9. THE 7 HABITS OF HIGHLY EFFECTIVE TEENS (Sean Covey)
This is a neat book that can teach you a lot about becoming successful and happy in the various areas of your life. It discusses 7 “Habits” (ways of being and acting) that help you do this.
Look in the “What’s Inside” (CONTENTS) to find the 7 habits. List them.
1.________________________________________________________
2.________________________________________________________
3.________________________________________________________
4.________________________________________________________
5.________________________________________________________
6.________________________________________________________
7.________________________________________________________

Go to page 49 (“Proactive or Reactive ... the Choice Is Yours”) where Habit #1 is discussed. Read the page to answer the following:
*Reactive people make choices based on ___________________________________
What does this mean?
_____________________________________________________________________
_____________________________________________________________________
_____________________________________________________________________
*Proactive people make choices based on __________________________________
Explain what this means.
_____________________________________________________________________
_____________________________________________________________________
_____________________________________________________________________

Read “Scene One” to help get an idea of proactive/reactive response.
Use pages 52- 53 to list 3 characteristics of reactive people and 3 characteristics of proactive people.
*Reactive people...
1.________________________________________________________
2.________________________________________________________
3.________________________________________________________
*Proactive people...
1.________________________________________________________
2.________________________________________________________
3.________________________________________________________

Think about Mike’s behaviour in Hunter in the Dark.
Describe one incident in which he was reactive.
_____________________________________________________________________
_____________________________________________________________________
_____________________________________________________________________

Describe one incident where he was proactive.
_____________________________________________________________________
_____________________________________________________________________
_____________________________________________________________________