

Ultimate Activity Guide Sample

The following sample pages from the **Ultimate Activity Guide (UAG)** give a brief introduction to its contents. The UAG is designed to be used in conjunction with *The 7 Habits of Highly Effective Teens* book by Sean Covey. The UAG is a tool to help teens develop a comprehensive understanding of the 7 Habits, and personal leadership skills to deal with 21st Century challenges. There are twelve content areas in the activity guide:

1. Get in the Habit
2. Paradigms and Principles
3. The Personal Bank Account
4. Habit 1 - Be Proactive
5. Habit 2 - Begin With the End in Mind
6. Habit 3 - Put First Things First
7. The Relationship Bank Account
8. Habit 4 - Think Win-Win
9. Habit 5 - Seek First to Understand Then to Be Understood
10. Habit 6 - Synergize
11. Habit 7 - Sharpen the Saw
12. Keep Hope Alive

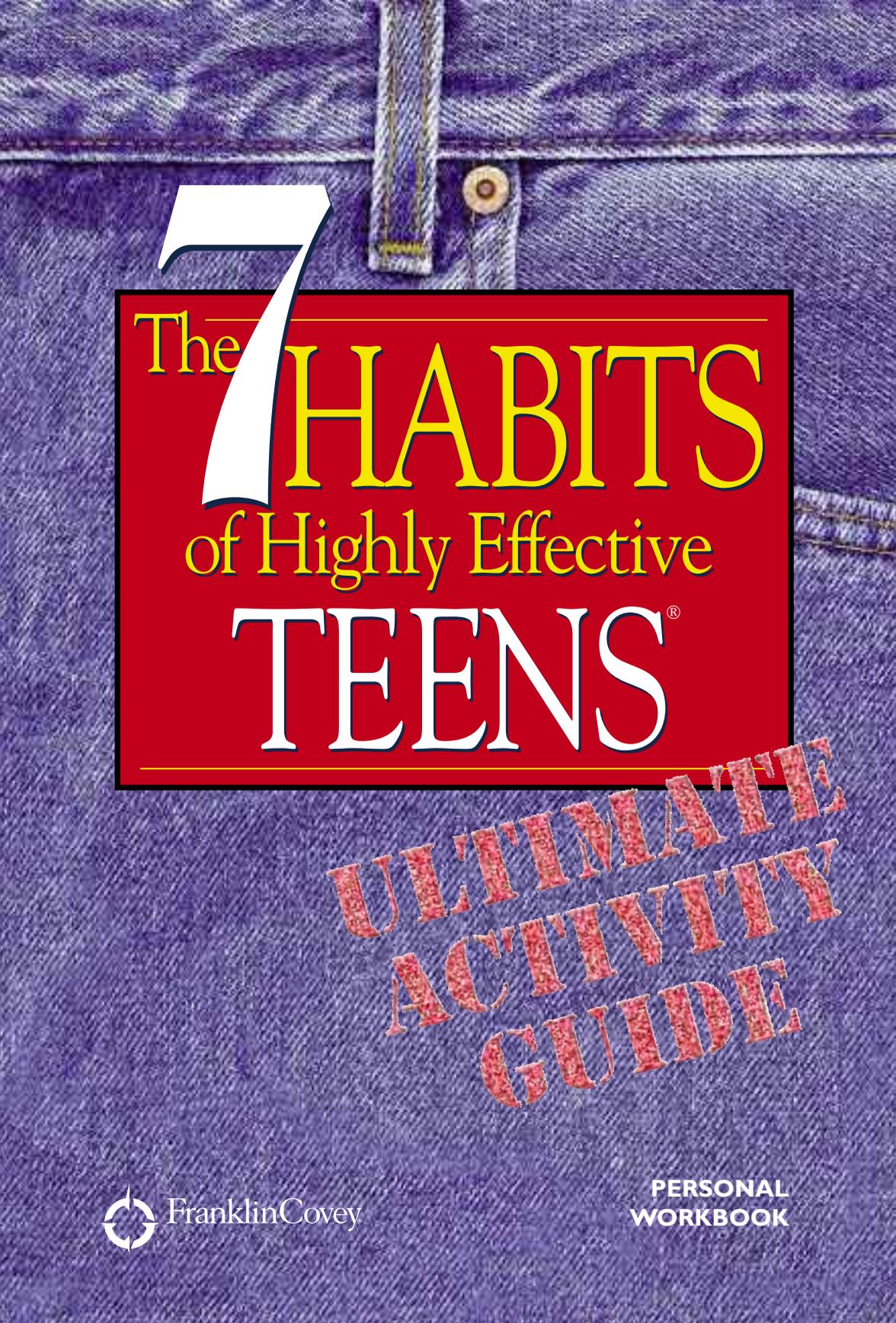
Within each of the UAG's twelve content areas are up to fifteen activities designed to effectively teach to different learning types. The activities can easily integrate into school curriculum and can be teacher-lead with the help the UAG facilitator guide.

