

***The 7 Habits of Highly Effective Teens***  
**Getting Ready to Read**

**Due:**

**Directions:** Before you begin to read Sean Covey's *The 7 Habits of Highly Effective Teens*, please think about and answer the following questions on your own paper. (Answers should be in paragraph form and reflect thought.)

*We are what we repeatedly do. Excellence then, is not an act but a habit.*  
- Aristotle

- 1) What is a habit? Give some examples of habits. Where do you think habits come from? Can habits be changed? How would someone go about changing habits?
- 2) List some of your good habits. For example good habits include exercising, eating right, showing respect for others. What positive reinforcement do you give yourself or do you get from others when you practice good habits?
- 3) Habits can make us or break us. Like Aristotle said (see above), we become what we do repeatedly. Now list some of your not-so-good habits like negative thinking, lack of self-confidence, or blaming others. How do you feel when you choose to exercise a bad habit? How do others around you react?
- 4) Look back at your answer for #3. What would you consider your worst habits? Which ones would you like to change the most? How are you going to change? The only one stopping you is you.