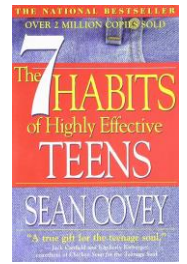


7 Habits of Highly Effective Teens

Sean Covey

Highly effective teens exhibit seven habits in common



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.