

Name \_\_\_\_\_ I.D. \_\_\_\_\_  
Class \_\_\_\_\_ Period \_\_\_\_\_ Date \_\_\_\_\_

**The 7 Habits of Highly Effective Teens by Sean Covey**  
**Worksheet: The Relationship Bank Account**

Instructions: Read pages 131-143 in the text, 7 Habits of Highly Effective Teens and answer the following questions.

1. Page 131. a. What was one of the author's (Sean Covey) favorite quotes?

\_\_\_\_\_

b. What does the quote mean?

\_\_\_\_\_

2. What do you wish you had spent more time doing up to this point in your life?

a.

\_\_\_\_\_

b.

\_\_\_\_\_

c.

\_\_\_\_\_

d.

\_\_\_\_\_

3. What is it like to be in a relationship with you? Rate yourself on the following chart by circling the appropriate number. The lower numbers indicate a poor relationship; the higher numbers indicate a good relationship:

<b><u>How is your relationship with:</u></b>	<b><u>Lousy ← 1 2 3 4 5 → Excellent</u></b>
Your friends	1 2 3 4 5
Your siblings	1 2 3 4 5
Your parents/guardian	1 2 3 4 5
Your girlfriend or boyfriend	1 2 3 4 5
Your Teacher	1 2 3 4 5

4. Explain why you gave yourself the rating above for each person:

a. Friends

\_\_\_\_\_

b. Siblings

\_\_\_\_\_

c. Parents/Guardian

\_\_\_\_\_

d. Girlfriend/boyfriend

\_\_\_\_\_

e. Teacher