



Social/Emotional Classroom Presentation to all grades 2019-2020

The 7 Habits of Highly Effective Teens

WHO AM I?

- I am your greatest helper or your heaviest burden.
- I can push you forward or drag you down.
- Those who are great, I have made great. Those who are failures, I have made failures.
- TRAIN me well, and I will put the world at your feet. Be easy with me and I will destroy you.

WHO AM I?



HABIT

GOOD Habits help you to:

1. WIN BATTLES

- **The Private Victory!**

(Winning the private battles within yourself)

- **The Public Victory!**

(Mastering relationships with others)

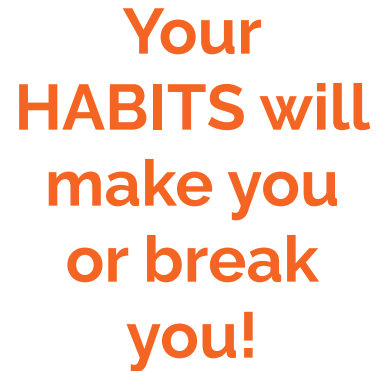
2. TAKE CARE OF YOU



GOOD
Habits help
you to win
at life!

—

Think of
1 HABIT that would
help you the most
in your life
RIGHT NOW!



**Your
HABITS will
make you
or break
you!**

MORE THAN
5
MILLION
COPIES SOLD

THE **7** HABITS OF
HIGHLY
EFFECTIVE
TEENS

"A true gift for the teenage soul."


—Jack Canfield and Kimberly Kirberger,
coauthors of *Chicken Soup for the Teenage Soul*



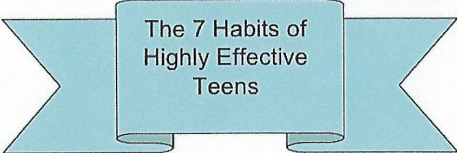
THE **7** HABITS OF
HIGHLY
EFFECTIVE
TEENS
PERSONAL
WORKBOOK

SEAN COVEY

Author of The 7 Habits of Highly Effective Teens



The 7 Habits of Highly Effective/Defective Teens



The 7 Habits of Highly Effective Teens

Habit 1: Be Proactive

Be responsible about your life.

Habit 2: Begin with the End in Mind

Reach your goals in life.

Habit 3: Put First Things First

Do everything more important first.

Habit 4: Think Win-Win

Support others and have a everybody can win attitude.

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

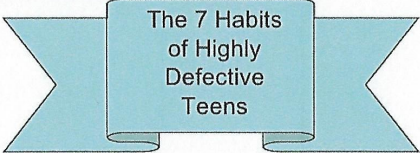
Listen to others and they will listen to you.

Habit 6: Synergize

To achieve more, you need to work together.

Habit 7: Sharpen the Saw

Keep yourself healthy and in shape all the time.



The 7 Habits of Highly Defective Teens

Habit 1: React

You blame others and talk back.

Habit 2: Begin with No End in Mind

You have no plans in life.

Habit 3: Put First Things Last

You wait until the last second to do important things.

Habit 4: Think Win-Lose

Only you should be able to win and nobody else.

Habit 5: Seek First to Talk, Then Pretend to Listen

Everyone must listen to what you have to say and you don't listen to others.

Habit 6: Don't Cooperate

You Don't work well with others.

Habit 7: Wear Yourself Out

You never take the time to change.

A top-down view of a desk with a white laptop, a black smartphone, and a pink sticky note. A teal banner with white text is overlaid on the laptop. The word 'SUMMARY' is written in large black letters at the bottom right.

The 7 Habits Of Highly Effective Teens

SUMMARY



Play Trash Can Basketball!

—

—

**What do you call something
you do repeatedly but may
be hardly aware of it.**



HABIT

—

**Your Self Esteem is affected
by your habits?**



YES!

—

**Name any Habit that you
think could improve your
Self Esteem.**



- **Do small acts of kindness**
- **Be gentle with yourself**
- **Be honest**
- **Keep promises to yourself**
- **Work on a talent you have**
- **Do something that makes you happy**
- **ETC.**

—

**Which of the 7 Habits have
to do with winning
Private Battles
within yourself?**

Habit #1:
Be Proactive

Habit #2:
**Begin with
the End in
Mind**

Habit #3:
**Put 1st
Things 1st**

—
**Which of the 7 Habits
have to do with**

Public Victories

**in your relationships with
others?**

Habit #4:

Think
Win-Win

Habit #5:

Seek 1st to
understand,
then to be
understood

Habit #6:

Synergize

—

Name any Habit that you think could improve your Relationship with others.



