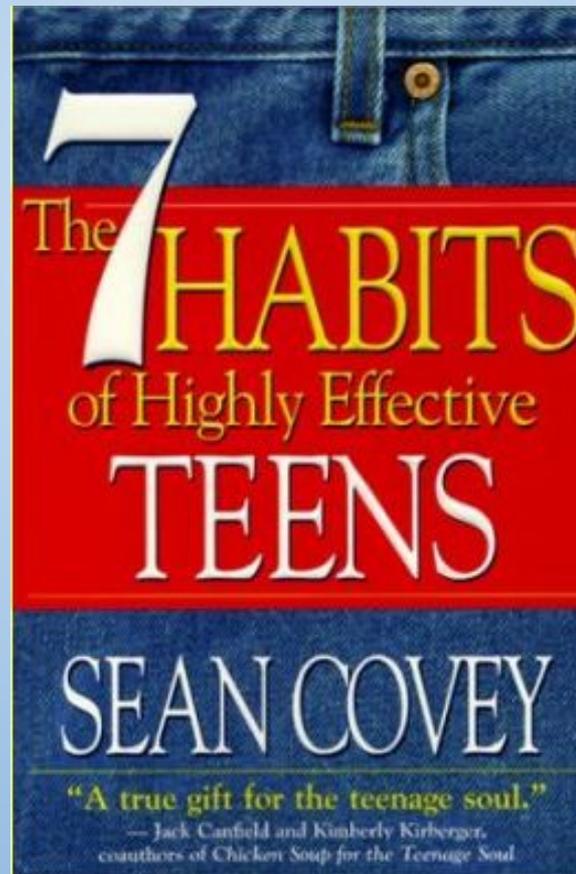


The 7 Habits of Highly Effective Teens



Who Am I?

I am your constant companion. I am your greatest helper or heaviest burden. I will push you onward or drag you down to failure. I am completely at your command. Half the things you do you might just as well turn over to me and I will be able to do them quickly and correctly.

I am easily managed—you must merely be firm with me. Show me exactly how you want something done and after a few lessons I will do it automatically.

I am the servant of all great individuals and also, of all failures, as well. Those who are great, I have made great. Those who are failures, I have made failures.

I am not a machine, though I work with all the precision of a machine plus the intelligence of a human. You can run me for a profit or run me for ruin-it makes no difference to me.

Take me, train me, be firm with me, and I will place the world at your feet. Be easy with me and I will destroy you.

Who am I?

HABIT!!!



What is a habit?

- Discuss as a group what you think a habit is.
- Can you identify any habits that you currently have?
- These are not only negative! There are good, bad, and neutral habits.

What is a habit?

“Habits are things we do repeatedly. But most of the time we are hardly aware that we have them. They’re on autopilot.”

