

# **The 7 Habits of Highly Successful Teens**

# Habits

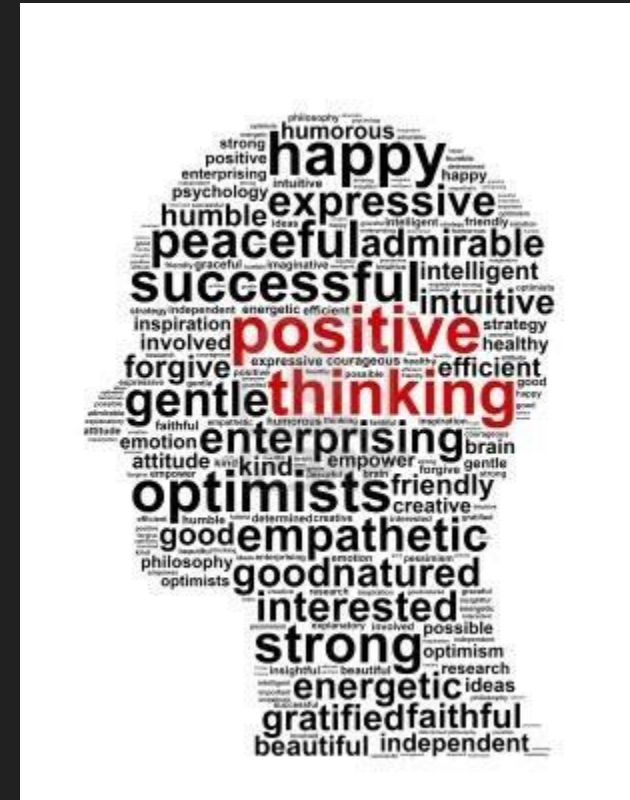
- Good habits: exercising regularly; planning ahead; showing respect for others
- Bad habits: thinking negatively; feeling inferior; blaming others
- Some do not matter: putting ketchup on hamburgers; listening to music while you exercise

# Baby Steps

- Say something positive about yourself
- Show appreciation for the point of view of someone else
- Consider the why behind the action of others
- Think about what occupies your time and energy
- Treat others as you would want them to treat you
- Think about what matters most to you
- Consider whether or not the things you consume are in harmony with your life principles
- Do more than what is expected

# Be Proactive

- Take responsibility for your life...
  - I will do it
  - I can do better than that
  - I choose to
  - There has got to be a way
  - I am not going to let your bad mood rub off on me
  - Turn set-backs into triumphs



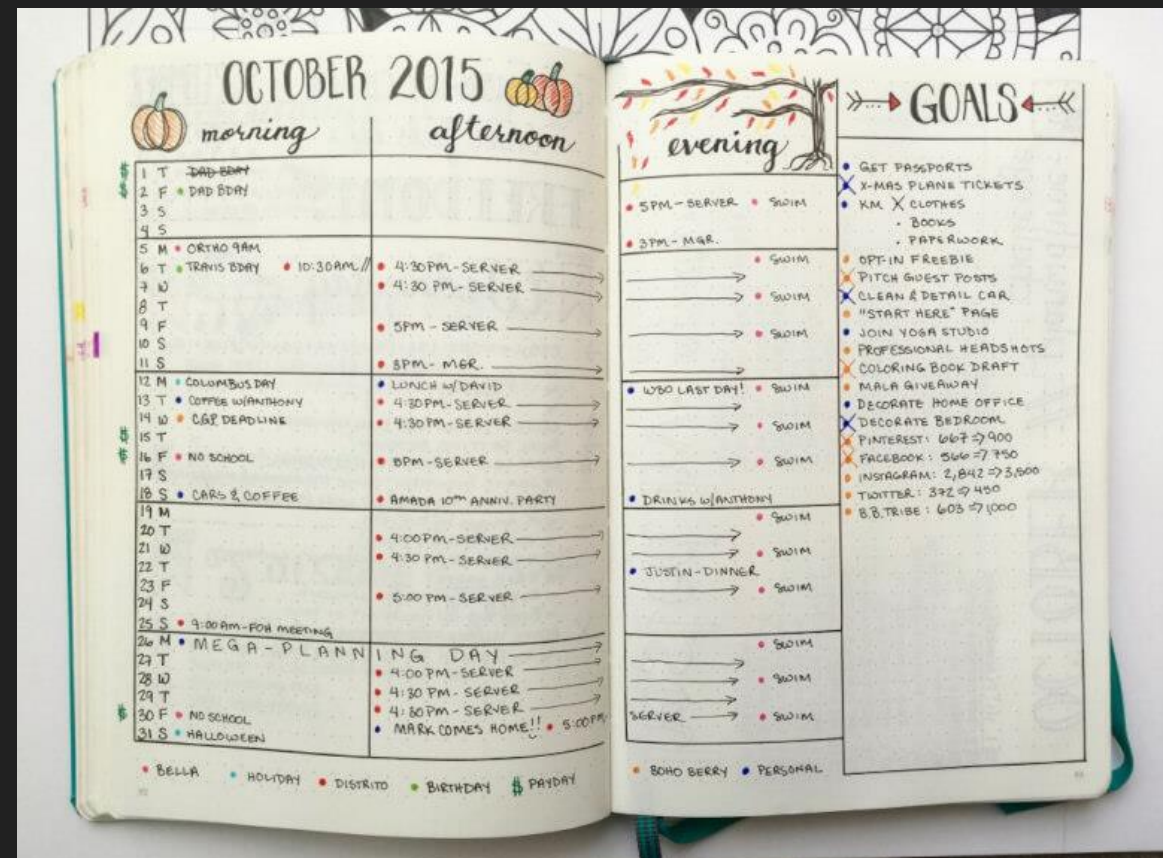
# Begin with the End in Mind

- Define your mission and goals in life...
  - Personal mission statement
  - Uncover your talents
  - Count the cost
  - Write it out
  - Just do it
  - Use momentous moments
  - Turn weaknesses into strengths



