**HABIT 4**

***The 7 Habits of Highly Effective Teenagers***

**Key Concept**

An attitude toward life that says I can win, and so can you.

**Key Words**

Big Rocks

Comfort Zone

Courage Zone

Little Rocks

Procrastinator

Prioritizer

Slacker

Success

Yes-Man

Will Power

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**HABIT 4 —Think Win-Win**

*Think Win-Win is an attitude toward life, a mental frame of mind that says I can win. It is the foundation for getting along well with other people. It begins with the belief that we are all equal, that no one is inferior or superior to anyone else, and no one really needs to be.*

***Directions:*** Read the chapter on Habit 4. Complete the packet. Your grade will be based on completion up to 100 points.

Watch video – Think Win-Win at <https://www.youtube.com/watch?v=ImKrE0VdiWc>

**Define the Terms:**

|  |  |  |  |
| --- | --- | --- | --- |
| Term | Type of Syndrome | Define in Your Own Words | Example |
| Win-Lose |  |  |  |
| Lose- Win |  |  |  |
| Lose-Lose |  |  |  |
| Win-Win |  |  |  |

Determine the result for each quadrant based on the following scenario:

*Abby’s parents said the family could get a pet if she and her brother could both agree on what kind of pet to get. Abby wanted a cat, but her brother didn’t because the cat made him sneeze. Her brother wanted a bird, but Abby didn’t because birds were too loud.*

|  |  |
| --- | --- |
| **Win-Win** | **Win-Lose** |
|  |  |
| **Lose-Win** | **Lose-Lose** |
|  |  |









**Competition:**

*Competition can be very healthy. It drives us to improve, to reach and stretch. Without it, we would never know how far we could push ourselves. But there is another side to competition that isn’t so nice—when you tie your self-worth into winning or when you use it to as a way to place yourself above another.*

Provide an example of “healthy competition” that you participate in. Explain how it improves your life.

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Provide an example of “unhealthy competition” that you participate in. Explain how you can remove this negative element from your life.

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**Comparison:**

*Comparing yourself to others is nothing but bad news. We are all on different developmental timetables—socially, mentally, and physically.*

What are some areas that you compare yourself to others? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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Take one of these areas and write a plan to stop comparing yourself to others in that area.

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