The 7 Habits of Highly Effective Teens Group Project

With a small group, you will choose a project from the list below to complete. The purpose of the project is to highlight the most important concepts you learned while working through *The 7 Habits of Highly Effective Teens*. Your completed project must be ready to present to the class on \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_. A summary of the 7 habits is listed on the back of this page.

**Project Ideas:**

* Create a *commercial* or *infomercial* telling about the benefits of the 7 habits
* Create a *song* or *rap* that shares the key concepts of the 7 habits
* Create a *skit* in which your group acts out the 7 habits
* Create a *brochure* about the 7 habits
* Make a large *poster* that demonstrates your understanding of the 7 habits
* Make a *comic book* about the 7 habits
* Publish a *newspaper* with seven articles about the 7 habits

**Requirements:**

* No group larger than 4 members
* Your group presentation should not be more than 3 minutes
* Your project must cover each of the seven habits in some way

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| --- | --- |
| **Grading Based On:** | **Possible Points** |
| Includes key concepts from each of the 7 habits | 50 |
| * Group makes eye contact with audience * Group presents project effectively * Group speaks loudly and clearly | 40 |
| Participation of all Group Members | 10 |
| **Total** | 100 |

Summary of The 7 Habits of Highly Effective Teens by Sean Covey

Habit 1 **BE PROACTIVE**

*I am the force.*; *Take responsibility for your life.*

Being proactive is more than taking initiative. It is accepting responsibility for our own behavior (past, present, and future) and making choices based on principles and values rather than on moods or circumstances. Proactive people are agents of change and choose not to be victims, to be reactive, or to blame others. They take an Inside-Outside Approach to creating changes.

Habit 2 **BEGIN WITH THE END IN MIND**

*Control your own destiny or Someone Else Will*; *Define your mission and goals in life.*

All things are created twice – first mentally, second physically. Individuals, families, teams, and organizations shape their own future by creating a mental vision and purpose for any project. They don’t just live day to day without a clear purpose in mind. They mentally identify and commit themselves to the principles, values, relationships, and purposes that matter most to them.

Habit 3 **PUT FIRST THINGS FIRST**

*Will and Won’t Power*; *Prioritize, and do the most important things first.*

Putting first things first is the second or physical creation. It is organizing and executing around mental creation (your purpose, vision, values, and most important priorities.) The main thing is to keep the main thing the main thing.

Habit 4 **THINK WIN-WIN**

*The Stuff That Life Is Made Of*; *Have an “everyone-can-win” attitude.*

Thinking win-win is a frame of mind and heart that seeks mutual benefit and is based on mutual respect in all interactions. It’s not about thinking selfishly (win-lose) or like a martyr (lose-win). In our work and family life, members think interdependently -- in terms of “we,” not “me.” Thinking win-win encourages conflict resolution and helps individuals seek mutually beneficial solutions. It’s sharing information, power, recognition, and rewards.

Habit 5 **SEEK FIRST TO UNDERSTAND, THEN TO BE UNDERSTOOD**

*You Have Two Ears and one Mouth*; *Listen to people sincerely.*

When we listen with the intent to understand others, rather than with the intent to reply, we begin true communication and relationship building. Seeking to understand takes kindness; seeking to be understood takes courage. Effectiveness lies in balancing the two.

Habit 6 **SYNERGIZE**

*The “High” Way*; *Work together to achieve more.*

Synergy is about producing a third alternative – not my way, not your way, but a third way that is better than either of us would have come up with individually. Synergistic teams and families thrive on individual strengths. They go for creative cooperation.

Habit 7 **SHARPEN THE SAW**

*It’s “Me Time”*; *Renew yourself regularly.*

Sharpening the saw is about constantly renewing ourselves in the four basic areas of life: physical, social/emotional, mental, and spiritual. It’s the habit that increases our capacity to live all the other habits of effectiveness.