# Put First Things First

- Prioritize, and do the most important things first...
  - Plan weekly
  - Big rocks: student, friend, family, job, me, etc.
  - Block out time for the big rocks
  - Overcome fear and peer pressure
  - Never let your fears make your decisions
  - Winning means rising each time you fall
  - This is the most difficult habit of all 7



# Think Win-Win

- Have an everyone can win attitude...
  - I will not step on you, but I will not be your doormat, either
  - Win the private victory first
  - Competition
  - Comparing



# Seek First to Understand, Then to Be Understood

- Listen to people sincerely...
  - You have two ears and one mouth. Use them accordingly.
  - Genuine listening
    - Listen with your eyes, heart, and ears
    - Stand in their shoes
    - Practice mirroring





# Synergize

- Work together to achieve more...
  - Flock of geese
  - Celebrating differences – what are the roadblocks?
  - Teamwork
  - Open-mindedness
  - Finding new and better ways
  - Brainstorm



# Sharpen the Saw

- Renew yourself regularly...

# Body

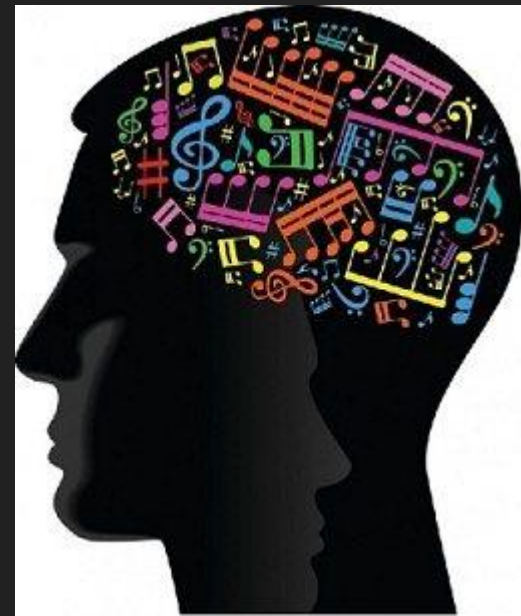


- Eat breakfast
- Workout
- Give up bad habits for a week and see what happens



# Mind

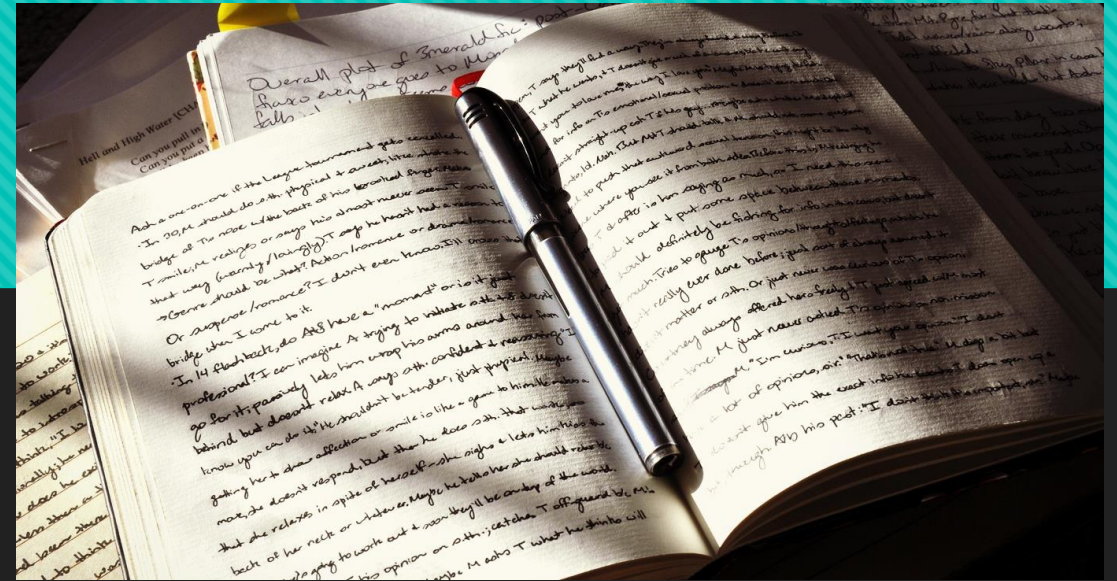
- Read blogs that have educational value
- Check online newspapers
- Go to a museum
- Try a restaurant you have never been to before



# Heart

- Go on a one on one outing with a family member
- Build a humor collection for a go to when you are stressed
- Spend time with those you love

# Soul



- Watch a sunset
- Start keeping a journal
- Meditate, reflect, pray



# Habits

- 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

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