**2017 - Nebraska 4-H**

**7 Habits Survey**

Dear Participant:

You have been given this survey because you have participated in a 4-H program or project and 4-H would like to learn about you and your experiences in 4-H.

Your answers are important and they will be kept private. But, if you don’t want to fill out the survey, you don’t have to or if there is a question you don’t want to answer, you can leave it blank.

There are no right or wrong answers, so please answer all questions honestly.

Thank you for your help!

1. Where did this program take place? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Section I: 7 Habits**

1. **Please indicate how often you practiced the following habits before and after this 4-H 7 Habits program.** (Select two responses in each row, one for the before column and one for the after column, by circling the appropriate number. 1 = Never, 3 = Sometimes, 5 = Always)

I am Proactive

|  | **As a result of participating in this 4-H Program…** | *Before this program…* | | | | | ***After this program…*** | | | | |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **I am Proactive** | I accept responsibility for my own behavior (past, present and future). | 1 | 2 | 3 | 4 | 5 | 1 | 2 | 3 | 4 | 5 |
| I make choices based on principles and values rather than on my mood or circumstances. | 1 | 2 | 3 | 4 | 5 | 1 | 2 | 3 | 4 | 5 |
| I help make positive change happen and choose not to be a victim, to be reactive, or to blame others. | 1 | 2 | 3 | 4 | 5 | 1 | 2 | 3 | 4 | 5 |
| **I begin with the end in mind** | I have defined my mission and goals for my life. | 1 | 2 | 3 | 4 | 5 | 1 | 2 | 3 | 4 | 5 |
| I commit myself to the principles, values, relationships and purposes that matter most to me. | 1 | 2 | 3 | 4 | 5 | 1 | 2 | 3 | 4 | 5 |
| I believe that I control my own destiny. | 1 | 2 | 3 | 4 | 5 | 1 | 2 | 3 | 4 | 5 |
| **I put first things first** | I always prioritize and do the most important things first. | 1 | 2 | 3 | 4 | 5 | 1 | 2 | 3 | 4 | 5 |
| I organize and execute around my most important priorities. | 1 | 2 | 3 | 4 | 5 | 1 | 2 | 3 | 4 | 5 |
| I keep important things important. | 1 | 2 | 3 | 4 | 5 | 1 | 2 | 3 | 4 | 5 |

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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **As a result of participating in this 4-H Program…** | ***Before this program…*** | | | | | | | | | | ***After this program…*** | | | | | | | | |
| **I think that everyone can win** | I work to seek mutual benefit when working with others. | 1 | | 2 | | 3 | | 4 | | 5 | | 1 | 2 | | 3 | | 4 | | 5 | |
| I always give mutual respect to others. | 1 | | 2 | | 3 | | 4 | | 5 | | 1 | 2 | | 3 | | 4 | | 5 | |
| I never think selfishly. | 1 | | 2 | | 3 | | 4 | | 5 | | 1 | 2 | | 3 | | 4 | | 5 | |
| I share recognition, power and rewards whenever I can. | 1 | | 2 | | 3 | | 4 | | 5 | | 1 | 2 | | 3 | | 4 | | 5 | |
| **Seek first to understand, then to be understood** | I always listen to others sincerely. | 1 | | 2 | | 3 | | 4 | | 5 | | 1 | 2 | | 3 | | 4 | | 5 | |
| I listen to others with the intent to understand, not to reply. | 1 | | 2 | | 3 | | 4 | | 5 | | 1 | 2 | | 3 | | 4 | | 5 | |
| **Sharpen the Saw** | I renew myself regularly. | 1 | | 2 | | 3 | | 4 | | 5 | | 1 | 2 | | 3 | | 4 | | 5 | |
| I take care of myself by taking the time to renew myself in all four dimensions – physical, social/emotional, mental and spiritual. | 1 | | 2 | | 3 | | 4 | | 5 | | 1 | 2 | | 3 | | 4 | | 5 | |
| **Synergize - I work together with others to achieve more** | I look for a better way to do things by working with others. | | 1 | | 2 | | 3 | | 4 | | 5 | 1 | | 2 | | 3 | | 4 | | 5 |
| I am willing to listen to others ideas on how to do something. | | 1 | | 2 | | 3 | | 4 | | 5 | 1 | | 2 | | 3 | | 4 | | 5 |
| I am willing to give up my idea for a better one. | | 1 | | 2 | | 3 | | 4 | | 5 | 1 | | 2 | | 3 | | 4 | | 5 |
| I like creative cooperation. | | 1 | | 2 | | 3 | | 4 | | 5 | 1 | | 2 | | 3 | | 4 | | 5 |
| I value the differences in others. | | 1 | | 2 | | 3 | | 4 | | 5 | 1 | | 2 | | 3 | | 4 | | 5 |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1. **Which habit will influence your future behaviors the most?** (Mark one box .) | | | | |
|  |  | Be proactive |  | First understand, then be understood |
|  |  | Begin with the end in mind |  | Synergize |
|  |  | Put first things first |  | Sharpen the Saw |
|  |  | Everyone can win |  |  |

|  |  |
| --- | --- |
| 1. **Why was the habit you selected above significant to you?** | |
|  |  |
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| --- | --- |
| 1. **Describe specific changes you will make as a result of participating in this program.** | |
|  |  |
|  |

**Section II: Tell us about You**

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| --- | --- | --- |
| 1. **How old are you?** | | |
|  | \_\_\_\_\_\_ | Age (in years) |

|  |  |  |
| --- | --- | --- |
| 1. **What grade are you in?** | | |
|  | \_\_\_\_\_\_ | Grade |

|  |  |  |
| --- | --- | --- |
| 1. **Which of the following best describes your gender?** (Mark one box .) | | |
|  |  | Female |
|  |  | Male |

|  |  |  |
| --- | --- | --- |
| 1. **Which of the following best describe your race?** (Mark each box that applies to you.) | | |
|  |  | American Indian or Alaskan Native |
|  |  | Asian |
|  |  | Black or African American |
|  |  | Native Hawaiian or Other Pacific Islander |
|  |  | White |

|  |  |  |
| --- | --- | --- |
| 1. **Which of the following best describe your ethnicity?** (Mark one box .) | | |
|  |  | Hispanic or Latino |
|  |  | Not Hispanic or Latino |