

7 Habits of Highly Effective Teens

By Sean Covey

READING/REFLECTIVE SCHEDULE
Mrs. Hampton's Personal Choices Course

Week 1: August 28, 2009 Part I The Set-Up Pg. 3-28

Reflections on:

- a. From reading The 7 Habits of Highly Effective Teens, I hope to be able to do?
- b. The 7HHET can do what for me?
- c. What is a paradigm? Would your paradigm change after listening to others paradigm?
- d. What is a principle? Create a "t" chart of principles that are important to you on the left and why they are important to you on the right.
- e. Create you own "personal wheel". What is your life centered on and what are the things that you tend to spend your time on? (Refer to pg. 25)
- f. Reflect on the "baby steps" on pg. 28.

Week 2: September 4, 2009 Part II The Personal Bank Account Pg. 31-46

Reflections on:

- a. Complete 3 RAK (Random Acts of Kindness) without the person receiving find out. How did that make you feel? Refer to pgs. 35-36.
- b. What have you done lately to exercise self-discipline? Draw or write your answer.
- c. Reflect on the "baby steps" on pg. 45-46

Week 3: September 11, 2009 Part II Habit 1-Be Proactive Pg. 47-72

Reflections on:

- a. What does proactive mean? Give an example of a proactive choice you've made?
- b. What does reactive mean? When and where do you tend to be the most reactive?