Please review and contact your client partner below for more information.

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The **7** HABITS
of Highly Effective
TEENS[®]

ULTIMATE
ACTIVITY
GUIDE



FranklinCovey

PERSONAL
WORKBOOK

Welcome to the Ultimate Activity Guide!

Although I'm a retired teenager, I can still remember what it was like to be one. So, I've tried to make this activity guide different from most of the other books you've got in your locker or backpack. I talked with a lot of teens as I put this thing together, and I've included many of their best activities and ideas. I'll think you'll find it entertaining and challenging. So have fun, don't stress. Give this workbook a try. Begin to make small positive changes in your life and watch how great it can make you feel!

Sean Covey

The 7 Habits of Highly Effective Teens®

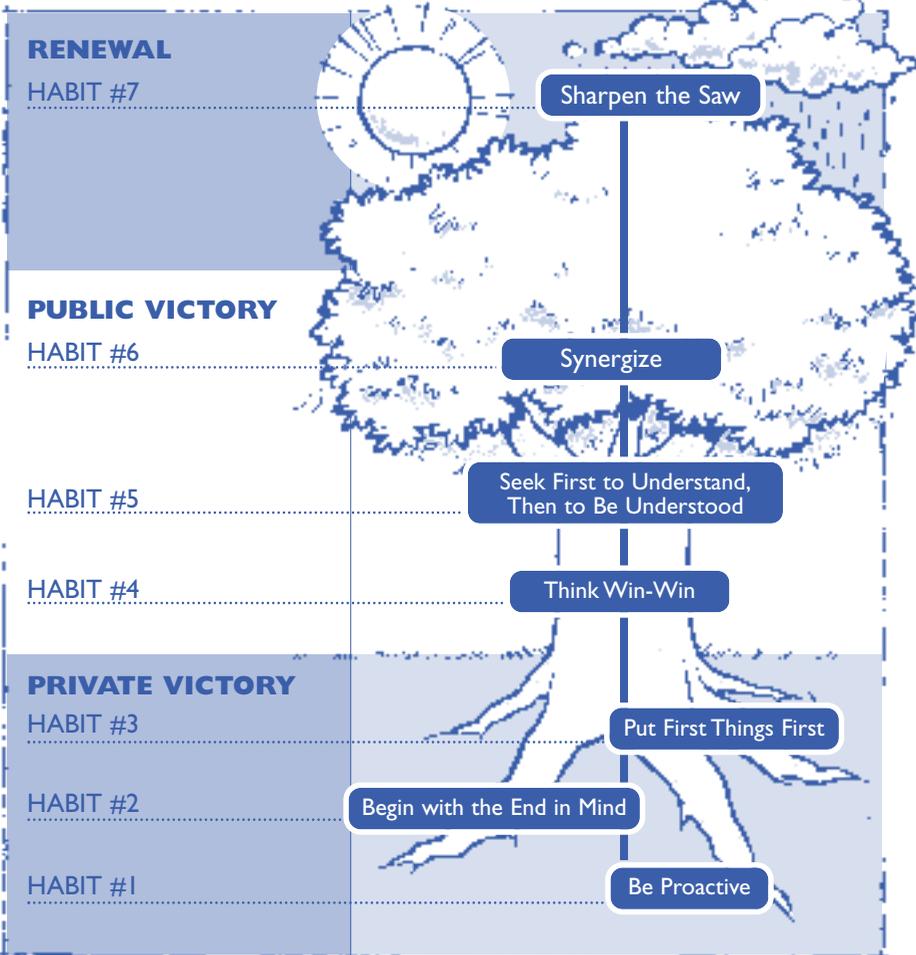


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Paradigms of Life—Principles Never Fail

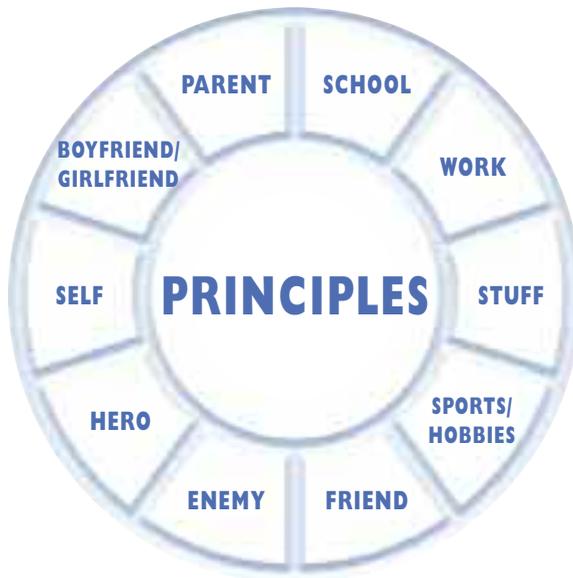
What Will I Learn?

After completing this activity, you'll identify and recognize what principles are your life center.

What Is My Paradigm?

