

Get in the **H**abit

THEY MAKE YOU OR BREAK YOU

Who am I?

I am your constant companion. I am your greatest helper or heaviest burden. I will push you onward or drag you down to failure. I am completely at your command. Half the things you do you might just as well turn over to me and I will be able to do them quickly and correctly.

I am easily managed—you must merely be firm with me. Show me exactly how you want something done and after a few lessons I will do it automatically. I am the servant of all great individuals and, alas, of all failures, as well. Those who are great, I have made great. Those who are failures, I have made failures.

I am not a machine, though I work with all the precision of a machine plus the intelligence of a human. You may run me for a profit or run me for ruin—it makes no difference to me.

Take me, train me, be firm with me, and I will place the world at your feet. Be easy with me and I will destroy you.

Who am I?

I am
Habit.



• WHAT EXACTLY ARE HABITS?

Habits are things we do repeatedly. But most of the time we're hardly aware that we even have them. They're on autopilot.

Some habits are good, such as:

- Exercising regularly
- Planning ahead
- Showing respect for others

Some are bad, including:

- Thinking negatively
- Feeling inferior
- Blaming others

And some don't really matter, like:

- Taking showers before bed instead of in the morning
- Putting hot sauce on every meal
- Listening to music while you exercise

Depending on what they are, our habits will either make us or break us. We become what we repeatedly do. As writer Samuel Smiles put it:

*Sow a thought, and you reap an act;
Sow an act, and you reap a habit;
Sow a habit, and you reap a character;
Sow a character, and you reap a destiny.*

Luckily, you are stronger than your habits. You can change them. For example, try folding your arms. Now fold them in the opposite way. Feels pretty strange, right? But if you folded them in the opposite way for thirty days in a row, it wouldn't feel so strange. You wouldn't even have to think about it. You'd get in the habit.

At any time you can look yourself in the mirror and say, "Hey, I don't like that about myself," and you can exchange a bad habit for a better one. It may not always be easy, but it's always possible.

Maybe not every idea in this book will work for you. But you don't have to be perfect to see results, either. Just living some of the habits some of the time can help you experience changes in your life you never thought possible.

The 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.
- HABIT 6 SYNERGIZE®**
Work together to achieve more.
- HABIT 7 SHARPEN THE SAW®**
Revamp yourself regularly.

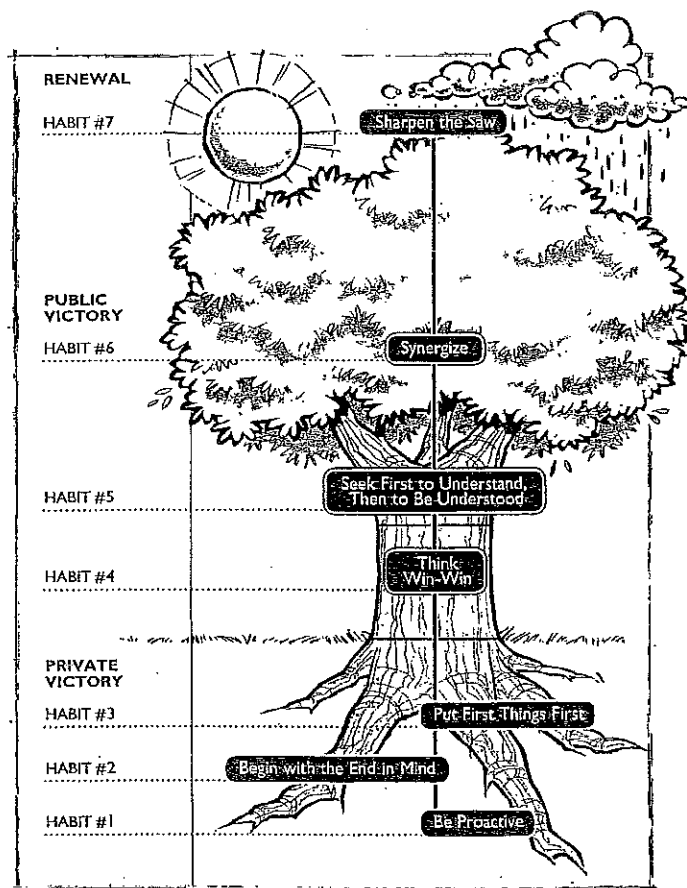


The 7 Habits can help you:

- Get control of your life
- Improve your relationships with your friends
- Make smarter decisions
- Get along with your parents
- Overcome addictions and self-destructive habits
- Define your values and what matters most to you
- Get more done in less time
- Increase your self-confidence
- Be happy
- Find balance between school, work, friends, dating, and everything else



A cool thing about the 7 Habits is how they build on each other. It's a progression—just like learning arithmetic before calculus, memorizing the alphabet before learning to spell, or programming a website before launching it online. Trees grow this way, too; they put down solid roots before the trunk, branches, or leaves begin to grow.



