

Applying *The 7 Habits of Highly Effective Teens*

First, lets preview the book.

*Now, we will begin together. Either as you read or after you read, write notes for remembering, reflecting and discussing. You may use this form to guide you or you may use another method that suits your learning style for managing note taking.

*Unless you are using your own book, please **write your notes and comments for our class discussions on your own paper.**

*You will be able to read and write at your own pace during class work days or at home.
I'll announce the discussion days at least one class day ahead of time.

Part I (Get in the Habit and Paradigms and Principles, pages 3-28)

1. In one sentence define habit. Page 8 may help you.
2. Think about your habits and list four of your really great, positive habits.
3. Write the positive outcomes in your life that have come from each of these habits.
4. Now, we'll get real. What are your worst habits? Refer to the 7 Habits of Highly Defective Teens on p. 7 if you need to. (I've typed Mr. Covey's list on the back of this handout.) Why do you think you have developed these bad habits?
5. How long have you had each of your bad habits?
6. Write the negative outcomes in your life from each of these habits.
7. Why would applying 7 effective habits make a difference in your life? Page 9 may help here.
8. How might you go about changing at least one of your bad habits into a good one?
9. On page 9, you're instructed to mark up your book. If this were your book, that would be super advice and could replace extra note-taking on paper. So if you want to buy a book do that ASAP.
10. In one sentence define paradigm. Page 13 may help.
11. What seems to cause people to come up with inaccurate paradigms?
12. List some positive paradigms you have about yourself.
13. List one or two negative paradigms you have about yourself.
14. Write some paradigms that others (parents, teachers, peers, strangers) might have about you.
15. If your self-assessments don't always match others' assessments of you could they be right?
How would you find out? What might you do? Consider the following:
 - a. Spend time with someone who believes in you and sees potential. This person is...
 - b. Drop friends who tear you down and believe you are like them. Friends you may need to drop are...
 - c. Try to see things from other people's points of view to shift the paradigm. A situation you need to see the other side of is...
 - d. Considering paradigms of others, pp. 16-18, who is someone you may have judged inaccurately without having all the details...
 - e. How will you change this paradigm?
 - f. How could you help others understand that their paradigms might be incomplete (Be careful here; this is a major challenge!)
16. List some paradigms of life. Pages 18-23 will help.
17. How is living a life based on principles different from living one based on the previous paradigms?
18. To understand why you should live a life based on principles, just imagine living a life based on the opposite—a life of dishonesty, laziness, ingratitude, selfishness, and hate. If you live a principled life based on service, respect, love you're likely to have more good, solid friends and more stable relationships. You will also begin to discover that you feel really good about yourself.
19. Let's get real again. Of the positive principles of life, which is the most difficult for you to live by?

20. List a few principles you would like to cultivate and describe your plan of action for cultivating them.
21. Whenever you face a dilemma or choice to make, always ask yourself "What is the principle in play here?" What is a recent situation in your life that you did this or should have done this?
22. Now you have come to the Baby Steps section. (pp. 27-28) This is the best part. In this first session of reading, note taking, and reflection and from now on, these applications are what we should focus on. (Even though I'm not a teen, I'll be working on this too. Actually, Sean Covey's father wrote a book for adults called *The 7 Habits of Highly Effective People*, which my husband has read. He says both books are practically the same. Therefore, you will have a head start in being highly effective for the rest of your life.

Before moving on to our next guide sheet we will have class discussions on this first section. Be ready to share what you have discovered. You may come up with some points that are not suggested on my guide sheet. Feel free to share those too. I want us all to cultivate effective habits in Harrellland and beyond. I do not, however, want us to indulge in these way too common habits listed below. They are recipes for disaster,

The 7 Habits of Highly Defective Teens

Habit 1: React

Blame all of your problems on your parents, your stupid teachers or professors, your lousy neighborhood, your boy or girlfriend, the government, or something or somebody else. Be a victim. Take no responsibility for your life. Act like an animal. If you're hungry, eat. If someone yells at you, yell back. If you feel like doing something you know is wrong, just do it.

Habit 2: Begin with No End in Mind

Don't have a plan. Avoid goals at all costs. And never think about tomorrow. Why worry about the consequences of your actions? Live for the moment...party on, for tomorrow we die.

