

**What Are the 7 Habits of Highly Effective Teens?**

**Habit 1:** \_\_\_\_\_

It Pays to be Proactive!! Proactive People are a different Breed...

- Are not easily offended
- Take responsibility for their choices
- Think before they act
- Bounce back when something bad happens
- Always find a way to make it happen
- Focus on things they can do something about, and not worry about things they can't
- RAK - Perform random acts of kindness

Highlight or circle the action that is **most difficult** for you to uphold currently. Why do you think this action is difficult for you? How are you working/can you work to improve this?

**Habit 2:** \_\_\_\_\_

**What is a goal?** *Two types of Goals:*

Short term- Do you set goals for yourself? Do you think about what the outcome of what your choices will be? Answer this in your head.

Long term- Setting goals for yourself are important to a productive life. Therefore, it is never too early to start thinking about what you want to be when you grow up. Imagine yourself in 20 years. You are surrounded by the most important people in your life. Who are they and what are YOU doing with your life? Answer below:

**Twenty years from now, I hope to be surrounded by the most important people in my life. What am I doing?**

**5 years from now...**

**10 years from now...**

**20 years from now...**

**Habit 3:** \_\_\_\_\_

**Do you prioritize to meet your goals? What kind of person are you?**

**A "Yes Man"** - Are you a crowd pleaser? Do you take other people's tasks when you should be taking care of your own? Do you offer to help someone with their math homework even though you have a big science test you haven't studied for yet?

**A "Procrastinator"** - There will always be things we cannot control, like helping a sick friend or meeting important deadlines. But more importantly, there are things we can control, like playing video games instead of studying for a test. Waiting until the last minute to finish a project, etc.

**A "Slacker"** - Someone who thrives on ideas and actions that are neither important or urgent. No problem with too much TV or sleep; a professional loafer. There is nothing wrong with any of these examples as long as they are not performed in excess.

**A "Prioritizer"** - One that plans ahead, finishes things on time and done well. Make sure to prioritize the important ideas and tasks to get them done first followed by the less important.

Circle your answer and describe your reasoning below:

**Habit 4:** \_\_\_\_\_

Life is an all you can eat buffet! Why can't we all enjoy it together? The four types of **attitudes** are listed below:

→ **Win/Win** - naturally beneficial, takes high courage and high consideration for others, quite rare!

→ **Win/Lose** - authoritarian approach, very common.

→ **Lose/Win** - people who are quick to appease people, popularity.

→ **Lose/Lose** - results when two win/lose people get together; vindictive.

What type of attitude do you most often exhibit? What type of attitude does your best friend typically exhibit? How do these complement each other?

## Habit 5: \_\_\_\_\_

If you really want to listen well, avoid the following pitfalls listed below. What do you think each of them means?

- Spacing out listening
  
- Pretend listening
  
- Selective listening
  
- Word listening
  
- Self-centered listening

## Habit 6: \_\_\_\_\_

What is **synergy**? → Synergy is achieved when two or more people work together to create a better solution than either could achieve by working alone. Working together is better!

What are 3 **good examples** of synergy on a team?

What're 3 **bad examples** of synergy on a team?

## Habit 7: \_\_\_\_\_

Habit 7 is about keeping yourself sharp. Here are four ways to be a life long learner...

1. **Physical-Body** = getting enough sleep; staying healthy; eating well; exercising
2. **Mental-Mind** = read; learn; write
3. **Emotional-Heart** = relationships; service; laughing
4. **Spiritual-Soul** = journaling; meditating; praying

Which life-long learner method comes or will come easiest to you as you continue through and after high school? Why?

**Reflection** - Which habit are you most looking forward to studying? Which habit do you feel you will need to improve most upon this year?