BAD HABIT I WANT TO CHANGE

In School:

1. _____
2. _____
3. _____

With My Family:

1. _____
2. _____
3. _____

With My Friends:

1. _____
2. _____
3. _____

Other:

1. _____
2. _____

GOOD HABIT I WANT TO REPLACE IT WITH

1. _____
2. _____
3. _____

1. _____
2. _____
3. _____

1. _____
2. _____
3. _____

1. _____
2. _____

COMING ATTRACTIONS

Up next, we'll take a look at ten of the dumbest statements ever made. You don't want to miss them. So read on!

Paradigms and Principles

WHAT YOU SEE IS WHAT YOU GET

The following is a list of statements made many years ago by experts in their fields. At the time they were said they sounded intelligent. With the passing of time, they sound idiotic.

Top 10 All-Time Stupid Quotes:

- 10 "There is no reason for any individual to have a computer in their home."
KENNETH OLSEN, PRESIDENT AND FOUNDER OF DIGITAL EQUIPMENT CORPORATION, IN 1977
- 9 "Airplanes are interesting toys but of no military value."
MARSHAL FERDINAND FOCH, FRENCH MILITARY STRATEGIST AND FUTURE WORLD WAR I COMMANDER, IN 1911
- 8 "[Man will never reach the moon] regardless of all future scientific advances."
DR. LEE DE FOREST, INVENTOR OF THE AUDION TUBE AND FATHER OF RADIO, ON FEBRUARY 25, 1967
- 7 "[Television] won't be able to hold on to any market it captures after the first six months. People will soon get tired of staring at a plywood box every night."
DARRYL F. ZANUCK, HEAD OF 20TH CENTURY FOX, IN 1946
- 6 "We don't like their sound. Groups of guitars are on the way out."
DECCA RECORDS REJECTING THE BEATLES, IN 1962
- 5 "For the majority of people, the use of tobacco has a beneficial effect."
DR. IAN G. MACDONALD, LOS ANGELES SURGEON, AS QUOTED IN NEWSWEEK, NOVEMBER 18, 1969
- 4 "This 'telephone' has too many shortcomings to be seriously considered as a means of communication. The device is inherently of no value to us."
WESTERN UNION INTERNAL MEMO, IN 1876
- 3 "The earth is the center of the universe."
PTOLEMY, THE GREAT EGYPTIAN ASTRONOMER, IN THE SECOND CENTURY
- 2 "Nothing of importance happened today."
WRITTEN BY KING GEORGE III OF ENGLAND ON JULY 4, 1776

"Two years from now, spam will be solved."
BILL GATES, WORLD ECONOMIC FORUM, 2004



Having read these, let me share with you another list of statements made by real teens just like you. You've heard them before, and they are just as ridiculous as the list above.

"No one in my family has ever gone to college. I'd be crazy to think I could make it."

"It's no use. My stepdad and I will never get along. We're just too different."

"Being smart is a 'white' thing."

"My teacher's out to get me."

"She's so pretty—I bet she's a diva."

"You can't get ahead in life unless you know the right people."

"Me? Skinny? Are you kidding? My whole family is full of fat people."

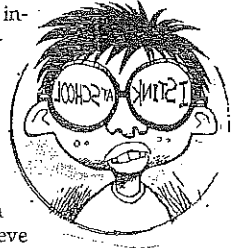
"It's impossible to get a good job around here 'cause nobody wants to hire a teen."

So What's a Paradigm? What do these two lists of statements have in common? First, they're all *perceptions* about the way things are, not facts. Second, these perceptions are all inaccurate or incomplete—even though the people who said them are convinced they're true.

