Objectives and Learning Outcomes

1. Students will describe *The 7 Habits of Highly Effective Teens* and focus on Habit 1 (Be Proactive)

**7 HABITS OF HIGHLY EFFECTIVE TEENS**

**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

**Synergize**
Work together to achieve more

**Sharpen the Saw**
Renew yourself regularly

**Part 2: What is the opposite of ...**

Think the opposite way. Write an opposite statement for each habit. Come up with your own definitions.

**Habit 1: Be Proactive**

_____________________________________________________________________________
_____________________________________________________________________________

**Habit 2: Begin with the End in Mind**

_____________________________________________________________________________
_____________________________________________________________________________

**Habit 3: Put First Things First**

_____________________________________________________________________________

**Habit 4: Think Win-Win**

_____________________________________________________________________________

**Habit 5: Seek First to Understand, Then to be Understood**

_____________________________________________________________________________
Part 3-Habit 1 Be Proactive

A. What does proactive mean?

B. What does reactive mean?

C. Where and when do you tend to be most reactive?

D. Give an example of a proactive choice you have made?

Identify if the following statements are proactive or reactive

a. It’s not my fault
Part 4-Personal Mission Statement

Who are you?
Where are you going?
What will you do with your life?

This is a Personal Mission Statement exercise. It’s about discovering yourself, about finding out what’s most important to you, and what is your unique mission in life.

It’s also about finding your fire within, the thing that moves you, drives you, and motivates you.

Taking your time to seriously consider your answers to the following questions will help you to build a mission statement that can be your vision of your future.

Are you ready?

1. Think of a person who made a positive difference in your life. This individual can be anyone—perhaps a parent, a teacher, a historical figure, a friend, a leader, or a relative. These people may or may not be aware of their influence on you. To make this exercise as meaningful as possible, write the actual name of this person.

What qualities does __________________________ have that you would like to develop?

________________________________________

________________________________________

2. 20 Years From Now...
Imagine 20 years from now—you are surrounded by the most important people in your life. Who are they and what are you doing?

__________________________________________

__________________________________________

3. What Do You Value?

If a steel beam (6 inches wide) were placed across two skyscrapers, for what would you be willing to cross? A thousand dollars? A million? Your pet? Your brother? Fame? Think carefully...

__________________________________________

__________________________________________

4. What Interests You?

If you could spend one day in a great library studying anything you wanted, what would you study?

List 5 things you love to do. It could be singing, dancing, looking at magazines, drawing, reading, daydreaming ... anything you absolutely love to do!

__________________________________________

__________________________________________

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__________________________________________

Think in Terms of Relationships

Another way to think about your life is in terms of the people who are important to you. Identify a person you consider to be significant in your life, perhaps a parent, a brother or sister, or a friend...

What would you want them to say about you? Select or type up to 3 words he or she would use to describe you.

__________________________________________

__________________________________________

__________________________________________
Review what you have written and the words you have chosen to represent you. Now you can begin to make a list of the important list you want your personal mission statement to include:

____________________________________________________

____________________________________________________

____________________________________________________

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____________________________________________________

Part 5-Writing your Personal Mission Statement

Personal Mission Statement

My mission in life is to become___________________________________________________

I will:

- LEAD a life centered around the principles of. _______________ ________________
- REMEMBER what’s important in life is .____________________________ _______
- RESPECT admirable characteristics in others, such as _______________ ____________ and attempt to implement similar characteristics in my own life.
- RECOGNIZE my strengths and develop talents as a person who is

- UTILIZE these talents in things I love to do, especially
- ENVISION myself becoming a person who: is

____________________________________________________