



Introduction to The **7** HABITS of Highly Effective TEENS

Timeless Training for the Teenage Years

Life for teens today is no longer a playground.

It's a jungle out there, with tough choices, peer pressure, personal insecurities, and anxiety about what others think. Then consider feelings of depression, inferiority, and jealousy of others' successes, plus self-destructive behaviors such as pornography, vandalism, and gangs.

Introduction to The 7 Habits of Highly Effective Teens® workshop from FranklinCovey, based on the best-selling book of the same name by Sean Covey and the No. 1 best-selling business book *The 7 Habits of Highly Effective People* by Stephen R. Covey, gives young people a set of proven tools to deal successfully with real life. The training is a means for educators, administrators, and superintendents to help improve student performance; reduce conflicts; and to enhance cooperation and teamwork among parents, teens, and teachers.

Characteristics of Happy, Successful Teens

The 7 Habits of Highly Effective Teens are essentially seven characteristics that happy and successful teens the world over have in common. Habits 1, 2, and 3 deal with self-mastery, called the "private victory." Habits 4, 5, and 6 deal with relationships and teamwork, or the "public victory." The last habit, Habit 7, is the habit of renewal. It feeds all the other six habits.

The training provides students with a step-by-step framework for boosting self-image, building friendships, resisting peer pressure, achieving goals, improving communication and relationships with parents, and much more. The habits build upon each other and foster behavioral change and improvement from the inside out.

Habit 1: Be Proactive®

Take responsibility for your life.

Habit 2: Begin with the End in Mind®

Define your mission and goals in life.

Habit 3: Put First Things First®

Prioritize, and do the most important things first.

Habit 4: Think Win-Win®

Have an "everyone-can-win" attitude.

**Habit 5: Seek First to Understand,
Then to Be Understood**®

Listen to people sincerely.

Habit 6: Synergize®

Work together to achieve more.

Habit 7: Sharpen the Saw®

Renew yourself regularly.

The 7 Habits of Highly Effective Teens Workshop Can Help Youth

- Gain greater control of their lives.
- Improve relationships with family and friends.
- Increase self confidence and self-esteem.
- Make smarter decisions.
- Define their values and what matters most to them.
- Recognize and prioritize their goals.
- Find balance between school, work, friends, and everything else.