- **Keep Promises**
- **Mend broken promises**
- **Small acts of kindness**
- **Being loyal**
- **Listening**
- **Apologizing**
- **Setting clear expectations**

—

**Which Habit has to do with
Renewing yourself and
taking care of you?**



Habit #7

Sharpen

The

Saw

Which Habit has to do with

- **Prioritizing your time and activities**
 - **Using a planner**
 - **Not procrastinating**
- **Knowing the roles you play and deciding how you will play them**
- **Not letting FEARS or PEERS decide what is most important to you**



Habit #3

Put 1st

Things 1st

Habit 3: Put 1st things 1st

teaches that sticking to your goals and priorities takes **discipline**. It takes **discipline** to manage your time, and it takes **discipline** to overcome your fears. It takes **discipline** to be strong in the the hard moment and resist peer pressure.

Which Habit has to do with

- Thinking before you act or speak
- Taking responsibility for your choices and actions
- Focusing on what you can control, not what you can't control
 - Turning setbacks into triumphs
- Breaking negative cycles and rising above abuse



Habit #1

Be

Proactive

Are you more like a can of soda or bottle of water?

Reactive people are like a can of soda pop. If life shakes them up, the pressure builds and they explode.

PROACTIVE people think before they act. They know that they can't control what happens to them in life, but they can control their response to what happens to them. Proactive people are like water. Shake them up all you want, take the lid off, and they stay cool, calm, and collected. No explosion.

Which Habit has to do with

- Setting goals for yourself
- Having a vision for your future
- Deciding where you want to go and how you want to get there
- Taking the Lead in your own life
- Having a personal mission statement
- Developing your talents and strengthening your weaknesses



Habit #2

Begin with the end in mind

Habit 1 says “**YOU’RE THE DRIVER, not the passenger.**”

Habit 2 says, “**Since you’re the driver, decide on your destination and then create a map of how to get there.**

You don’t have to decide every little detail right now. That would take the fun out of the trip. Simply decide in what direction you want your life to go and take steps to reach your goal.

Which Habit has to do with

- The deepest need of the human heart
- Actively listening to others instead of thinking about what you want to say next
- Not spacing out, or “pretend listening” when others are talking to you
 - Having empathy (standing in the others’ shoes)
 - Listening without judging, advising or probing
- Expressing your own thoughts and feelings and not burying them inside.



Habit #5

Seek 1st to
understand,
then to be
understood

In communication, it works best if you LISTEN first and then talk. The deepest need of the human heart is to be understood. Everyone wants to be respected and valued. Remember the saying, “People don’t care how much you know until they know how much you care.” How do you feel when someone doesn't take the time to really listen to you? It feels as if they don’t really care.

Which Habit has to do with

Overcoming the tendency to want to

- Compare and compete
- OR get ahead at the expense of others
- OR to let others win at your expense
- OR seek to sabotage yourself and everyone else



Habit #4
Think
Win-Win

Habit 4: Think WIN-WIN is an attitude about life. It's not about me being better than you (win-lose) or me being a doormat (lose-win). It's not about me sabotaging things for all of us (lose-lose). It's a frame of mind that says I can win, and so can you. It's not me or you, it's both of us. It's the idea that the best way to get ahead in life is by helping others get ahead too.

Which Habit has to do with

- 2 or more people working together to create a better solution than one of those people could come up with alone
- It's not your way or my way, but a better way, a higher way.
 - Valuing differences in people and appreciating your own uniqueness



Habit #6

Synergize

How to SYNERGIZE:

First: Define the problem

Second: Listen to the ideas of others

Third: Share your ideas

Fourth: Brainstorm other options and ideas

Fifth: Find the best solution that brings the best of all ideas into play

Which Habit has to do with

- Finding a healthy balance in life
 - Caring for your body
- Avoiding destructive addictions
 - Keeping your mind sharp
 - Listening to your heart
- Strengthening your relationships
 - Feeding your soul



Habit #7

Sharpen the Saw

Sometimes we think we don't have time for self-care. But think about a saw. It may take many times longer to cut a log with a dull saw than a sharp one. The time it takes to sharpen the saw actually speeds up the process in the end. Sharpening the saw is about taking care of yourself so you can better deal with life. It's about finding the balance and taking time to rejuvenate and rest. Treat yourself to a little TLC (tender loving care).

“Sow a thought, reap an action;
sow an action, reap a **habit**; sow a
habit, reap a character; sow a
character, reap a destiny.”



Good luck with the 7 Habits!

- Coming Soon: Daily Reminders of the 7 Habits of Highly Effective Teens during morning announcements
- **Go to your email and fill out the survey!**

<https://forms.gle/49X6cW7JGBAWKFV1A>

