

LEADERSHIP GUIDE

The 7 Habits of Highly Effective Teens

Life Readiness





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HI. MY NAME IS SEAN COVEY.

Years ago, my father, Dr. Stephen R. Covey, published the book *The 7 Habits of Highly Effective People*. It became one of the bestselling books of all time, helping leaders all around the world to be more effective.

I was a teen when it was all getting started. Dad would come home talking about highly successful people he had taught that day and these crazy 7 Habits. To me, he was speaking a strange language. A few years later, I played quarterback on a college football team, and was often asked to speak to high school students. By then, I was excited to tell them all about the 7 Habits. But they would all look at me as if I was the one talking a strange language.

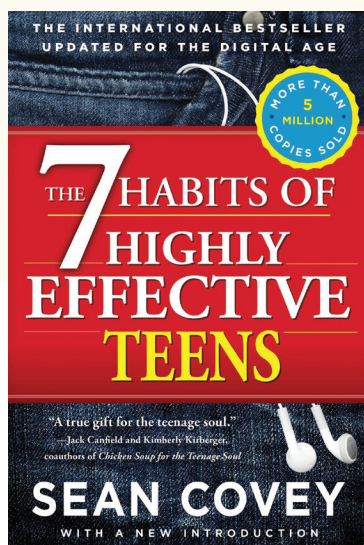
So I began translating the 7 Habits into “teen talk.” I used many of the same words my father used, but I replaced his examples with examples that were relevant to high school students. Eventually, I captured those examples in a book, *The 7 Habits of Highly Effective Teens*.

This Leadership Guide is based on the 7 Habits. It enables you to learn, discuss, apply, and teach the habits yourself. Take it seriously. Employers all over the planet are seeking and hiring people with these kinds of skills. Seriously! The habits will also help you in school, at home, in sports, in making friends, and so many other places.

As you engage in the various activities, make it fun. Get to know other students. Enjoy the journey.



Sean Covey



Principles of Effectiveness



The 7 Habits

Highly effective people exhibit seven habits in common.

THE 7 HABITS OF HIGHLY EFFECTIVE PEOPLE

HABIT 7: **Sharpen the Saw**

Find balance in life; avoid burnout. Strive for continuous improvement of your body, heart, mind, and soul.

HABIT 6: **Synergize**

Value people's differences, particularly their strengths. Combine your thinking with their thinking to create third alternatives.

HABIT 5: **Seek First to Understand, then to be Understood**

Diagnose a problem before prescribing a solution. Listen with your ears, eyes, and heart. Present your thoughts clearly.

HABIT 4: **Think Win-Win**

Have courage to stand up for your needs and wants. Be considerate of others' needs and wants. Seek mutual benefit.

HABIT 3: **Put First Things First**

Do your most important things first. Have discipline to stick to your goals. Say no to things that distract you from achieving your best.

HABIT 2: **Begin with the End in Mind**

Know what is most important to you. Think ahead. Set meaningful goals. Have a plan to accomplish them.