Another word for perceptions is *paradigms* [pair-a-dimes]. A paradigm is the way you see something; it's your point of view, frame of reference, or belief. Sometimes our paradigms are way off the mark, and, as a result, they create limitations. For instance, you may be convinced that you don't have what it takes to get into college. But, remember, Ptolemy was just as convinced that the earth was the center of the universe.

And think about the teen who believes she can't get along with her stepdad. If that is her paradigm, is she likely to ever get along with him? Probably not, because that belief will hold her back from really trying.

Paradigms are like glasses. When you have incomplete paradigms about yourself or life in general, it's like wearing glasses with the wrong prescription. That lens affects how you see everything else. As a result, what you see is what you get. If you believe you're dumb, that very belief will make you dumb. Or, if you believe your little sister is dumb, you'll look for evidence to support your belief, find it, and she'll remain dumb in your eyes. On the other hand, if you believe you're smart, that belief will cast a rosy hue on everything you do.



• PARADIGMS OF SELF

	YES	NO
I am someone who cares about others' feelings.		
I am good at school.		
I am a hard worker.		
I am generally a happy person.		
I am intelligent.		
I am helpful.		
I am a good athlete.		
I am talented.		
I am a go-getter.		
I am a good member of my family.		
I am a bad person.		
I am lazy.		
I am rarely happy.		
I am not smart.		
I am not good at anything.		
I am not attractive.		
I am not popular.		
I am not a good friend.		
I am not honest.		
I am not reliable.		

If you identified at least one negative self-paradigm during the assessment, complete the statement below:

One negative paradigm I would like to change is:

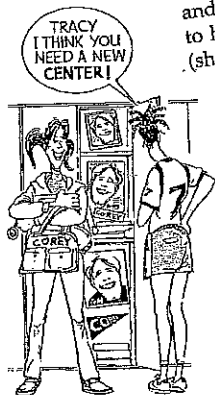
• PARADIGMS OF LIFE

We don't just have paradigms about ourselves and others, we also have paradigms about the world in general. You can usually tell what your paradigm is by asking yourself a few questions: "What is the driving force of my life?" "What do I spend my time thinking about?" "Who or what are my obsessions?" Whatever's most important to you will become your paradigm, your glasses, or, as I like to call it, your life-center. Some of the more popular life-centers for teens include Friends, Stuff, Boyfriend/Girlfriend, School, Parents, Sports/Hobbies, Heroes, Enemies, Self, and Work. Of course they each have their good points, but they are all incomplete in one way or another, and, as I'm about to show you, they'll mess you up if you center your life on them. Luckily, there is one center that you can always count on. We'll save it for last.

Parent-Centered
Your parents can be your greatest source of love and guidance and you should respect and honor them, but living to please them above everything else can become a real nightmare. (Don't tell your parents I said that or they might take away your book... just kiddin'.)

Stuff-Centered
Sometimes we see the world through the lens of possessions or "stuff." We live in a material world that teaches us that "He who dies with the most toys wins." We feel as if we're supposed to have the fastest car, the nicest clothes, the latest smartphone, the best hairstyle, and the many other things that apparently bring happiness. Possessions also come in the form of titles and accomplishments, such as—head cheerleader, star of the play, valedictorian, student body officer, editor in chief, or MVP.
There is nothing wrong with achieving success and enjoying our stuff, but things should never become the center of our lives. In the end, they have no lasting value.

Boyfriend/Girlfriend-Centered
This may be the easiest trap of all to fall into. I mean, who hasn't been focused on a crush or a boyfriend or girlfriend at one point? The ironic thing is that the more you center your life on someone, the less attractive you become to that person. How's that? Well, first of all, if you're centered on someone, you're no longer hard to get. Second, it's irritating when someone builds their entire emotional life around you. Since their security comes from you and not from within themselves, they always need to have those sickening "where do we stand" talks. (shudder).



School-Centered

Among teens, centering one's life on school is more common than you might think.

Our education is vital to our future and should be a top priority. But we must be careful not to let ACT or SAT scores, GPA's, and AP classes take over our lives. School-centered teens often become so obsessed with getting good grades that they forget that the real purpose of school is to learn. You can do extremely well in school and still maintain a healthy balance in life.
Thank goodness our worth isn't measured by our GPA.

