

name:  
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# HABIT 5

## Win-Lose The Totem Pole

1. If you are competitive and do not except defeat than you would fit in to the: category

List two characteristics of a win-lose person.

- 1.
- 2.

## Lose-Win The Doormat

If you never like to stand up for yourself and just agree with someone because it's easier than arguing than you would have the: syndrome.

List two characteristics of lose win person

- 1.
- 2.

## Lose-Lose The Download Spiral

what would some who has the Doormat syndrome do when one of his/her friends tells him/her to do drugs?

- 3.

## Win-Win The All You Can Eat Buffet

lose-lose is the mentality that "if Im going down your coming down with me". have you ever experienced this in your life, if so how did it work put for you?

- 1.

lose-lose people are: and are usually the product of a lose win person

can you relate to a lose-lose person? How?

## Win-Win The All You Can Eat Buffet

Win-win is the best kind of person to be where every one gets to win. Tell how you could display win-win in your life:

win-win is the belief that: can win.

## Win The Private Victory First

If you are extremely insecure and haven't paid the price to win the: it will be difficult to think Win-Win and it will be hard for you to be happy for other peoples success.

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# Avoid The Tumor Twins

There are two habits that, like tumors, can slowly eat you away from the inside. They are twins and their names are:                      and:                      . It's virtually impossible to think Win-Win with them around.

think of some ways you can prevent getting the tumor twins:

## Competing

Competition can be extremely healthy. It drives us to improve. Without it we would never know how far we could push ourselves. In the business world, it makes our economy prosper. Competition can also go to far.

tell how competition could become a tumor twin:

## Comparing

comparing yourself to others is nothing but bad news. Because we are all different Socially, mentally, and physically. Since we all bake differently we shouldn't keep opening the oven door to see how well our cake is rising compared to our neighbors, or our cake won't rise at all.

tell how comparing yourself to others could become a tumor twin:

## The Fruits Of The Win-Win Spirit

describe a situation that you could use the win-win spirit, be detailed.