The 7 Habits of Highly Effective Teens: The Ultimate Teenage Success Guide

By Sean Covey
Get in the Habit

“We first make our habits, then our habits make us.”

-English Poet

Habit 1: Be Proactive
Habit 2: Begin with an End in Mind
Habit 3: Put First Things First
Habit 4: Think Win-Win
Habit 5: Seek First to Understand, Then to be Understood
Habit 6: Synergize
Habit 7: Sharpen the Saw
Familiar Struggles

• “There’s too much to do and not enough time. I’ve got school, homework, job, friends, parties, and family on top of everything else. I’m totally stressed out.”

• “My family is a disaster. If I could only get my parents off my back I might be able to live my life. It seems they’re constantly nagging, and I can’t ever seem to satisfy them.”

• “I feel as if my life is out of control.”
The 7 Habits can help you:

- Get control of your life
- Improve your relationships with your friends
- Make smarter decisions
- Get along with your parents
- Overcome addiction
- Define your values and what matters most to you
- Get more done in less time
- Increase your self-confidence
- Be happy
- Find balance between school, work, friends, and everything else
Student Paradigms

• “No one in my family has ever gone to college. I’d be crazy to think I could make it”
• “It’s no use. My stepdad and I will never get along. We’re just too different.”
• “My teacher is out to get me.”
• “You can’t get ahead in life unless you know the right people.”
• “It’s impossible to get a job around here because nobody wants to hire a teen.”
Paradigms of Life

• Friend-centered
• Stuff-centered
• Boyfriend/Girlfriend-centered
• School-centered
• Parent-centered
• Enemy-centered
• Self-centered
The Real Thing

- Principle-Centered
  - Honesty
  - Hard work
  - Respect
  - Integrity
  - Responsibility
  - Loyalty
  - Moderation
  - Gratitude
The Personal Bank Account

• Keep Promises to Yourself
• Do Small Acts of Kindness
• Be Gentle with Yourself
• Be Honest
• Renew Yourself
• Tap into Your Talents
Habit 1: Be Proactive

“I am the Force”

-Proactive vs. Reactive
- The Victimitis Virus
- Turn Setbacks into Triumphs
- Becoming a Change Agent
- Just Push Pause
  - Self-awareness
  - Conscience
  - Imagination
  - Willpower
Habit 2: Begin with the End in Mind

“Control your own destiny or someone else will”

- Writing your Mission Statement
  - Count the cost
  - Put it in pen
  - Just do it
  - Use Momentous Moments
- 10-10-10 Principle: 10 minutes from now, 10 months from now, 10 years from now.
Habit 3: Put First Things First

“Will Power and Won’t Power”

- The Procrastinator
- The Yes-man
- The Slacker
- The Prioritizer
Habit 4: Think Win-Win

“Life is an All-You-Can-Eat Buffet”

- Win-Lose
  - The Totem Pole
- Lose-Win
  - The Doormat
- Lose-Lose
  - The Downward Spiral
- Win-Win
  - The All-You-Can-Eat Buffet
Habit 5: Seek First to Understand, Then to be Understood

“ You Have Two Ears and One Mouth…”

Poor Listening Styles:
- Spacing out
- Pretend Listening
- Selective Listening
- Word Listening
- Self-centered listening

Genuine Listening:
- Listen with your eyes, heart, and ears
- Stand in their shoes
- Practice Mirroring
Habit 6: Synergize

“The ‘High’ Way”

1. Define the Problem or Opportunity
2. Their Way
3. My Way
4. Brainstorm
5. No Excuses – Make it happen!
Habit 7: Sharpen the Saw

“It’s Me Time”

- Balance is Better
- Take Time for a Time-Out
- You are What you eat
- Use it or Lose it
- It’s all about how you feel, not how you look