Friend-Centered

There's nothing better than belonging to a great group of friends and nothing worse than feeling like an outcast. Friends are important but should never become your center. Why? Well, occasionally they're fickle. Now and then they're fake. Sometimes they talk behind your back or develop new friendships and forget yours. They have mood swings. They move.
In addition, if you base your identity on being accepted, being popular, or having the most friends on Facebook, you may find yourself compromising your standards or changing them every weekend to accommodate your friends.



Other Possible Centers

The list of possible centers could go on and on. Being sports- or hobbies-centered is a big one. How many times have we seen a sports-centered jock build his identity around being a great athlete only to suffer a career-ending injury? It happens all the time. And the poor kid is left to rebuild his life from scratch. The same goes for any hobbies and interests—dance, debate, drama, music, or clubs.

And what about being hero-centered? If you build your life around a rock star, famous athlete, entrepreneur, or powerful politician, what happens if they die, do something really stupid, or end up in jail? Who will you look up to then?

Sometimes we can even become enemy-centered, and build our lives around hating a group, a person, or an idea. There are countless websites dedicated to hating particular topics or celebrities. What a waste of time! Why not put that energy toward something that makes you happy?

Becoming work-centered is a sickness that usually afflicts older people but can also reach teens. Workaholism is usually driven by a compulsive need to have more stuff, like money, cars, status, or recognition, which can never fully satisfy—because there's always a new model of iPhone coming out that will put your old one to shame!

Another common center is being self-centered, or thinking the world revolves around you and your problems. This often results in being so worried about your own condition that you're oblivious to the walking wounded all around you.

As you can see, all these and many more life-centers do not provide the stability that you and I need in life. I'm not saying we shouldn't strive to become excellent in something like dance or debate, or strive to develop rich relationships with our friends and parents. We should. But there's a fine line between having a passion for something and basing your entire existence on it. And that's the line we shouldn't cross.

Principles

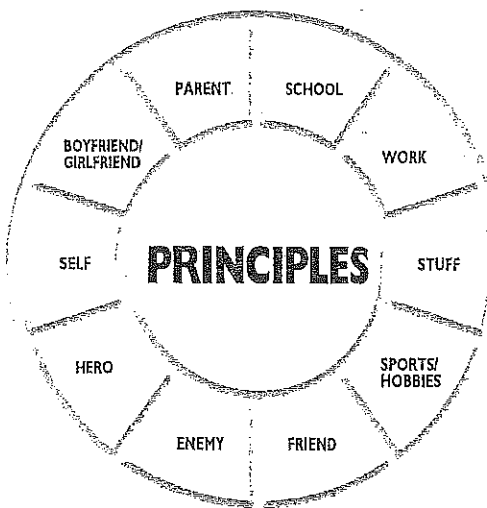
Principle-Centered—The Real Thing

In case you were starting to wonder, there is a center that actually works. What is it? (Drumroll, please.) It's being *principle-centered*. We are all familiar with the effects of gravity. Throw a ball up and it comes down. It's a natural law or principle. Just as there are principles that rule the physical world, there are principles that rule the human world. Principles aren't religious. They aren't based on nationality or race. They aren't mine or yours. They aren't up for discussion. They apply equally to everyone, male or female, rich or poor, famous or obscure. They can't be bought or sold. If you live by them, you will excel. If you break them, you will fail (hey, that sorta rhymes). It's that simple.

Here are a few examples: Honesty is a principle. Service is a principle. Love is a principle. Hard work is a principle. Respect, gratitude, moderation, fairness, integrity, loyalty, and responsibility are principles. There are dozens and dozens more. They are not hard to identify. Just as a compass always points to true north, your heart will recognize true principles.

For example, think about the principle of hard work. You may be able to scrape by using shortcuts and faking it for a while, but eventually it'll catch up to you.

Principles include things like honesty, service, love, hard work, respect, gratitude, moderation, fairness, integrity, loyalty, trust, and responsibility. The Paradigms and Principles chapter teaches that just as a compass always points to true north, your heart will recognize true principles. A principle-centered life is simply the most stable, immovable, and unshakable foundation you can build on.



To fully understand why you should live a life based on principles, just imagine living a life based on the opposite—a life of dishonesty, laziness, ingratitude, selfishness, and hate. Putting principles first is the key to doing better in all you do. Think about it: if you live the principles of service, respect, and love, you're likely to have more good, solid friends and more stable relationships. Be the kind of person you yourself would want to be around!

