

7 Habits of Highly Effective Teens

Worksheet 1: Get in the Habit

Think about your habits

Four of my really great habits are:

1. _____

2. _____

3. _____

4. _____

The reason I keep these habits in my life is:

The good results I get from having each good habit are (e.g I have a habit of smiling at people I meet, and now people are friendlier to me)

Right now my worst habits are:

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The reason I have these bad habits is:

I have had these bad habits for (days? weeks? years?)

The bad results i get for having these bad habits are (e.g I am late to school which means I miss my AIR and then get a lowered mark on my binder checks)

From my list of bad habits above, one I would like to change the most is:

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Change the bad to good:

Bad Habits I want to change...	Good Habit I want to replace it with...
In school: 1. 2.	1. 2.
With my family 1. 2.	1. 2.
With my Friends 1. 2.	1. 2.

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Worksheet 2: Paradigms and Principals

What are some paradigms from history that have been proven inaccurate or incomplete (e.g the world is flat)

What kind of impact did these inaccurate paradigms from history have on the world? (e.g people were scared to sail the oceans because they thought they would fall off the edge of the world)

Paradigm of Self:

A paradigm is the way you see something - your point of view, frame of reference. So a paradigm of self is how you see yourself. Positive self paradigms can bring out the best in you, while negative self-paradigms can limit you.

Some positive self paradigms I have about myself are:

If someone was going to name something after me, it would be:

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Some negative paradigms about myself are:

Paradigms that my parent/guardian, teacher or boss at work might say about me are:

Self Paradigm Assessment. Read the Paradigms of Self section on pages 13-16. Now evaluate how you see yourself by completing the true or false questions below

	TRUE	FALSE
I am someone who cares about others feelings		
I am good at school		
I am a kind person		
I am generally a happy person		
I am intelligent		
I am helpful		
I am a good athlete		
I am talented		
I am a go-getter		
I am a good member of my family		
I am a bad person		
I am lazy		

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	TRUE	FALSE
I am rarely happy		
I am not smart		
I am not good at anything		
I am not attractive		
I am not popular		
I am not a good friend		
I am not honest		
I am not reliable		

If you identified at least ONE negative self-paradigm complete the statement below:

One negative paradigm I would like to change is:

Paradigm Builder: To build a positive paradigm what do you do?

Spend time with someone who believes in me and recognizes my potential.
For me this person is:

Drop friends who tear me down or believe I am like them when I am not. Friends I may need to drop are:

Try to see things from other people point of view to shift the paradigm
A situation I need to see the other side of is:

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Worksheet 3: The Personal Bank Account

In the personal bank account chapter you learn that all change begins with "the man in the mirror." If you wanted to change the world begin with yourself, not your parents, not your boyfriend/girlfriend, or your teacher. All change begins with you.

Read the writings of Anglican bishop on page 33 of the book and then complete the statement below

If I could change something about the world, it would be:

One change I could make in myself that might help bring about that worldwide change is:

I think that an inside-out change could help other around me because:

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How is your PBA?

Signs that your PBA is running low include these symptoms:

- You don't stand up for yourself when you know you're in the right
- You make degrading comments about yourself
- You always go along with what the crowd is doing or saying
- You overindulge in food, TV, internet or video games
- You use drugs or alcohol
- You aren't loyal to anyone or anything
- You allow others to use you

Signs that you have a positive PBA are:

- + You speak up when you know you are right
- + You have the self-confidence to let other know of your opinions and ideas
- + You are happy for other success
- + You have a good balance of school, physical activities, working on talents and personal time
- + You live by principles
- + If someone speaks badly of someone you know and care about, you have the courage to defend that person
- + You work to improve and build your skills and talents
- + You recognize life's natural ups and downs

Small Acts of Kindness:

Doing a small act of kindness is a great way of helping you feel better about yourself. Even though they are for someone else, they add up major deposits in your PBA

Read pages 35-37 in the book and complete the questions below

Three people in my life who could benefit from an act of kindness are:

1. _____

2. _____

3. _____

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Worksheet 4: Habit One: Be Proactive

Proactive language give you back the control. You are free to choose who is control of what you say and do (YOU!)

So what is proactive behavior? Proactive behavior includes language such as:

- ★ I'm sorry I didn't mean that
- ★ I'll get right on that
- ★ I'm not really interested, but thank you
- ★ I am sure we can think of a third alternative
- ★ I can

But, reactive behavior includes language such as:

- ★ It's your fault
- ★ If only....
- ★ I just can't decide
- ★ That's not fair
- ★ That's just the way I am

I tend to be the most reactive (when and where?)

I tend to be the most proactive: (when and where?)

The difficult challenge in my life right now is?

I can face that challenge today and become a change agent by: (describe your actions)

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Creating a Mission statement

A personal mission statement is like a personal motto that states what your life is about. It can become a map for your life's journey. Since your destination is not yet decided why not decide today to make your life extraordinary and leave a lasting legacy? To create a mission statement answer the following questions

1. Think of a person who made a positive difference in your life. What qualities does that person have that you would like to develop?
2. Imagine yourself in twenty years. You are surrounded by the most important people in your life. Who are they and what are you doing?
3. If a steel beam (6 inches wide) was placed between two skyscrapers, what would you be willing to cross for? A thousand dollars? A million dollars? Your pet? Your brother? Fame?
4. If you could spend one day in a great library studying anything you wanted what would you study?

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5. List ten things you love to do. It can be anything, singing, dancing, reading, daydreaming

1.

2.

3.

4.

5.

6.

7.

8.

9.

10.

6. Describe a time when you were deeply inspired

7. 5 years from now your local paper does a story about you. The reporter wants to interview 3 people about you. Who would they be and what would they say?

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Read "Keeping Promises" section on pages 134-135.

A time I broke a promise to someone was:

I have rebuilt trust with that person now (true or false)

If true how did you rebuild the trust?

If false I can rebuild the trust by

A time I did not keep my promise to me was

The broken promise made me feel:

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Worksheet 8: Habit Four: Think Win-Win

The Win-Win chapter should teach you that thinking in 'Win-Lose' suggest that for you to do well, someone else has to do bad - but that isn't the case!

Think about a situation where I had a Win-Lose attitude (describe the event)

In that situation I felt:

Describe a situation where you had a Lose-Win attitude:

In that situation I felt:

Read the section on page 147-151 and answer the following questions

I could have changed the situations above to a Win-Win by... (describe your actions)

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Five ways I can apply the Win-Win thinking to my relationships are:

1. _____
2. _____
3. _____
4. _____
5. _____

Read about Jacques Lusseyran on page 161. Use your feelings to test whether you think Win-Win the next time you interact with your family and friends.