

# Effectively Using *The 7 Habits of Highly Effective Teens*

Summer reading assignments for *The 7 Habits of Highly Effective Teens*:

1. Personal Bank Account
2. Note-Taking Guide
3. Reflection/Journal Assignment

## **Personal Bank Account:**

Read pp. 32-44 and complete the [Personal Bank Account](#) tracking sheet. (Click on the link for a copy of the tracking sheet.) Try to keep a running balance throughout the duration of reading the 7 Habits text. Remember, a habit is made by repeating actions. 😊

## **Note-Taking Guide:**

**While you read the book**, complete the [7 Habits Note-Taking Guide](#) and think about how you can practice the 7 Habits in your own life.

## **Journal/Reflection Assignment:**

**After you read the book**, consider each of the seven habits presented in the book *The 7 Habits of Highly Effective Teens*. Which habit do you think is most important to your own personal success?

**Write a reflection** that explains/describes the habit and also explains why it is most important to you. Your reflection should draw from your knowledge of the book and your own personal experience. It should be three well-written, thorough (4-5 sentences each) paragraphs. The journal entry may be written or typed.

Source: <http://www.cpalms.org/Public/PreviewResourceLesson/Preview/74097>

# 7 Habits of Highly Effective Teens

## Note-Taking Guide

Habit	Summarize important traits of the habit	Significant details (4 each)	Examples (How will you practice this habit?)
Be proactive		* * * *	
Begin with the end in mind		* * * *	
Put first things first		* * * *	
Think win-win		* * * *	
Seek first to understand, then to be understood		* * * *	
Synergize		* * * *	
Sharpen the saw		* * * *	

# My Personal Bank Account

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During the course of reading *The 7 Habits of Highly Effective Teens*, keep track of your own actions to help create self-awareness. Record your “deposits” and your “withdrawals.” Your goal should be to have a positive balance and to establish some good habits that will stay with you and help you become successful.

Action	Deposit (describe event)	Add points (5-25)	Withdrawal (describe event)	Subtract Points (1-15)	Total Points
Keep Promises to yourself					
Do small acts of kindness					
Be gentle with yourself					
Be honest					
Renew yourself					
Tap into your talents					

My “personal bank account” total is \_\_\_\_\_!