

Applying the 7 Habits of Highly Effective Teens

*Directions: Please complete this worksheet **as you are reading p.3-28!** Answer in thoughtful, complete sentences.*

Part I (Get in the Habit and Paradigms and Principles, pages 3-28)

1. In one sentence, define habit. Page 8 may help you.

2. Think about your habits and list four of your really great, positive habits.

3. Write the positive outcomes in your life that have come from each of these habits.

4. Now, we'll get real. What are your worst habits? Refer to the 7 Habits of Highly Defective Teens on p. 7 if you need to. (I've typed Mr. Covey's list on the back of this handout.)

Why do you think you have developed these bad habits?

5. How long have you had each of your bad habits?

6. Write the negative outcomes in your life from each of these habits.

7. Why would applying 7 effective habits make a difference in your life? Page 9 may help here.

8. How might you go about changing at least one of your bad habits into a good one?

9. On page 9, you're instructed to mark up your book. If this were your book, that would be super advice and could replace extra note-taking on paper. So if you want to buy a book do that ASAP.

10. In one sentence define paradigm. Page 13 may help.

11. What seems to cause people to come up with inaccurate paradigms?

12. List some positive paradigms you have about yourself.

13. List one or two negative paradigms you have about yourself.

14. Write some paradigms that others (parents, teachers, peers, strangers) might have about you.

15. If your self-assessments don't always match others' assessments of you could they be right?

How would you find out? What might you do? Consider the following:

a. Spend time with someone who believes in you and sees potential. This person is...

b. Drop friends who tear you down and believe you are like them. Friends you may need to drop are...

c. Try to see things from other people's points of view to shift the paradigm. A situation you need to see the other side of is...

d. Considering paradigms of others, pp. 16-18, who is someone you may have judged inaccurately without having all the details...

e. How will you change this paradigm?

f. How could you help others understand that their paradigms might be incomplete (Be careful here; this is a major challenge!)

16. List some paradigms of life. Pages 18-23 will help.

17. How is living a life based on principles different from living one based on the previous paradigms?

18. To understand why you should live a life based on principles, just imagine living a life based on the opposite—a life of dishonesty, laziness, ingratitude, selfishness, and hate. If you live a principled life based on service, respect, love you're likely to have more good, solid friends and more stable relationships. You will also begin to discover that you feel really good about yourself.

19. Let's get real again. Of the positive principles of life, which is the most difficult for you to live by?

20. List a few principles you would like to cultivate and describe your plan of action for cultivating them.

21. Whenever you face a dilemma or choice to make, always ask yourself "What is the principle in play here?" What is a recent situation in your life that you did this or should have done this?

22. Now you have come to the Baby Steps section. (pp. 27-28) This is the best part. In this first session of reading, note taking, and reflection and from now on, these applications are what we should focus on. Continue reading the rest of the book. We will revisit each section when we return to school in August!

Adapted from: <http://www.harrellland.net/documents/sixth/sevenhabits.pdf>



I want us all to cultivate effective habits at St. Anthony of Padua and beyond. I do not, however, want us to indulge in these way too common habits listed below. They are recipes for disaster!

The 7 Habits of Highly Defective Teens ☹

Habit 1: React Blame all of your problems on your parents, your stupid teachers or professors, your lousy neighborhood, your boy or girlfriend, the government, or something or somebody else. Be a victim. Take no responsibility for your life. Act like an animal. If you're hungry, eat. If someone yells at you, yell back. If you feel like doing something you know is wrong, just do it.

Habit 2: Begin with No End in Mind Don't have a plan. Avoid goals at all costs. And never think about tomorrow. Why worry about the consequences of your actions? Live for the moment...party on, for tomorrow we die.

Habit 3: Put First Things Last Whatever is most important in your life, don't do it until you have spent sufficient time watching television, talking endlessly on the phone, surfing the Net, playing video games, and lounging around. Always put off your homework until tomorrow. Make sure that things that don't matter always come before things that do.

Habit 4: Think Win-Lose See life as a vicious competition. Your classmate is out to get you, so you'd better get him or her first. Don't let anyone else succeed at anything because, remember, if they win, you lose. If it looks like you're going to lose, however, make sure you drag that sucker down with you.

Habit 5: Seek First to Talk, Then Pretend to Listen You were born with a mouth, so use it. Make sure you talk a lot. Always express your side of the story first. Once you're sure everyone understands your views, then pretend to listen by nodding and saying "uh-huh." Or if you really want their opinion, give it to them.

Habit 6: Don't Cooperate Let's face it, other people are weird because they're different from you. So why try to get along with them? Teamwork is for the dogs. Since you always have the best ideas, you are better off doing everything by yourself. Be your own island.

Habit 7: Wear Yourself Out Be so busy with life that you never take time to renew or improve yourself. Never study. Don't learn anything new. Avoid exercise like the plague. Eat junk food. And, for heaven's sake, stay away from good books, nature, or anything else that may inspire you.