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. If you live by them, you will excel. If you break them, you will fail.

Principles include things like honesty, service, love, hard work, respect, gratitude, moderation, fairness, integrity, loyalty, 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, unshakable foundation you can build on.



How Do I Complete the Activity?

- 1 Read the Paradigms of Life section on pages 25-27 of the *Teens* book.
- 2 Identify your principles, why they are important to you, and the negative results of *not* living them. Then, answer the questions that follow.

What principles are important to you?	Why is this principle important to you?	What are the negative results of not living this principle?

Which of the principles you listed is the most difficult for you to live?

What will you do this week to practice living in harmony with your most difficult principle?

How Can I Apply This Concept to My Life?

Listen carefully to the lyrics of the music you listen to most frequently. Evaluate if they are in harmony with the principles you believe in.

What Will I Learn?

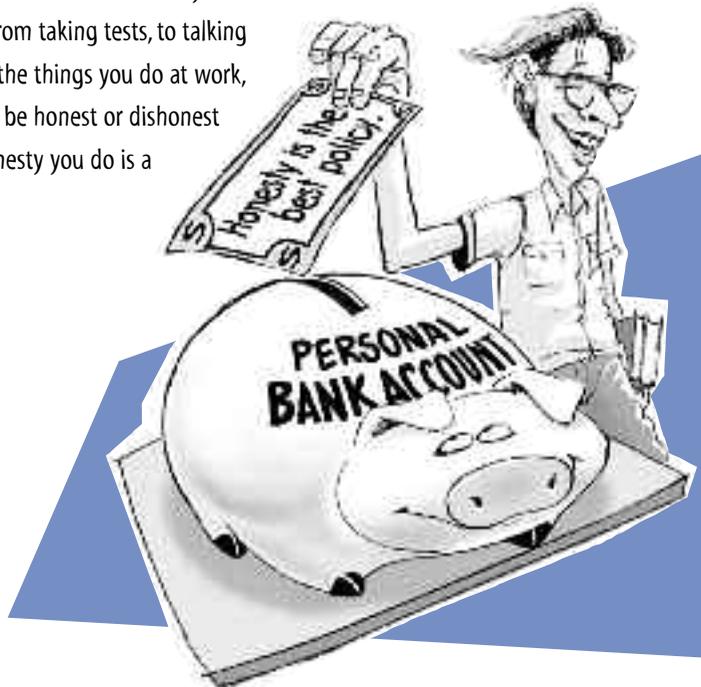
After completing this activity, you'll recognize the benefits of being honest.

