

Companion Curriculum for  
**The 7 Habits of Highly Effective Teens** By Sean Covey  
**Journal prompts** By Anam Cara Cat

Respond to the following prompts on a separate piece of paper or in your journal. Please write complete, thoughtful responses to each prompt. Be sure to title each section (part 1, part 2, etc.) and number your responses to each correlating question.

Part 1. The Set-up, Page # 1-28

1. Briefly describe the 7 habits of highly successful teens in your own words.
2. At this point, do you see the possibility of these habits improving the quality of your life? Explain.
3. List at least 5 of your healthy habits.
4. List at least 5 of your unhealthy habits.
5. Which habits would you most like to focus on changing or improving and why?
6. In your own words, describe a paradigm.
7. What is your present paradigm of yourself, those around you, and the world in general?
8. How would you like your paradigms to change for the better? Be specific.
9. ....
10. What have you been centered on in the past and most recently? Are there any drawbacks to being centered on these things?
11. What are some solid princip.....
12. What baby steps can you begin taking today to incorporate these principles into your life?