

7 Habits of Highly Effective Teens
Part 1: The Set Up
Chapter 2: Paradigms and Principles

Due:

Directions: Read Part 1 Chapter 2 of *The 7 Habits of Highly Effective Teens* pg.11-28. Then please think about and answer the following questions on your own paper. (Answers should be in paragraph form and reflect thought.)

Better keep yourself clean and bright; you are the window through which you see the whole world. – George Bernard Shaw

- 1) Read the above quote by Shaw. What do you think he means?
- 2) What is a paradigm? Explain the 3 paradigms outlined by Covey in this chapter.
- 3) Explain some of your “paradigms of self”? Explain if they are positive or negative self-paradigms? Who do you have in your life that reinforces your positive self-paradigms? Who can you count on to “clean your glasses?” Give an example of how this person builds you up.
- 4) Describe a time where you have had a shift in paradigm about other people.
- 5) In his “Paradigm of Life,” Covey outlines 5 life-centers. Discuss the 5 life-centers that Covey believes can mess up your life if you buy in to them.
- 6) Discuss the life-center that Covey believes is the one that works.
- 7) Think long and hard about your paradigm of life. Be honest with yourself. Which life-center do you have at this time? Explain your life-center. Are you happy with it? Would you like to change it? Why or why not?
- 8) Name and discuss some basic principles you try and live by. Are there any principles you would like to live by but don’t right now? If so, what can you do to incorporate them in to your life?

Look at the list of 10 baby steps at the end of the chapter. Resolve to do at least 5 of them this next week.