What Does Being Honest Mean?

In The Personal Bank Account (PBA) chapter, you learn that being honest means being honest with yourself and being honest in your actions. Honesty is associated with words such as upstanding, incorruptible, moral, principled, truth-loving, steadfast, true, real, right, good, straight-shooting, and genuine. If you can apply these words to yourself, there's a good chance that you're an honest person.

Self-honesty means to appear to others as you really are. It means not being fake or trying to pass yourself off as something you're not. When you're not honest with yourself you feel unsure and insecure, and you end up making a withdrawal from your PBA (the way you feel about yourself).

Honesty in your actions refers to the activities you participate in every day. From taking tests, to talking to parents and friends, to the things you do at work, you have opportunities to be honest or dishonest every day. Every act of honesty you do is a deposit into your PBA.



How Do I Complete the Activity?

- 1 Read the Be Honest section on pages 38-39 of the *Teens* book.
- 2 Research a famous person, real or fictitious, that was known for his or her honesty.
- 3 Write the name of the person you researched and the benefits he or she and others gained as a result of the honesty.

- 4 List ways in which you can be more honest.

- 5 Describe how your PBA will be affected if you improve your honesty.

How Can I Apply This Concept to My Life?

Strive to be 100 percent honest with yourself and in your actions for the upcoming week.

Can-Do

What Will I Learn?

After completing this activity, you'll recognize the difference between can-do and no-can-do thinking.

How Do I Rise to the Occasion?

When you're presented with a problem, do you rise to the challenge and use the can-do approach? Or, do you crawl under the table like a no-can-do person, hoping it will just go away?

Habit 1: Be Proactive explains that when you are proactive, you not only take responsibility for your actions, but you also adopt a can-do attitude. If you have a can-do attitude, you'll be amazed at what you can accomplish.

A can-do person is courageous, persistent, creative, and resourceful.

A no-can-do person is apprehensive, indifferent, negative, and somewhat of a worrywart.



How Do I Complete the Activity?

- 1 Read the Can-Do section on pages 63-65 of the *Teens* book.
 - 2 Write down a goal you want to achieve.
-

- 3 Write down how a can-do person and a no-can-do person would approach this goal.

Can-Do Approach to This Goal	No-Can-Do Approach to This Goal

- 4 Describe how you can accomplish your goal using a can-do attitude.

How Can I Apply This Concept to My Life?

Circle one task from step 4 and complete it within the next week.

A Personal Mission Statement

What Will I Learn?

After completing this activity, you'll be able to write ideas for your personal mission statement.

Why Do I Need a Personal Mission Statement?

Habit 2: Begin with the End in Mind teaches that a personal mission statement is like a tree with deep roots. It is stable and isn't going anywhere.

You need a tree with deep roots to help you survive all of the storms of life that beat you up. While everything about you changes, a personal mission statement can be your deep-rooted tree that never moves. You can deal with change if you have an immovable trunk to hang on to.

How Do I Complete the Activity?

- 1 Read A Personal Mission Statement section on pages 81-83 of the *Teens* book.
- 2 Identify someone that you admire or respect.

Why do you admire or respect this person?

