

## **7 Habits of Highly Effective Teens**

### **Independent Study**

#### **Week 5**

#### **Chapter 4 – “Be Proactive”**

This is an **independent study**, so **all work** should be done at **home**. I have the homework for the week broken down by evening; however, you can do as much or as little as you would like to do each evening. You will get the most out of the study by doing the activities on the night in which are assigned, though. We will have **“7 Habits” day on Friday**, and **all work must be completed by then**. I will grade your folders over the weekend.

**Monday:** \_\_\_\_\_

**After completing these activities, you will be able to identify ways to become a change agent in your life, AND you will be able to identify proactive traits and know how to implement them into your life.**

- 1) **Read pgs. 59-60 – “Becoming a Change Agent” in the book.**
- 2) Identify and write down one habit that you “inherited” from your parents that you would like to change or improve.
- 3) Create a 1 week plan by identifying things you can do each day to change the habit. List each day of the week (Monday thru Sunday) and write one thing you can do each day to change or improve this habit.
- 4) **Read pgs. 61-63 – “Growing Your Proactive Muscles” in the book.**
- 5) Select 3 super heroes you are familiar with and write their names down (if you don’t know any, then think about people you know), and then answer the following questions:
  - a. What proactive tasks to these super heroes perform?
  - b. What proactive language do these super heroes use?
  - c. How do these super heroes’ proactive attitudes, actions and language benefit others.
- 6) Identify one of these characteristics you listed above that would help you grow your proactive muscles. Write that characteristic in the space below and apply that to your life this week.

**Tuesday:** \_\_\_\_\_

**After completing these activities, you will recognize that you can accomplish a lot more in life when you have a can-do attitude.**

- 1) **Read pgs. 63-65 in book – “Can Do”**
- 2) Think of a can-do person. This person can be someone famous or someone you know personally. Write a 3 part essay about this can-do person.
  - a. Part 1 – What identifies this person as having a can-do attitude?