Habit 3: Put First Things Last

Whatever is most important in your life, don't do it until you have spent sufficient time watching television, talking endlessly on the phone, surfing the Net, playing video games, and lounging around. Always put off your homework until tomorrow. Make sure that things that don't matter always come before things that do.

Habit 4: Think Win-Lose

See life as a vicious competition. Your classmate is out to get you, so you'd better get him or her first. Don't let anyone else succeed at anything because, remember, if they win, you lose. If it looks like you're going to lose, however, make sure you drag that sucker down with you.

Habit 5: Seek First to Talk, Then Pretend to Listen

You were born with a mouth, so use it. Make sure you talk a lot. Always express your side of the story first. Once you're sure everyone understands your views, then pretend to listen by nodding and saying "uh-huh." Or if you really want their opinion, give it to them.

Habit 6: Don't Cooperate

Let's face it, other people are weird because they're different from you. So why try to get along with them? Teamwork is for the dogs. Since you always have the best ideas, you are better off doing everything by yourself. Be your own island.

Habit 7: Wear Yourself Out

Be so busy with life that you never take time to renew or improve yourself. Never study. Don't learn anything new. Avoid exercise like the plague. Eat junk food. And, for heaven's sake, stay away from good books, nature, or anything else that may inspire you.

Reading Guide for beginning Part II, The 7 Habits... The Private Victory

Your Personal Bank Account (you and your character) pp. 31-46

1. "We must fix ourselves before we can fix others." Do you agree?
2. What is the point of "the two seas in Palestine" anecdote on page 37?
3. How might "small acts of kindness" be more effective than "community service"?
4. What does Rita Mae Brown say is one of the keys to happiness, (p. 38) and comment on what it means to you.
5. What do you think about Judy Garland's comment on p. 38? It might be a good quote to copy.
6. We need a special sanctuary or escape place (p. 40) Be thinking about such a place for you. We will read a short story, "The Scarlet Ibis" that includes such a place. Many other pieces of literature weave such places into the characters' lives. Which ones can you recall?
7. Do all of the Baby Steps on p. 45 and write reflections on # 3 and #5.

Habit 1, Be Proactive pp. 48-72

1. Why does the author say this is the most important habit? (p. 48) Do you agree?
2. Covey compares a reactive person to a can of soda and a proactive person to water. Think of your own metaphors or comparisons for each of these types of people.
3. "I'm not going to let that guy get me upset and ruin my day." (p. 49) is the author's mantra for staying proactive. Think of your own mantra you can say and write it.
4. Explain the remote control analogy on p. 51.
5. Why do you think middle school is a time of such reactive behaviors—or do you think it is?
6. Comment on Twain's quote on p. 52 and Victimitis. Write a prescription to cure Victimitis.
7. As you continue reading, you will see many brief anecdotes about teens and other people whose lives illustrate the points Covey is making. As you continue this book, note the stories that mean the most to you. You may want to include them in your Antholio somewhere.
8. Think about how you can be a change agent in some area at PKY (or society as a whole or even within yourself) that needs changing? Then write about it modeling on "Autobiography in Five Short Chapters" (p. 62) Type this up and turn it in on a separate page. It will become part of your Wanna Piece of Me and your Antholio.
9. I hope you have had a chance to put a "can-do" attitude to work. Why is the can-do principle sometimes misunderstood? (p. 64)
10. In your own words, define the following which are discussed on p. 66-70:
Self-awareness, Conscience, Imagination, and Willpower
11. How does the "Push pause" concept relate to reactive/proactive?
12. Explain the way conscience works. (We will read and reflect on Huck Finn next year; it's about "deformed conscience conflicting with good heart" similar to p. 69)
13. Do the Baby Steps #6 and #7 on p.71. The ones on p. 72 are good too. Try them.

Habit 2, Begin with the End in Mind pp. 74-104

1. What does begin with the end in mind mean? (p. 74)
2. Who are some friends you have that are not your age?
3. How is a mission statement similar to principles (from Part 1)?
4. Write your Mission Statement. (See pp. 90-91 for guidance)
5. Do The Great Discovery activity on pp. 86-89. Write it neatly and use it in your Antholio.
6. Define character (p. 98) and tell how the keys in Go for the Goal (pp. 94-98) relate to character.
7. Do Baby Step #8 on p. 104. Also, have you ever given others negative labels? Explain.

I have a group presentation plan for the rest of the habits which I'll explain to you.

Please go on reading now as you wish.