

7 Habits Motions

Note: Words are written in bold and motions are written in parenthesis.

Habit 1 (one finger up): **Be Proactive** (hands on hips, chin up) **take responsibility** (hands down to side) **for your** (point out with both hands pointing 1 finger) **life** (point with both thumbs back to self)

Habit 2 (two fingers up): **Begin** (point down with pointer finger and both hands) **with the end** (stretch arms out and point out) **in mind** (point with both pointer fingers toward brain) **have a plan** (make a checkmark in air with right pointer finger)

Habit 3 (three fingers up): **Put first things first** (put right pointer finger up in #1 sign) **work** (pretend to “dig in” with a shovel) **then play** (silly motion ex: jumping and waving arms)

Habit 4 (four fingers up): **Think** (point with both pointer fingers toward brain) **win-win** (raise the roof motion) **everybody** (motion with both hands out as if to motion to everyone in the room) **can win** (raise the roof motion again).

Habit 5 (five fingers up): **Seek** (right hand over eyebrows like you are trying to see in the distance) **first** (#1 with right pointer finger) **to understand** (point with both pointer fingers toward brain) **then be** (nod with hands down) **understood** (again, point with both pointer fingers toward brain). **Listen** (cup right ear) **before you talk** (right hand make “talking” motion).

Habit 6 (six fingers up): **Synergize** (scissor motion up and to the right with both hands) **together** (clap hands together) **is better** (two thumbs up).

Habit 7 (seven fingers up): **Sharpen the saw** (sawing motion with right hand over left hand palm up) **balance feels** (hands make weighing motion like a scale) **best** (two thumbs up). **Work on your mind** (point with both pointer fingers toward brain) **heart** (point to heart) **body** (point fingers from top of head toward feet in sweeping motion) **and soul** (give self a hug!)