

The 7 Habits of Highly Effective Teens
Part 1: The Set Up
Chapter 1: Get in the Habit

Due:

Directions: Read Part 1 Chapter 1 of *The 7 Habits of Highly Effective Teens* pg.1-9. Then please think about and answer the following questions on your own paper. (Answers should be in paragraph form and reflect thought.)

Take me, train me, be firm with me, and I will place the world at your feet. Be easy with me and I will destroy you. Who am I? I am habit.

- Author Unknown

- 1) List and explain each of the 7 Habits as explained by Covey. Give examples of how someone could use them in his/her life.
- 2) Which of the 7 Habits are you applying on a regular basis to your life right now? Give examples of how you are applying them. Which habits do you need to work on? Think of things you can do to reinforce it while you try to make it a habit.
- 3) List and explain each of the 7 Habits of highly defective teens as explained by Covey.
- 4) Which of these habits are you applying to your life right now? Give some examples of these habits at work in your life.
- 5) What can the 7 Habits of effective teens help you to do if you choose to apply them in your life?