



## **7 Habits Trail Mix**

### **Habit 1- Be Proactive**

Popcorn- "Think before you pop"

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

Cheerios- see the end before you complete a circle (task)  
M&M's... "Begin with the "M" in Mind

### **Habit 3- Put First Things First**

Chex Cereal- Reminder to "chex" off your Big Rocks first!

### **Habit 4- Think Win-Win**

Reeses Pieces- Chocolate and peanut butter winning together!

### **Habit 5- Seek First to Understand, Then to be Understood**

Gummy bears- the ears remind you to listen first!

### **Habit 6- Synergize**

Mixed nuts- No nut alone is as good as all of them together!  
Chocolate chips- "Chip" in to create something great!

### **Habit 7- Sharpen the Saw**

Granola- Reminder to stay healthy and balanced  
Kix Cereal- Reminder to get a "kix" out of things and enjoy life.

### **Habit 8- Find Your Voice and Inspire Others to Find theirs**

Bugles- Use your "bugle" shout out your passions through your actions and words.