet. Be easy with me and I will destroy you. January 2 Depending on what they are, our habits will either make us or break us. We become what we repeatedly do. January 3 Sow a thought, and you reap an act; Sow an act, and you reap a habit; Sow a habit, and you reap a character; Sow a character, and you reap a destiny. Therefore, you can change them. For example, try folding your arms. Now try folding them in the opposite way. How does this feel? Get control of your life Improve your relationships with your friends Make smarter decisions Get along with your parents Overcome addiction Define your values and what matters most to you Get more done in less time Increase your self-confidence Find balance between school, work, friends, and everything else p. A paradigm is the way you see something, your point of view, frame of reference, or belief. As you may have noticed, our paradigms are often way off the mark, and, as a result, they create limitations. But, remember, Ptolemy was just as convinced that the earth was the center of the universe. That lens affects how you see everything else. As a result, what you see is what you get. My mother was such a person to me. She was always saying stuff like "Sean, of course you should run for class president" and "Ask her out. Go to him or her for advice. Try to see yourself the way he or she sees you. As someone once said, "If you could envision the type of person God intended you to be, you would rise up and never be the same again. And they can be way out of whack too. Seeing things from a different point of view can help us understand why other people act the way they do. We too often judge people without having all the facts. I used to live in California, where I had a lot of good friends. Then, when I moved, I was the new kid and wished that someone would care about me and make me part of their group of friends. I see things in a very different way now. I know what it feels like to not have any friends. Seeing things from another point of view can make such a difference in our attitude toward others. From our limited points of view, we seldom see the whole picture, or have all the facts. Change the lens and everything else follows. You may see him as being totally out of touch with the modern world, and he may see you as a spoiled, ungrateful brat. In reality, both of your paradigms are probably incomplete and are holding you back from real communication. You can usually tell what your paradigm is by asking yourself, "What is the driving force of my life? Friends are important but should never become your center. Sometimes they talk behind your back or develop new friendships and forget yours. They have mood swings. In addition, if you base your identity on having friends, being accepted, and being popular, you may find yourself compromising your standards or changing them every weekend to accommodate your friends. Believe it or not, the day will come when friends will not be the biggest thing in your life. Possessions also come in the form of titles and accomplishments, such as head cheerleader, lead in the play, valedictorian, student body officer, chief editor, or MVP. There is nothing wrong with accomplishments and enjoying our stuff, but we should never center our lives on things, which in the end have no lasting value. After all, he who dies with the most toys School-centered teens often become so obsessed with getting good grades that they forget that the real purpose of school is to learn. As thousands of teens have proved, you can do extremely well in school and still maintain a healthy balance in life. Yet, all these and many more life-centers do not provide the stability that you and I need in life. We are all familiar with the effects of gravity. Throw a ball up and it comes down. Just as there are principles that rule the physical world, there are principles that rule the human world. They apply equally to everyone, rich or poor, king or peasant, female or male. Here are a few examples of principles: There are dozens and dozens more. They are not hard to identify. Just as a compass always point to true north your heart will recognize true principles. If you break them, you will fail.

Chapter 3 : Reflections on the 'Seven Habits Man': Stephen Covey, My Friend | HuffPost

Now, as a succinct introduction to Dr. Covey's revolutionary thinking or as a reminder of key principles, Daily Reflections for Highly Effective People provides an inspirational recharge that will bring you closer to a holistic sense of personal effectiveness and purpose.

