7 habits  
The P/Pc formula – goose and the golden egg

Habit is intercession of knowledge, skill and desire  
-knowledge > know what you want, skill> how to do it, desire> motivation to do the want to do

-Maturity is the balance between courage and consideration

1. Be proactive (Principles of Personal Visio)– inside out approach
2. Begin with the end- things come from two dimensions the mental creation then the physical creation
3. Put first things first (Principles of Personal Management)- self management, planning, scheduling, be effective with people and efficient with things
4. Think win win (Principles of Interpersonal Leadership)- have a win-win mentality or no deal, to make sure both parties participate
5. Seek first to understand, then to be understood (Principles of Empathic Communication) - understand with empathy, seek first to understand before talking
6. Synergy (Principles of Creative Cooperation)- whole is greater than the sum of its parts, seek to understand others, there is always a third alternative
7. Sharpen the Saw (Principles of Balanced Self-Renewal)- Renewing the four dimensions of nature physical, spiritual, mental and social/emotional