The 7 Habits of Highly Effective Teens.



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- Habit #1 – Be Proactive
- Habit #2 – Begin With the End in Mind
- Habit #3 – Put First things First
- Habit #4 – Think Win-Win
- Habit #5 - Seek First to Understand, Then Be Understood
- Habit #6 – Synergize
- Habit #7 – Sharpen the Saw

Quote by Samuel Smiles. What does this mean to you?

Sow a thought, and reap an act;

Sow an act, and you reap a habit;

Sow a habit, and reap a character;

Sow a character, and you reap a destiny.

Habit #1: Be Proactive.

PROACTIVE PEOPLE

- Are not easily offended
- Take responsibility for their choices
- Think before they act
- Bounce back when something bad happens
- Always find a way to make it happen
- Focus on things they can do something about, and don’t worry about things they can’t control.

Habit #2: Begin With the End in Mind.

If teens aren't clear about where they want to end up in life, about their values, goals, what they stand for, they will wander and waste time.

Even if you're not clear where you want to be in life. Be clear about the things that you will not do to compromise your integrity.

Create a personal mission statement which will act as a road map and direct and guide your decision-making process.

Habit #3: Put First Things First.

This habit helps teens prioritize and manage their time so that they focus on and complete the most important things in their lives.

Putting first things first also means learning to overcome fears and being strong during difficult times.

It’s living life according to what matters most.

Habit #4 :Think Win-Win.

This habit encourages the idea that in any given discussion or situation both parties can arrive at a mutually beneficial solution.

If you lose in a situation, learn about what happened and appreciate the lesson. Do better the next time.

Learn to celebrate the accomplishments of others instead of being threatened by the them.

Habit #5: Seek First to Understand, Then Be Understood.

Because most people don’t listen very well, one of the great frustrations in life is that many don’t feel understood.

This habit ensures you learn the most important communication skill there is: ACTIVE LISTENING.

Habit #6: Synergize.

Synergy is achieved when two or more people work together to create something better than either could alone.

Synergy allows teens to value differences and better appreciate others.

Through this habit, learn that it doesn't have to be "your way" or "my way" but rather a **better way**.

Habit #7: Sharpen the Saw.

Sharpening the saw means regularly renewing and strengthen the four key dimensions of life – body, brain, heart, and soul.

Take a mind and body break. We all need it. Rest, Relax and Restore.

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Thank you for reviewing the 7 Habits for Highly Effective Teens.

If you have any questions, please feel free to contact me:

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