

# Family Studies – Adolescence – “Highly Effective Teens” chapter summary

---

Chapter summary of the book “The 7 habits of Highly Effective Teens” by Sean Covey

## Chapter – Get into the Habit

### Summary of the Chapter

- Being a teenager is difficult. There is so much “stuff” to juggle and how do you do it all. This book will provide you with some tools that you can apply every day to make you more successful in your journey through out your teen life and beyond.

### 6 Key Points (A short chapter so only has 6 instead of 10 Key Points)

- 7 Habits are as follows
  - ✓ *Be Proactive* = Take responsibility of your life
  - ✓ *Begin with the end in mind* = have a goal for your life and follow it
  - ✓ *Put First things First* = Do the most important things first not LAST
  - ✓ *Think Win* = Why can't everyone do well?
  - ✓ *Seek First to Understand then be understood* = Listen carefully and sincerely to other people, don't blow them off
  - ✓ *Synergize* = Work together to get ahead, why do everything by yourself when you can use the talents and resources of others
  - ✓ *Sharpen your Saw* = Take time for yourself, do the things you love to do (hobbies etc) and don't be concerned about what others have to say about it.
- 7 Habits that will get you **NO WHERE** in life
  - ✓ *React* = blame everyone else for your problems
  - ✓ *Begin with no end in mind* = you have NO plan
  - ✓ *Put first things last* = Procrastinate the important things
  - ✓ *Think Win first* = put everyone else down so you can look better
  - ✓ *Seek first to talk, pretend to listen* = Talk a lot and disregard what others are saying
  - ✓ *Don't cooperate* = why work with others what can they offer
  - ✓ *Wear yourself out* = Don't take time to learn something new or do something different or spend time on your hobby

# Family Studies – Adolescences – “Highly Effective Teens” chapter summary

---

- ☞ Habits are anything we repeat, mostly they are things that we have just learned to do without really taking time to think about it
  - ✓ Good habits = planning ahead, exercise, showing respect
  - ✓ Bad habits = negative self-talk, blaming others
  - ✓ Some don't really matter = taking a shower at night instead of the morning, eating yogurt with a fork instead of a spoon, reading a magazine back to front
  
- ☞ You can change a habit, it just takes time and persistence
  
- ☞ If you do something for at least 30 days in a row it will become a habit
  
- ☞ The 7 habits can help you
  - ✓ Get control of your life
  - ✓ Improve relationships
  - ✓ Get along with your parents
  - ✓ Define your values and what is most important to you
  - ✓ Get more done in less time (which we could all use!)
  - ✓ Find balance between school, friends, family, work, romantic relationships, hobbies, etc.

How can you use this information to assist you?

- ☞ Review what you are already doing really well
- ☞ Make a list of the habits that you think you need improvement on
- ☞ Start with one habit and be consistent for 30 days and see if it becomes a “real habit”
- ☞ Don't be too hard on yourself!!!