Some other principles I can think of are:

Unlike all the other centers we've looked at, principles will never fail you. They'll never gossip behind your back. They don't move away. They don't suffer career-ending injuries. They don't play favorites based on skin color, gender, wealth, or appearance. A principle-centered life is simply the most stable, immovable, unshakable foundation you can build upon, and we all need one of those.

To grasp why principles always work, just imagine living a life based on their opposites—a life of dishonesty, laziness, indulgence, ingratitude, selfishness, and hate. I can't imagine any good things coming out of that. Can you?

Ironically, living a principle-centered life is the key to excelling in all the other centers. If you live the principles of service, respect, and love, for instance, you're likely to pick up more friends and be a more stable boyfriend or girlfriend. Putting principles first is also the key to becoming a person of character.

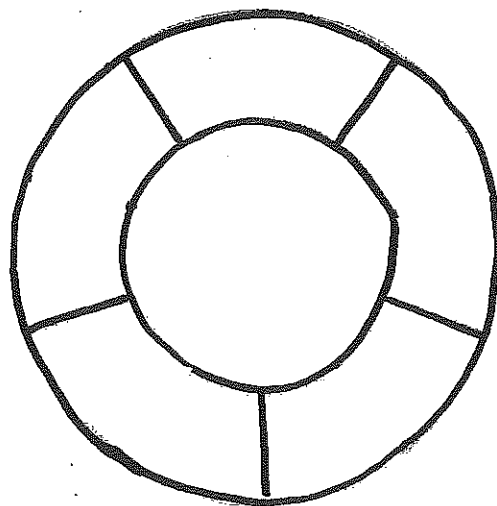
Decide today to make principles your core life-center, or paradigm. In whatever situation you find yourself, ask, "What's the principle in play here?" For every problem, search for the principle that will help you solve it.

If you're feeling worn out and beaten up by life, perhaps you should try the principle of *balance*.

If you find no one trusts you, the principle of *honesty* might just be the cure you need.

The principle that's the most difficult for me to live by is:

Think of principles as your life center and your hobbies and interests as spokes on the wheel. In the center of the wheel below, fill in a principle that you live by now or admire in others. On the spokes, list the things that the principle influences (hobbies, school, work, etc.).



Some principles I would like to improve on:

The 7 Habits- Jigsaw Project

Assignment: Working in assigned groups, you will be reading and preparing to teach your fellow classmates about one of the seven habits. Each group has a different habit, so you need to work together to gather all the information that will make your presentation complete & informational.

The following list is what you will work to prepare throughout the week:

- ☐ A **poster** that showcases your “habit” through a representative symbol(s)/image(s)
 - The name of your habit should appear on your poster
 - Very few other words should be used
- ☐ A **handout** that has your habits main points broken down for your classmates
 - Be creative and specific with your information
 - Handouts will be used as a guide to follow your group presentation
- ☐ A **presentation** that helps inform your classmates about your habit
 - Each presentation will be at least 4-6 mins and all group members must speak
 - Presentations will be made using a shared Google Drive Presentation
 - Minimal text should be used on each slide - more on this later in the week!

Daily Break-down

Day#1: Monday

- ☐ 7 Habits introduction & group formation
 - ☐ Begin individually reading your assigned habit - **Reading to be completed before Tuesday's class**
 - As you read take notes on important information that you feel should be shared
 - Important info: anything that explains, informs, clarifies, etc. what your habit is all about.
 - Suggestion: included page #s so you can go back and find the important pages later on.
-

Day #2: Tuesday

In your group...

- ☐ Begin organizing the information within your chapter by sharing, comparing, and discussing notes
 - ☐ Assign roles and tasks based on the above requirements
 - You must communicate with all group members and make decisions as a team
 - ☐ Stay focused and on task - don't let your group members down
-

Day #3: Wednesday PLC

- ☐ Principal presentation with Mrs. Davis to go over the RHS student handbook
 - ☐ Any remaining time will be spent in groups
-

Day #4: Thursday

In your group...

- ☐ Continue to work and finalize poster, handout, and presentation
 - ☐ Handout must be sent to Mrs. Cubitt by the end of the hour so I may make copies for the class
 - ☐ Review your presentation - you are all required to have a speaking role
-

Day #5: Friday

With your group... **Presentations!**