

## 7 HABITS FOR HIGHLY EFFECTIVE TEENS WORKSHEET

1. What does it mean to be proactive?

For questions 2-7, match the following examples with the proactive steps.

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|-------------------------------------|--|
| _____2. Listen to your language     | a) Tell someone and get counseling, realize it is not your fault.                |
| _____3. Don't be a victim           | b) Don't wait for things to happen, make them happen                             |
| _____4. Turn setbacks into triumphs | c) don't blame others, quit whining and complaining, don't be offended by others |
| _____5. Rise above abuse            | d) what comes out of your mouth in response to things that go on around you.     |
| _____6. Become a change agent       | e) try and make something good come out of bad situations that happen to you     |
| _____7. Develop a can-do attitude   | f) stop the cycle of dysfunction that runs in Families                           |

8. What is the only thing you can control in this world?

9. What is the purpose of writing a mission statement for your life?

10. How can "putting first things first" make a person more effective in life?

11. You and your friend want to spend the evening having fun. You want to go out to eat and then go see a movie. Your friend wants to pick up some DVD's, order a pizza, and stay home watching the movies. Write a short description of how this situation could be solved using the following four methods.

a) WIN – LOSE:

b) LOSE – WIN:

c) LOSE – LOSE:

d) WIN – WIN:

For questions 12 – 16, match the poor listening style with the example: