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:

How is your relationship with:	**Lousy ←1 2 3 4 5→Excellent**
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