

The seven habits of highly effective teen by steven covey

[Sociology](#)



**ASSIGN
BUSTER**

Based on the paper, the seven habits are as follows;

- 1) Be proactive - means learning to take control of our own's life by making the right choices based on sound values.
- 2) Begin with the end in mind - means knowing what we want out of life and our decisions must be aligned or consistent with that goal.
- 3) Put first things first - simply means learning how to prioritize and to be able to control our impulses, desires, and feelings.
- 4) Think win-win - is the positive mindset that enables us to overcome our insecurity as teenagers to be able to achieve our goals
- 5) Seek first to understand, then be understood - means that to be understood, we should seek to understand other people's point of view first before giving our own opinion.
- 6) Synergize - means to be able to create something better, we should learn how to work with others to be able to see better alternatives to any issues at hand.
- 7) Sharpen the saw - simply means that we should continue to develop ourselves by engaging in productive activities that will improve our skills and overcome the fatigue of the same busy life.

Through Covey's " Seven Habits of Highly Effective Teen" I learned how to take control of my own life by making choices and decisions that will make me better as a person.