Private Victory Suppose you were to come upon someone in the woods working feverishly to saw down a tree. This is hard work. I can remember how positively influenced I was when I first read them in his best-selling book. These 7 habits are really a guide along which you can develop your potential to fulfill your dreams and to become the best you can be. The idea is to describe principles of human growth, you can say natural laws for a human being, which understood and applied will lead to effectiveness. I learned a lot from it and applied it. Recognizing the matter of perspective What do you see in this image to the left? This is a great image that reveals the importance of perspective. While you see an elderly woman with a huge nose and white hair looking down, I see a young woman from left behind, who has a veil on the back of her hair. Or maybe vice versa. To be aware that what you have in mind is not reality but your view on reality, and that someone with a different history can have a totally different view on reality, is the message that is brought to light here. Nobody is wrong, as you can see in this example with the picture. It is futile to argue about this. And that is true with a lot of situations where different viewpoints collide. To be able to hear the perspective of the other person then opens the possibility to not only see it, but to be positively influenced by it, by seeing a larger picture and finding a better solution for all involved. I encounter this twist around different perspectives so often, that this is totally worth pointing out. Awareness is always the first step to change. And becoming aware of this phenomenon gives you the power to react accordingly. I wrote a whole posting about The matter of perspective here. The 7 habits are divided into the Private Victory, which means mastering self, and the Public Victory, mastering relationships with others. The important note is that private victory always precedes the public victory. This is also called the Inside-Out approach to life. You look inside yourself first, you develop yourself and clear the limiting factors in your own life, before you become effective in your public life with others. This makes so much sense and is the best way to succeed on the long run only if you truly mastered yourself you can be effective with and even lead others. Private Victory The first three habits of private victory are basically about 1 taking full responsibility for yourself, then 2 deciding what you want, and then 3 live by it and do it. On this road to personal effectiveness Independence is what can be reached here, coming from dependence. Both are active, but the first is coming from an inner impulse inside yourself, powered by own desires, while the latter is reacting to outer circumstances. The worst case of being reactive is only acting on outer stimulus without any inner reflection, drive or initiative. To cultivate this initiative is achieved by taking full responsibility for your own life, by becoming response-able able to choose your response to the world from the inside, before the world is showing you, that you have to act. The space inside of us between stimulus and response is the space of our freedom to choose, to choose our response. It is what makes us human, and not stimulus-response animals. We are able to choose our reaction. The Circle of Influence are those areas inside the circle of concern, that you actually can do something about now. My favorite example is the bad news on TV. Why should you pollute your mind with it and distract your focus to something you are helpless with? Can you see how futile and self-defeating this is? If you are proactive you focus only on your Circle of Influence, where you actually can influence the situation. By doing so, you not only enable yourself to do something of value you also increase your Circle of Influence. If an event on the corner of your Circle of Influence is happening, you have the choice to act on it mastering the situation and so increasing your Influence, or you can move backwards which will decrease your Influence. An example would be if you lose your driving license because you can choose to do the tests again to regain it or you can choose to retreat from driving and then lowering your mobility, thus decreasing your Circle of Influence. There are always two creations of everything that we do: The first is the creation is mental, in our heads and not yet materialized. This is what the 2. The second creation is in the material world. This is what the 3. Begin with the end in mind says that we need to develop a vision, a clear picture of what we choose to be and create in our

lifetime. Stephen is illustrating this nicely by the suggestion to write your own funeral speech! What kind of person have you been, what did you stand for, what did you create? What were your contributions to the people you love and what difference have you made in their lives? This is a fantastic visualization exercise that connects us deeply with ourselves and it is the perfect illustration of Begin with the End in Mind. Having such a personal vision rooted in our own values acts like a guidance-system. That is what the habit does: And you do this in an effective way, by setting priorities for the most important things first. Then you work on these first things until they are done. You exercise your discipline powered by your vision and goals, where you know what you have to do to create this vision into reality. It is to really live your decisions, to walk your talk. There are several tools here that can improve walking your talk. Setting the right priorities is one of the most important tasks. To set priorities, you first have to execute habit 1 and 2 of course, because otherwise “as Stephen also explains it “ it happens to you that your ladder of success is leaning toward the wrong wall. It just does not happen by accident. So choose proactively what you want first, then create an action-plan, set priorities and act on them. Time Management One of the most helpful things in execution is to effectively manage the time that we have available. Basically there are 4 areas where we spend our time. You can divide them into 4 quadrants by categorizing each task on a Importance and B Urgency: A task is important or not important and it is urgent or not urgent: It is important and critical to be well executed. It means it is where you plan and improve, where you develop, build relationships and see opportunities. It is the basis for real success and the heart of leadership. Quadrant of ILLUSION “ not important but urgent The quadrant of illusion is a serious problem in personal management, because it eludes you that the tasks you do are important, while they are only urgent by demands from outside or by wrong judgments of yourself. In reality they have no profound impact to your achievements at all. It is the escape from what matters by distraction, because of fear, irresponsibility or fuzzy goals. What you need to do is to move as much time as possible into The Zone Quadrant II and spend the rest of time in Quadrant I, the important and urgent demands. Then put all tasks honestly to the quadrant where you really spend your time doing them. Remember that it serves no purpose at all to be nice to you here, total honesty to yourself is always the most empowering thing you really can do. A Beginners Guide to Time Management. These were the 3 habits for private victory as described by Stephen Covey. I think they are really principles, they are like natural laws for personal development and effectiveness. What kind of successes or disappointments have you dealt with? Share them in the comments, I will also join in and answer questions of course.

Chapter 4 : The 7 Habits of Highly Effective People Review

Daily Reflections for Highly Effective People: Living The Seven Habits of Highly Successful People Every Day by Stephen R. Covey 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.