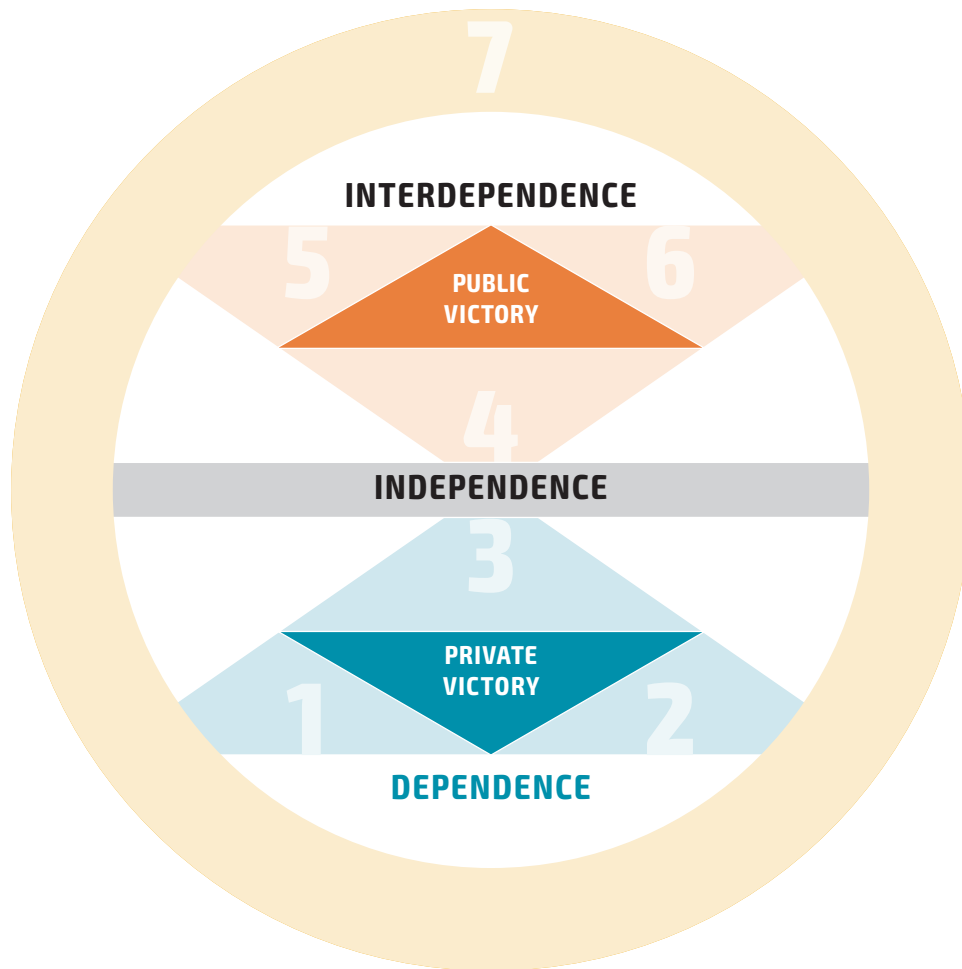
HABIT 1: **Be Proactive**

Accept responsibility for your actions. Be in charge of your moods and choices. Focus on things you can control.



The 7 Habits Maturity Continuum

There is a meaningful sequence to the 7 Habits. The sequence helps people mature from being **Dependent** to being **Independent** and to being **Interdependent**. To be most effective, leaders recognize that the **PRIVATE VICTORY** precedes the **PUBLIC VICTORY**.



TEACH TO LEARN

Divide into groups of three. Assign each person to teach one of three lessons.

- PERSON 1: Teach the Private Victory, Habits 1-3. Explain why each habit makes you less dependent on others and more independent.
- PERSON 2: Teach the Public Victory, Habits 4-6. Explain why each habit makes you more interdependent.
- PERSON 3: Teach Habit 7. Explain why Habit 7 fuels other habits.

Highly Defective People

To appreciate the value of the 7 Habits, think about how it would be to live life based on the opposites:



1: Be Reactive

Blame all your problems on your parents, teachers, friends, or some other scapegoat. Take no responsibility for yourself or your education.

2: Begin with No End in Mind

Be a victim. Don't plan. Avoid setting goals—you won't follow through anyway. Don't worry about tomorrow. Sign up for whatever class sounds easy. Ignore consequences.

3: Put First Things Last

Procrastinate. Put homework off until you're through with social media, watching television, and laying around.

4: Think Win-Lose

View life as a vicious competition. If somebody else—even your best friend—succeeds at anything, it means you lose.

5: Seek First to Talk, Then Pretend to Listen

Pretend to listen in class while you text or play games. Don't listen to parents or anyone else. You already have all the answers.

6: Don't Cooperate

Assume that other people are wrong or stupid if they don't think the same way you do.

7: Burn Yourself Out

Burnouts are cool. Forget sleep. Exercise is for sports fanatics; school is for nerds. All you need to stay alive is pizza.

Give the Habits a Problem to Solve

The 7 Habits are at their best when they have a problem to solve.

What are two common challenges that high school students face?

1. _____
2. _____

Choose one of the above challenges and apply all 7 Defective and Effective Habits to resolving the challenge.

DEFECTIVE HABITS	EFFECTIVE HABITS
Be Reactive	Be Proactive
Begin With No End in Mind	Begin With the End in Mind
Put First Things Last	Put First Things First
Think Win-Lose	Think Win-Win
Seek First to Be Understood...	Seek First to Understand...
Don't Cooperate	Synergize
Burn Yourself Out	Sharpen the Saw

Compare the two approaches. How might the results differ?