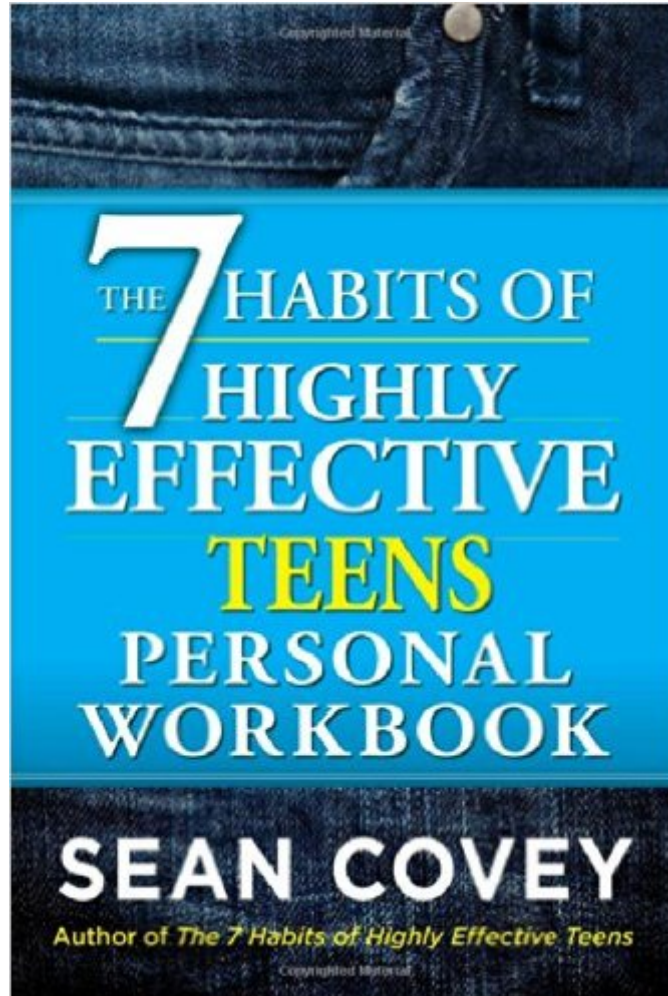


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# The 7 Habits Of Highly Effective Teens Personal Workbook



## Synopsis

A companion to the > bestselling book *The 7 Habits of Highly Effective Teens*, this engaging personal workbook provides fun, supplementary activities and thought provoking exercises to help you understand and apply the power of the 7 Habits in your life. Imagine you had a playbookâ”a step-by-step guide to help you get from where you are now to where you want to be in the future. Your goals, your dreams, your plansâ”they are all achievable. You just need the tools to help you get there. *The 7 Habits of Highly Effective Teens Personal Workbook* is that tool. Whether youâ”re already familiar with the power of the 7 Habits, or youâ”re learning about them for the first time, this guide will help you figure out what you want in life and then decide upon a path to make it a reality. These interactive, positive lessons will give you the tools to improve your self-esteem, build friendships, resist peer pressure, achieve goals, get along better with your friends and family, and strengthen yourself in every aspect of your life.

## Book Information

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## Customer Reviews

Purchased for our foster kids, with the full book. One could have cared less and just went through the motions, the other read the entire book as well as completed the workbook and took it all to heart. I am happy to report that with the proper parenting and the aid of this series, the child is going home to live with his real father and is overall a million times more happy after the self reflection that is shown in this book. (Both were young teenagers, 13 & 15 the one does not feel anything is wrong with his mindset, the other KNEW he needed change and strong guidance in his mindset change... One is going home successfully the other is a LONG SHOT from success). If you have kids that are

"troubled" or in need of a mindset change, I STRONGLY suggest you give Covey a chance to assist you!

I tried teaching my kids the 7 Habits from Steven Covey's book, but a lot of the focus was on business and adult issues. This really puts the subject matter in a new light for teens; and is definitely the best way to teach your teens the benefits of living a 7 Habits Life.

I use this book in my clinical practice. It allows my clients to make positive changes in their lives. It is user friendly and easy to use and understand.

This workbook is basically an extension of the author's 'The 7 Habits of Highly Effective Teens'. As it stands, it doesn't offer much new or exciting material. From my personal experience, working with a workbook (based on Stephen Covey's main book & workbook in my case), coupled with the use of a personal journal, is often an uncharted journey into greater self-discovery. Having said that, I must say that this workbook is well-crafted by Sean Covey for use by teen readers. Through the interactive exercises, worksheets & profiles, teen readers will find the workout experiences very useful in their understanding - & application - of proven time-tested tools for enhancing personal effectiveness. Numerous field research reports over the years have consistently shown that the differential between successful teens & struggling teens lies in their habitual patterns. Successful teens have powerful habits. The 7 Habits model is definitely a very good model. [The 7 habits have their origins in some 200 years of published success literature. Both authors have done an extremely marvellous job in synthesising all those time-tested tools & ideas.]

Sean Covey hits a home run with this book. The "habits" are practical, easy to understand and thought provoking. I'm planning to use the book, workbook and Covey's website as part of my homeschool curriculum for teaching health. Covey's book brings a fresh alternative to just teaching avoidance of negative behaviors (don't do drugs...). Instead, he presents positive habits that students (and adults for that matter) can use to help them be healthy mentally, physically, and spiritually. Hopefully, I'll be able to add positive outcomes of the semester to this review later.

I purchased this book for my son for his reading time at school. My son doesn't really like to read much, but he told me he REALLY enjoyed this book. I suggest this book for motivation for your teen.

I recommend it for younger adults (under 40?) and definitely for teens to help them build a good foundation for the rest of their lives. I work with teens and adults overcoming trauma and abuse, but have been facing my own challenge at work and figured since most teens worry about school, relationships and good grades this would remind me of the basic principles and importance of study and work ethic. It did MORE than that, from discussing what deposits into and withdraws out of our Personal Bank Account (Self Care, "Me" Time) to our personal goals ("Controlling your Destiny or Someone Else Will,") to forming habits, confronting procrastination, and to the Relationship Bank Account (Think Win-Win, Seek First to Understand, then Be Understood, Taking the High Road and the Being Pro-Active Instead of Reacting.) There is even a section on Rising Above Abuse, Becoming a Change Agent, (helping a friend) Stopping the Cycle and dealing pro-actively instead of reactively with bullying, a problem a lot of teens face. Each exercise in this workbook does make reference to the main book, IE: "read pp. 59-61 of the Teens book." The exercises are simple enough to do without the main book, but still can get us thinking about how we handle our own situations. My favorite part of the book? The visual diagram of a tree, where we fill in each of the 7 Habits with habit #1 "Being Proactive and Taking Responsibility for Your Life" at the roots. Sometimes we think we are "all set," and but life gets us side-tracked, or off track. I could have used this book as a teen. It's basic stuff, that I honestly think I had forgotten (or maybe never knew?) and this book served as a reminder. There are other books out there, and other workbooks but sometimes they seem they might take too long and the exercises are more in-depth, like personal therapy, which is harder to do on your own. This book was much simpler, and still effective.

This workbook really focused my kids on learning the critical lessons in Mr. Covey's book. He has picked up right where his father left off. It is refreshing knowing that the great Covey leadership continues after Stephen Covey's passing. I honestly believe that this book is essential for all teenagers to be exposed to.

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