



## Habit #4 - Think Win-Win

Think Win-Win is the belief that everyone can win. It's not me or you - it is both of us. It is a belief that there are enough good things for everyone; it is an abundant way of thinking. Think Win-Win is being happy for others when good things happen to them. As a parent, not everything is negotiable, but if you enter into discussions with your child with a win-win mindset, you'll find a lot less resistance.

What This Means: Think about others as well as yourself. Long term relationships require mutual respect and mutual benefit.

For Example: Think of an ongoing conflict you tend to have with your child (homework, cleaning their room, feeding the dog) and then discuss a win-win solution to the conflict. Write down the solution and then remind each other the next time the situation arises. Remember not to compare your children in front of each other. Try not to say to Lucy that John always remembers to clear the table. That is win-lose thinking. Instead, just concentrate on praising John for a job well done. Lucy will get this message.

How Can I Do This In My Life: Treat others the same way that you want them to treat you.

**“Alone we can do so little, together we can do so much.” – Helen Keller**