

# 7 Habits for Teens

Name:

Date:

Habit	Description	Application	Plan
1. Be Proactive	Own your decisions and actions.	Recall a recent negative reaction. How could you have responded more positively?	
2. Begin with the End in Mind	Define your objectives and make a plan.	What are your long-term goals? How can you break them into achievable steps?	
3. Put First Things First	Manage your time and energy wisely.	What are your top priorities as a teenager? How can you manage your time to focus on them?	
4. Think Win-Win	Find solutions in relationships that benefit everyone involved.	Think of a recent conflict. How could you have approached it with a win-win mindset?	
5. Listen first, then be heard	Listen with empathy before sharing your perspective.	Recall a time you felt misunderstood. How could empathetic listening have helped?	
6. Synergize	Collaborate with others to accomplish greater things.	Reflect on a group project. How did teamwork contribute to its success?	
7. Sharpen the Saw	Look after your physical, mental, and emotional health.	How do you prioritize self-care? What changes could improve your well-being?	