WHITNEY NOZISKA'S MISSION STATEMENT

Care

- ABOUT THE WORLD
- ABOUT LIFE
- ABOUT PEOPLE
- ABOUT MYSELF

Love

- MYSELF
- MY FAMILY
- MY WORLD
- KNOWLEDGE
- LEARNING
- LIFE

Fight

- FOR MY BELIEFS
- FOR MY PASSIONS
- TO ACCOMPLISH
- TO DO GOOD
- TO BE TRUE TO MYSELF
- AGAINST APATHY

Rock

- THE BOAT, DON'T LET
THE BOAT ROCK ME
- BE A ROCK

BE REMEMBERED

3 Respond to the statements below about the person you chose.

Qualities of this person:

Ways in which I'd like to be similar to this person:

Ways in which I am similar to this person:

How Can I Apply This Concept to My Life?

Identify one characteristic that this person possesses that you would like to have. Incorporate that into your life this week.



ACTIVITY

Win-Lose—The Totem Pole

What Will I Learn?

After completing this activity, you'll recognize that win-win is better than win-lose.

What's Wrong With Winning?

Habit 4: Think Win-Win teaches that win-lose is an attitude toward life that says the pie of success is only so big, and if you get a big piece, then someone else will get a small piece. Win-lose is competitive. Relationships, friendships, and loyalty are all secondary to winning the game, being the best, and having it your way. But in the end, win-lose will usually backfire. You may end up on the top of the totem pole, but you'll be there alone and without friends.



How Do I Complete the Activity?

- 1 Read the Win-Lose—The Totem Pole section on pages 147-149 of the *Teens* book.
- 2 Read the win-lose scenarios on the next pages.
- 3 After each scenario, describe how you can change the win-lose situation to a win-win.

Scenario 1

You see that only one cupcake is left, and you and your little brother both want it. You figure that since you're the oldest, you should be the one to get it. So, you take the last cupcake and shove it in your mouth. Your brother cries and runs away.

Scenario 2

Your dad says you have to rake the leaves before you go to the concert, but you want to get there early so you can get a good seat. When your dad goes inside to make a telephone call, you take off for the concert, leaving the leaves blowing in the wind.

Scenario 3

As you and your friend are walking toward Dylan's car, you both call, "Front seat." Your friend is wearing heels, and you know you can move faster than she can. So, you sprint towards the car and quickly get in the front seat before your friend can catch up.

Scenario 4

At the video store you see your next-door neighbor. It turns out you are both there to pick up the same video. As you walk together toward the display case, you see that there is only one video left, so you grab it before he can get it.

Scenario 5

Your twin brother, Reggie, has been looking forward to his date with Patty all week. Friday at school Patty's friend, Serena, asks you out. Your family has only one car, and you know your brother had planned to use it. But you've wanted to go out with Serena for a long time, and you're not going to miss your chance. So a half an hour before your brother is supposed to leave, you take the car to go pick up Serena.

How Can I Apply This Concept to My Life?

Recognize the next time you find yourself in a win-lose situation. Find a way to turn the situation into a win-win.



ACTIVITY

The Deepest Need of the Human Heart

What Will I Learn?

After completing this activity, you'll recognize the importance of listening.

Why Should I Diagnose Before I Prescribe?

What if you were to go to the doctor and he or she prescribed some medication without diagnosing your illness? Would you be confident that the medication would cure you? Would you trust the doctor and follow his or her orders?

Habit 5: Seek First to Understand, Then to Be Understood explains the importance of diagnosing before prescribing. In communication, this works as you listen first and talk second.



How Do I Complete the Activity?

- 1 Read The Deepest Need of the Human Heart section on pages 165-167 of the *Teens* book.

- 2 The poem on page 167 of the *Teens* book describes three different (but similar) situations. In the space below, describe how each situation would make you feel.

Situation

How would this make you feel?

When I ask you to listen to me and you start giving me advice, you have not done what I asked.

When I ask you to listen to me and you begin to tell me why I shouldn't feel that way, you are trampling on my feelings.

When I ask you to listen to me and you feel you have to do something to solve my problem, you have failed me, strange as that may seem.

- 3 Write about a time when you have been in one of the situations described in the poem. How could the situation have been improved?

How Can I Apply This Concept to My Life?

Show people that you care by listening to them when they talk to you.