

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

20. Describe the most honest person you know. How does he/she demonstrate honesty in daily life?
21. What can you begin doing today to be a more honest person?
22.
time for it?
23. Where is a place you can go or what is an activity you can do to find a healthy escape and relax?
24. How does your quality of life improve by taking time to rejuvenate?
25. How does talent relate to your PBA?
26.
know, ask someone else.
27. What is one trait or skill you would like to develop further this year?
28. How might your quality of life improve when you develop that trait or skill?
29. What are some baby steps you can begin taking today to develop this particular trait or skill?
30. What goals can you start working towards to improve your self-confidence and establish your own sense of identity?