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 responsiblity for your life
Habit 2: Begin with the End in Mind
Define your mission and goals in life
Habit 3: Put Frist 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

_____

_____

Habit 6: Synergize

_____

_____

Habit 7: Sharpen the Saw

_____

_____

Part 3-Habit 1 Be Proactive

A. What does proactive mean?

_____

_____

B. What does reactive mean?

_____

_____

C. Where and when do 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_____

b. That's unfair_____
c. I will do that right now_____
d. Who does he think he is anyway_____
e. Can we talk about this first?_____
f. I just can't decide_____
g. If only_____
h. I'm sorry, I didn't mean that_____
i. Leave me alone it's none of your business_____
j. I didn't see it that way. Thanks for letting me know_____

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!

_____

_____

_____

_____

_____

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:

_____   _____

_____   _____

_____   _____

_____   _____

_____   _____

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

_____