The 7 Habits of Highly Effective Teenagers

'Entertaining and thought-provoking. His message offers teenagers a solid road map to a successful future. I highly recommend it'

John Gray, author of MEN ARE FROM MARS, WOMEN ARE FROM VENUS
- 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.

- What am I?

HABIT
The 7 Habits of Highly Effective Teens

“Watch your thoughts, for they become words. Watch your words, for they become actions. Watch your actions, for they become habits. Watch your habits, for they become character. Watch your character, for it becomes your destiny.”

Frank Outlaw
The 7 Habits of Highly DEFECTIVE Teenagers

- Habit 1: React
- Habit 2: Begin with No End in Mind
- Habit 3: Put First Things Last
- Habit 4: Think Win-Lose
- Habit 5: Seek First to Talk, Then Pretend to Listen
- Habit 6: Don’t Cooperate
- Habit 7: Wear Yourself Out
How’s Your PBA?

**Signs of a Poor Personal Bank Account**
- Giving in to Peer Pressure
- Feeling Depressed or Like You Don’t Measure Up
- You Worry About What Others Think of You
- You Act Arrogant or Bully Others to Hide Your Insecurity
- You Are Jealous of Others, Especially When They Are Successful

**Signs of a Healthy Personal Bank Account**
- You Stand Up For Yourself
- You Resist Peer Pressure
- You See Life as a Positive Experience
- You Have Goals.
- You Are Happy When Others are Successful.
The Trouble With Gossip

**Reactive Choices**
- Tell the person off.
- Start a fight with the person.
- Threaten the person.
- Spread more rumors.
- Chat about the person on MSN.
- Go into a depression and feel sorry for yourself.

**Proactive Choices**
- Forgive the person.
- Calmly share how you feel with the person when no one else is around.
- Ignore it and give the person a second chance. Everyone has weak moments.
Habit 1: Be Proactive

- Focus on the Positive
- Act, Don’t React
- Think Before You Speak
- You Can’t Control Others, You Can Only Control Yourself
- Push the Pause Button
- Focus on Solutions and Options, Not Problems and Barriers
Habit 2: Begin With the End in Mind

Control Your Own Destiny of Someone Else Will

- The Begin – With – The – End – In – Mind - Experiment
- What does that picture look like?
- What do you feel like inside?
- What are you most proud of?
Habit 3: Put First Things First

Set Short Term and Long Term Goals

What can you do in the next 10 minutes?
What can you do today?
What can you do this week?
What can you do this month?
What can you do this semester?
What can you do during Middle School?
What can you do during High School?
Are You a Win – Lose Person?

Are You a Lose – Win Person?

Are You a Lose – Lose Person?
Habit 5: Seek First to Understand, Then to be Understood
**Listening Styles**

**Poor**
- Space-Case Listening
- Pretend Listening
- Selective Listening
- Word Listening
- Self-Centered Listening (Judging, Advising or Probing)

**Positive**
- Listen with your Eyes and Heart
- Stand in the other person’s shoes
- Practice Mirroring
Habit 6: Synergize – Work with Others

There are three types of people in this world:
1. Shunners
2. Tolerators
3. Celebrators

Differences to Celebrate:
1. Nationality
2. Ability (learning differences, glasses)
3. Size
4. Religion
5. Age
6. Dress
7. Family Name
8. Money
Habit 7: Sharpen the Saw

- Take Care of Number One
- Body
- Brain
- Heart
- Soul

Helping others is often the best way to help yourself
The 7 Habits of Highly Effective Teenagers:

Habit 1: Be Proactive
Habit 2: Begin With the End in Mind
Habit 3: Put First Things First
Habit 4: Think Win-Win
Habit 5: Seek First to Understand, Then to be Understood
Habit 6: Synergize
Habit 7: Sharpen the Saw!