Habit 3- Put First Things First

What are the most import "things?"
How do we keep track and decide?

Habit 3 is **Put First Things First**- "I plan for the important." This Habit is about recognizing what is important, prioritizing time, and organizing tasks so we don't have to constantly be stressed! Some kind of written planner is a great tool. Modeling this behavior is the best way to teach it.

Ways to apply at home:

Priority Sort Game: Let your child pretend to be your boss. You went golfing/skiing/to the movies. Explain why your report wasn't in on time. Now you be the teacher and let your child explain how they played instead of doing their homework. Now role-play where you each did your work and studied before you played. Discuss the results and how it feels when we prepare. A good point is how much more we can enjoy our play if we aren't worried about the things we haven't done.

Planning helps us succeed. Show your child what you use to organize your time and tasks. Is it a simple "To Do" list? Calendar? Digital Organizer? Help them create a list of things that need to be done in the week. How can tasks be broken down by day? Write it out. Small children can use pictures. Older kids and teens can plan times of day for tasks and include time for leisure activity as well.

Family Time. Nothing is more important than our families. Set aside Family time each week. Let kids help plan the activities. Card and board games are a great way to interact. Go for a walk. Plan and fix a meal together. Visit the library or zoo. Look at old family photos. Protect this time and commit to strengthening your family. Don't be discouraged if it doesn't go smoothly the first few times. Keep trying.

Words to use:
"How can we plan to make sure your (homework/chores/project) is completed on time?"
"Our family is important and I would like to spend time with you. What would be a good activity for us to do together?"
"Which is more important? X or Y?"
"I bet you felt really good/grown up/proud to have completed _____."
"Thank you for putting first things first. It is so great to know I can count on you."
"Let's talk about this. Did you really think _____ was the most important thing?"
"I understand (your video game) felt very urgent, but was it really more important than (keeping your agreement to unload the dishwasher?)"
"How can we plan better for next time?"
For teens/older kids: "What are some things that just waste your time? What can you do about that?"