**HABITS**

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

**HABITS**

A habit is your usual way of doing things. When you pick up a pencil, you usually pick it up with the same hand. When you cross the street, you usually look one way before the other.

**What are some habits that you have?**

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**My Good vs. Bad Habits Activity:**

Make a list of your good and bad habits. Then, analyze how you can change your bad habits.

 **My Good Habits My Bad Habits**

I will change my bad habits by doing: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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**Work Habits Activity:**

Better work habits lead to better marks. Rate yourself for each of your work habits.

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | **Need to****Work on It** | **OK** | **Average** | **Good** |  Excellent |
| Follow directions |  |  |  |  |  |
| Organize belongings |  |  |  |  |  |
| Listen carefully |  |  |  |  |  |
| Focus |  |  |  |  |  |
| Work independently |  |  |  |  |  |
| Start work promptly |  |  |  |  |  |
| Complete work on time |  |  |  |  |  |
| Ask questions |  |  |  |  |  |
| Seek clarification |  |  |  |  |  |
| Persevere |  |  |  |  |  |
| Remain on task |  |  |  |  |  |
| Problem solve |  |  |  |  |  |
| Work well with others |  |  |  |  |  |
| Pay attention |  |  |  |  |  |
| Attention to detail |  |  |  |  |  |
| Use time wisely |  |  |  |  |  |
| Contribute |  |  |  |  |  |
| Cooperate |  |  |  |  |  |

Write a goal about how you could change the work habits that scored a “Need to Work On.”

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**Principles**

Principles are a fundamental truth that serves as a foundation for your beliefs or behaviors. If you live by principles you will excel in life. If you break them, you will fail.

Read the sentences—draw a line to the correct principle.

**Courage**

**You go next, you were waiting longer.**

**Honesty**

**I’m going to do my best.**

**Fairness**

**Excellence**

**I’m nervous, but I’ll go first.**

**Loyalty**

**I forgot to do my work.**