- Sean Covey

MOTIVATION

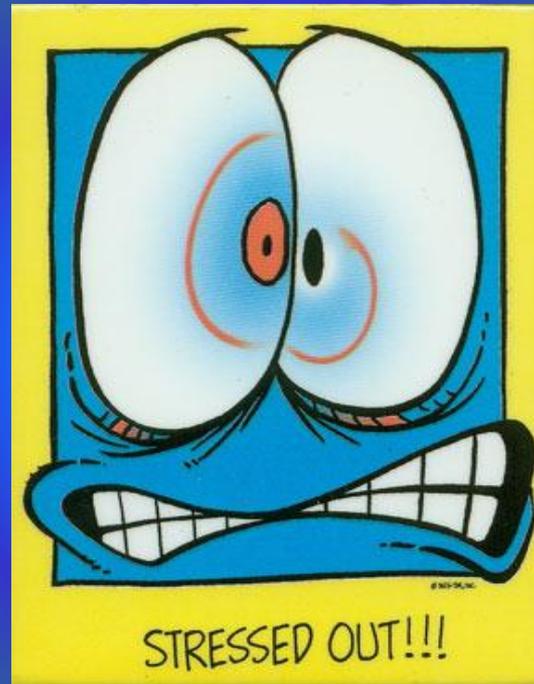
IS WHAT GETS YOU STARTED,



HABIT

IS WHAT KEEPS YOU GOING

**THE TEENAGE YEARS CAN BE A
VERY STRESSFUL TIME.**



**PROBLEMS CAN ARISE DAILY. WE CANNOT TOTALLY
CURE THE PROBLEMS OF LIFE; WE CAN ONLY MANAGE
THEM.**

7 HABITS OF HIGHLY EFFECTIVE TEENS

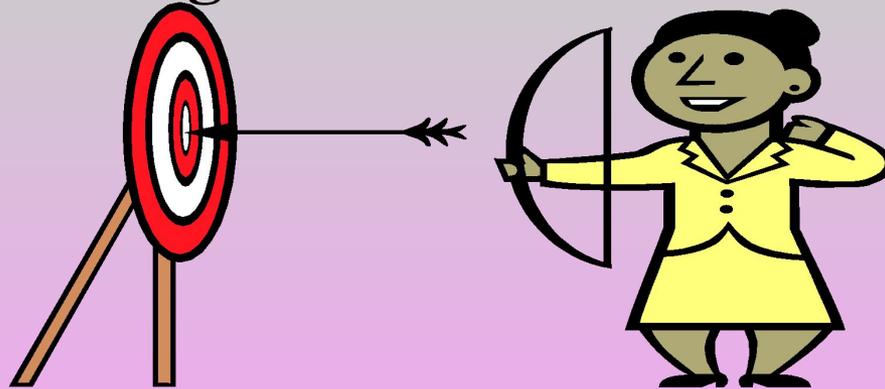


- Habit #1-Be Proactive- Take responsibility for your life.
- Habit #2 -Begin with the End in Mind- Define your mission and goals in life.
- Habit #3-Put First Things First- Prioritize and do the most important things first.
- Habit #4-Think Win-Win- Have an everyone-can-win attitude.
- Habit #5-Seek First to Understand, Then to Be Understood- Listen to people sincerely.
- Habit #6-Synergize- Work together to achieve more.
- Habit #7-Sharpen the Saw- Renew yourself regularly.



THE PRIVATE VICTORY-

- **HABITS 1,2,&3 deal with SELF-MASTERY**
 - **1: Be Proactive**
 - **2: Begin with the End in Mind**
 - **3: Put First things First**



Seven Habits of Highly **U**nsuccessful Teens:



Bad Habit # React



Blame all of your problems on someone else. Be the victim. Take no responsibility for your life. If someone yells, yell back.

Habit #1



Be Proactive

It pays to be proactive. Proactive people:

- 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 don't worry about things they can't.



We can control only one thing-how we respond to what happens to us.

Let's Think About Your Habits...

1. What is one way you react?

What is one way that you can be proactive instead?

Bad Habit #2

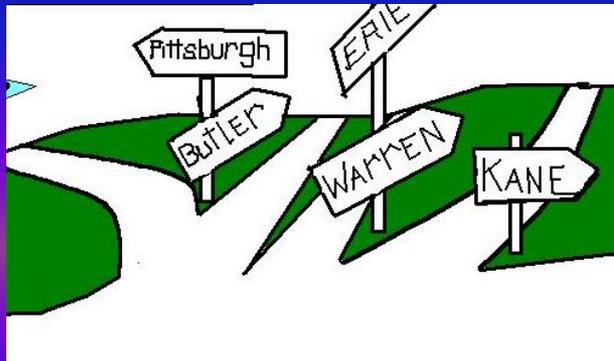
Begin With no End **in Mind**

**Don't have a plan
Avoid goals at all
costs. Never think
about tomorrow.
Only live for the
moment. Don't
think about the
consequences of
your actions.**



Habit #2

Begin with the end in mind- Control your own destiny or someone else will.



The paths you choose now can affect you forever. If you don't decide your own future, someone else will do it for you.



A personal mission statement.

A personal mission statement is like a personal motto that states what your life is about. It is like the blueprint to your life.

Go for the Goal.

Once you have your mission in place, you should set goals. Goals are more specific than a mission statement, and can help you break down your mission statement into bite size pieces.

Let's Think About Your Habits...

2. Begin with the end in mind.

What are the benefits of thinking about your choices before you make them?

Bad Habit #3



Put First Things Last

Whatever is most important in your life don't do it until you have spent sufficient time talking on the phone, lounging around, watching TV and surfing the net. Always put off homework until the day it's due.

Make sure the things that don't matter always come before the things that do.

The Time Quadrants



- The Procrastinator

Exam tomorrow

Late for work

Project due today

- The Prioritizer

Planning, goal setting

Essay due in a week

Exercise

Relaxation

- The Yes-Man

Unimportant calls

Interruptions

Peer pressure

- The Slacker

Too much TV

Or video games

Endless phone calls

Time wasters

Habit #3: Put First Things First-

- **Manage your time wisely.**
- **Overcome the fear and pressure that keeps you from dealing with your top priorities.**
- **Never let your fears make your decisions.**
- **Edmund Hillary, the first person to climb Mt. Everest, said, “It’s not the mountain we conquer, but ourselves”.**



Let's Think About Your Habits...

3. Put first things last (procrastinating!)

What are three strategies that you can use to put first things first?

Next time we'll learn about

Habits 4 through 7!